



skin•body  
renewal  
a non-surgical solution

## From the Doctor

Summer is rapidly approaching and with all the soccer that's been on TV, couch potatoes we have become!

Now is the time to get our bodies back to beach perfect. Why not start with a simple 15 minute vein removal treatment to minimise those unsightly spider veins. The process is safe, non-invasive and has minimal discomfort associated with it.

Just one 15 minute treatment can give phenomenal results. Post care treatment requires sun avoidance for a period of 2-3 weeks so now is definitely the time to get started, before we are scantily clad and soaking up the sun.

The treatment is also less effective when one has a tan so your pale sun-starved complexion is our best canvas.

Kind Regards,  
Dr Gareth Tjasink



# SOAK UP SOME MOISTURE

JULY 2010

## VEINS, SPOTS AND YOUR DOTS...

Both men and women are bothered by the appearance of facial and leg spider veins. Spider veins are small unsightly red or purple vessels on the surface of the skin. The causes of spider veins on the face include prolonged exposure to the sun, increasing age, trauma, medical conditions and certain habits such as smoking or alcohol. The causes of spider and varicose veins on the body; include heredity, pregnancy, obesity, increasing age, exposure to the sun and standing for long periods of time.

Women tend to be affected by spider veins 2-4 times more commonly than men do, due to the fact that female hormones and pregnancies are so commonly implicated in their cause. Pooled blood enlarges the vein and it becomes varicose. Spider veins can also be caused by venous insufficiency and the backup of blood.

**In Office treatment:** Since the advent of lasers, the CoolGlide Excel (Nd:YAG) laser vein removal has been used for the treatment of unwanted small and large veins up to 4 mm in thickness. A few treatments may be required to achieve an acceptable level of improvement. In 2005, 2006 and 2007, in the USA, the Aesthetic Trends and Technologies Choice Awards™, nominated the Cutera Nd: YAG for the best laser for superficial leg veins for all skin types.

For maximum results please ensure that the clinic you choose for vein removal uses a Class 4 medical laser.

**Rosacea/ Skin Redness:** Rosacea is an inflammatory skin disease that causes facial redness. Left untreated, rosacea tends to be progressive, which means it gets worse over time. It's not life-threatening, but it can affect your appearance and lower your self-esteem. IPL therapies such as Limelight and Laser genesis™ can be used to improve the redness and flushing of Rosacea. In addition, good candidates for the Limelight procedure are people with sun damaged skin on the face, neck, décolleté which includes redness, sunspots and discolouration. ▶

**RapidLash™**  
EYELASH RENEWAL SERUM

NOW AVAILABLE AT SKIN & BODY RENEWAL

▶ Sensitive skin is defined as skin that reacts with redness and/or subjective symptoms (pricking, burning, pain, etc.) to stimuli that are not pathogens in themselves (e.g. wind, heat, cold, water, cosmetics and stress). This phenomenon is very frequent, occurring in about 50% of the European population.

**If you have this type of skin then adhere to the following advice:**

Use sun-screen lotions or creams. **EVEN IN WINTER!!** Choose products that do not contain potential allergens such as fragrance or PABA sunscreens.

Don't use toners on your skin unless you use witch hazel. Never use any makeup or perfume without first trying a little of it on the inside of your wrist to see the reaction of your skin to it, for very few items of makeup agree with a sensitive skin. One simple treatment is to maintain optimum skin moisture through the use of moisturizers which should also be free of the irritants mentioned on our website, especially parabens, surfactants, fragrance and artificial colours. They should also be made of natural ingredients, not artificially manufactured chemicals.

If you would like to read more on ingredients to avoid when you have sensitive skin click here...

## Rehydrate you skin this Winter!

**Purchase the Nimue Super Hydrating Serum and receive the Nimue Eye Treatment valued at R220 – for free!**

**Nimue Super Hydrating Serum** is a booster treatment in a nanotechnology delivery system for additional hydration and anti ageing support in all skin types and conditions. Phytochemical and biotechnological ingredients in a light fresh gel concentrate delivers immediate moisture to saturate and refresh the skin and continual diffusion provides long term hydration.

**Nimue Eye treatment** is a unique rejuvenating blend of ingredients, based on DMAE, Peptides and Vitamin A, C and E Esters, for daily use on the delicate eye zone in all skin classifications.



**nimue**  
SKIN TECHNOLOGY

## Business News

We congratulate everyone in South Africa for making the World Cup such a memorable experience and for showing our best side to the world. We urge all South African to maintain the standards that have been set and treat our fellow South Africans with the same courtesy and passion that we have shown visitors to our shores. With the soccer and the school holidays over, we have already experienced a sharp uptake in appointments and several branches are fully booked for the next two weeks. We also welcome Dr Cecile Baard to Skin Renewal. She will be seeing patients at the Irene, Fourways and Rivonia branches.

[www.skinrenewal.co.za](http://www.skinrenewal.co.za)