

HERE are many oils to target different needs. Here are a few of our favourites to help the different areas.

Did You Know?

Olive oil removes waterproof mascara like a dream.

Eyes

Question: Will baby oil clog pores or cause breakouts?

Answer: Baby oil is just a mineral oil and perfume. It creates a barrier on the skin but doesn't actually block pores. It also depends on your skin type. Rather opt for a brand like:

1. **Oil Control Spot Clearing Gel:** R95, Justine
2. **Oil Control Anti-Blemish Facial Scrub:** R110, Justine
3. **Oil Control Matte Effect Cream:** R135, Justine



Face

Did You Know? Jojoba oil is recommended for a smoother, softer skin and helps with really dry skin, light red scarring, flakiness and white heads.

Remember to only use **Gentle Make-up Remover:** Price On Request, L'Oreal

Body Products

Get great looking legs with Neutrogena Body Oil, a luxurious body oil that absorbs beautifully into the skin to leave it lovely and soft.

Neutrogena Body Oil: R109.95, Neutrogena

REN Moroccan Rose Otto Bath Oil is made with one of the world's most expensive essential oils. This 100 percent natural bath oil does wonders for dry or sensitive skin.

REN Moroccan Rose Otto Bath Oil: R420, Woolworths



A sensual infusion of Ylang Ylang, Sandalwood, Rose and Jasmine oils. Easily absorbed with a rich lasting fragrance.

Sensual Body Oil: R77, Naturals.

Target Those Stretch Marks And Scars With These Products

Johnson's Pure Tissue Oil is a fantastic oil, not only for improving the appearance of

scars and stretch marks, but also for promoting beautifully hydrated, nourished and healthy skin.

Johnson's Pure Tissue Oil: R68.95, Johnson's



Bio-Oil's intensely nourishing formulation makes it a must-have skin care product. It is for scars and stretch marks, as well as other skin concerns, including skin dehydration. A few drops of Bio-Oil in your bath, or applied directly to the area will ensure your skin stays healthy.

Bio-Oil: R69.99, Clicks



Michelle Rodriguez

Overall

A superb blend of wheatgerm, sweet almond and other delicate natural oils are great to target dry skin.

Tissue Oil 100 ml: R170, Justine



Beauty Bites

DR ANUSHKA REDDY, an experienced cosmetic physician in Johannesburg gives us some beauty advice.



DURING winter, the skin tends to be very dry, but we can fight this with easy homemade remedies, as well as trying new cutting edge medical aesthetic treatments.

For moisturising and cleansing the skin – mix oatmeal and honey and apply to the skin. Leave for 15 minutes and rinse.

Facial and body exfoliation is the perfect way to get rid of the dead skin cells, and to improve product penetration.

Use a sugar scrub for the face by mixing one tablespoon each of sugar, olive oil and honey. Wet the face, apply scrub by rubbing very gently in a circular motion and rinse.

For body exfoliation, mix three tablespoons coarse sea salt with 250 millilitres of olive oil or almond oil.

Best body moisturiser during winter is aqueous cream. For even better results, add a tablespoon of almond oil and mix into the aqueous cream.

The almond oil can also be used at night to massage the face for dry dehydrated skin.

A facial mask is always a treat, so spoil your self with this homemade dry skin mask.

Mash half an avocado and mix with a few drops of lemon juice. Apply the paste on a cleansed skin, and leave for 15 to 20 minutes. Rinse off with warm water.

Another effective home remedy tip for **dry skin** is to add a cup of full cream milk to your bath once a month (think Cleopatra!), or add a few drops of lavender oil to your bath. The lavender will help relax you after a long day, and ensure you have a good night sleep!

In addition, the new hyaluronic acid skin rejuvenation treatments that work wonders on dehydrated, aged skin is called Restylane Vital. It is the latest in skin rejuvenation that works by improving skin elasticity and skin structure. As we age, the quality of our skin changes – as collagen and elastic fibres degrade, and the distribution and function of the body's own hyaluronic acid changes. This results in rougher and dryer skin with less elasticity. The biological clock has an important role in this process but also lifestyle factors, such as exposure to sun, smoking and drinking all play a part. This is where Restylane Vital can help. The treatment creates a glowing complexion by gently and naturally smoothing the skin from within. By replenishing hyaluronic acid under the skin, it restores hydro-balance and improves the structure and elasticity of the skin. Hyaluronic acid is scientifically proven to improve skin quality and can be used to rejuvenate the face, neck, décolletage and hands.

Info provided by www.medisculptclinic.co.za, or Tel: (011) 958-2261.

