



BRONZED UP & GLOWING...

April 2010

skin•body
renewal
a non-surgical solution

Editors Notes;

It's that time of the year when winter is settling in. Lower temperatures together with low humidity levels and dry indoor air from heating devices; contribute to the lack of moisture in our skin. As we progress into the winter months, our skin needs extra attention to keep it feeling dewy and moist.

Our trained therapists at Skin Renewal will advise you on home products that will help improve skin moisture and texture. As moisturizers are more effective on properly exfoliated skin, schedule an appointment with one of our aesthetic doctors for an exfoliation or peel program designed specifically for you.

Our hydrating **Mesoglow** facial with Hyaluronic acid provides an instant solution for seriously dry skin and for those interested in more aggressive resurfacing procedures such as the **Pearl laser**, winter is a great time as your exposure to the sun is reduced. However, don't forget to apply sunscreen as sun protection is still a vital part of your daily skin routine

Kind Regards,
Dr Maureen Allem



The significance of exfoliating the skin

The skin is continually undergoing natural exfoliation. As one ages, the epidermal cell turnover slows down and this can lead to dull skin as the topmost layer consisting of dead cells becomes too thick. This dead layer can challenge the skin causing whiteheads, blackheads, **rough texture** and uneven appearance of the skin. If one exfoliates regularly, new healthy skin cells are exposed to nutrients from the air, water and daily skin products. These nutrients are then transported to the deeper skin cells where they are needed, improving circulation. Potential benefits of exfoliation include fresher, brighter looking skin and better penetration of active ingredients of skin care products.

Mild exfoliation treatments such as Microdermabrasion are usually suitable for all skin types including those patients with acne or sensitive skin. Individuals who have sunspots, hormonal pigmentation, sun-damaged skin, dry, ageing skin, oily skin with enlarged pores, acne and acne scarring are also good candidates for either **Alpha Hydroxy Acid** or **Beta-hydroxy acid** peels. For more dramatic resurfacing and skin rejuvenation benefits, the **Pearl laser** rejuvenation, layered peels such as the **Mela M** or medical Dermaroller **Skin Needling** are recommended but these must be done under strict medical supervision. Please keep in mind that all exfoliation treatments make your skin more sensitive to the sun thus a sunscreen of SPF# 30 should be used daily and sun exposure avoided.

Skin Renewal Tip: What exfoliation treatments can be done at home ?

A great home exfoliation procedure is the home care **Dermaroller** which gently removes the superficial dead layer of **dull skin**. The needles of the Dermaroller will remove the dead scales leaving the skin with a finer texture. In addition to a gentle exfoliation, home products such as the **Dermaheal range** which contain peptides and growth factors can be "rolled" into the skin to stimulate the collagen content, improve the texture and leave the skin with a Skin Renewal "glow".

Business news

April heralds another exciting month for Skin Renewal with the opening of the Cape Quarter branch in Cape Town at the beginning of the month and the Willowbridge branch in Tyger Valley, Cape Town at the end of the month. New cutting edge equipment has been acquired for both branches and a full range of services and products will be offered. We are also pleased to announce that Dr Xen Ludick has joined the medical practice and will be servicing branches in Johannesburg, Sandton and Pretoria. Dr. Xen has extensive experience of cosmetic medical procedures and also brings his own skills in anti-ageing medicine to Skin Renewal.

Visit our website : www.skinrenewal.co.za

TWO NEW EXCITING PRODUCTS IN STORES THIS MONTH!!!

April brings two new products to our shelves; **St Tropez by iS Clinical** as well as the new **Stem Plex Serum from Nimue**



Stem Plex Serum is a fusion of derma cosmoceutical skin rejuvenation actives with Plant Stem Cells and Resveratrol for the treatment of genetic ageing thus prolonging tissue youth. Nimue Stemplex Serum is a fusion of derma cosmoceutical skin rejuvenation actives with Plant Stem Cells and Resveratrol for the treatment of genetic ageing thus prolonging tissue youth.

Stemplex Serum presents a revolutionary technology that protects skin stem cells from stress, thus decreasing wrinkles and producing younger, fresher-looking skin.

Purchase Stem Plex Serum this month and get R50 off!!

ST TROPEZ's aloe Vera based products exfoliate, soothe, hydrate and nourish the skin for a healthy, sun kissed glow in the middle of Winter!! For those addicted to the tanning booth, St Tropez's retail products give a rich, natural golden glow, quickly and inexpensively without the worries of premature aging or skin cancer.

Home applied St Tropez products are available at our Fourways, Rivonia Village and Claremont branches.

