

# If I could turn back time



What happened when Eldaleen Hugo decided to take the plunge and investigate some of the latest anti-ageing treatments for more youthful and radiant skin?

**I always swore that I'd never consider "doing anything" to my face, ever. But something happens around the mid-forties, when hormones change the texture, elasticity and tone of your skin.** Somehow the woman staring at me in the mirror isn't the one I'm used to. Turning 50 next year, I wanted to know what an expert had to say about turning back the clock.

**THE CONSULTATION** Shortly after arriving, aesthetic physician Dr Anushka Reddy gave me a computer skin analysis. It showed I had room for improvement – my pores and skin texture needed refining and sun spots could do with treatment. My wrinkles, though, were better than I thought. A glycolic acid

peel as well as a Botox treatment to iron out my frown lines was suggested. I'm sure she's right but as I'm not a converted fan of the latter she recommended a "liquid facelift" with Juvederm fillers instead. It would lessen the marionette lines running from my nose to mouth corners, ease the frown lines and lift my jaw line, which is showing signs of heading south. I'd still look my age, but relaxed and fabulous. I opted for one glycolic acid peel as a test, and left feeling excited and optimistic.

**WHERE TO GO** Renew Time Restoration Clinic, Umhlanga, 031 561 1277; Melrose Aesthetic Centre, Melrose, 011 214 9940; Medi-Sculpt Clinic, Ruimsig, 011 958 2261.

## Can my sun spots vanish?

Glycolic acid peel treatment aims to refine skin by rapidly exfoliating the top layer of dead skin to lighten sun damage and hormonal pigmentation spots. It stimulates cell rebuilding and restructuring of deeper skin layers.

**THE PROMISE** A brighter tone to the skin, a smoother texture, refined pores and more even pigmentation.

**THE TREATMENT** Dr Reddy explained that a solution of highly concentrated fruit acids would be applied to the skin for a short while before being chemically neutralised. Ideally I should use Retin A cream prior to each of the four to six sessions, at monthly intervals.

**OUCH FACTOR** Mild – it's more itchy than painful, though I have to admit I welcomed the soothing effect of the neutraliser after the two-minute treatment.

**VERDICT** I expected to be red and slightly puffy afterwards, but by the time I went to a dinner party that evening, no one even noticed the slight tinge of pink to my forehead. The fact that I started off with the lowest solution of 20% may also have been the reason for not feeling "sunburnt", and I didn't visibly peel in the following two days. I suppose increasing the concentration and duration of the follow-up treatments may show more of these temporary signs. One treatment is not enough to see a significant result; however, a girlfriend of mine has regular treatments and she looks nothing short of fabulous.

**COST** Treatment price varies from R400 to R600 per session.

**WHERE TO GO** Medi-Sculpt Clinic, Ruimsig Office Estate, Ruimsig, 011 958 2261.

## Acupuncture – can it lift skin?

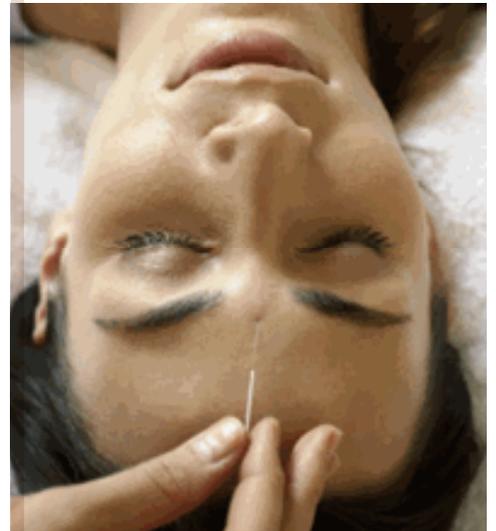
Anti-Ageing Facial Acupuncture is a truly new approach.

**THE PROMISE** Better tone, tighter skin, and an overall more youthful face.

**THE TREATMENT** Before the treatment, Dr Sarawan asked me a few questions about my lifestyle and stress levels.

He then placed needles directly into the lines across my forehead, the creases from nose to mouth, and in the upper lip area. He worked quickly with barely more than a pin-prick for each needle.

At the same time, needles were also placed at traditional acupuncture points elsewhere on my body to clear blocked



channels and encourage lymphatic drainage. Dr Sarawan left the facial needles for approximately 40 minutes, continuously tweaking some to encourage maximum stimulation. I felt relaxed and refreshed by the end.

**OUCH FACTOR** Mild and tolerable – if you're not needle-phobic. I barely felt it, except for a few pricks here and there, but some people are more sensitive.

**VERDICT** Magic – my cheeks are now so smooth they look ironed, my upper lip lines have disappeared, plus my frown lines on my forehead have softened.

**COST** R300 per session – you'll need a course of six to 10 sessions, then one about every four to six weeks.

**WHERE TO GO** The Rejuvenation Clinic, Fourways, 011 465 1646 or visit [www.rejuvenationclinic.co.za](http://www.rejuvenationclinic.co.za) >>

## Can heat rejuvenate my skin?



Regen TriPollar is a treatment that heats the lower layers of the dermis up to 40°, tricking skin into thinking it's being damaged and so speeding up collagen production. This may sound painful and potentially harmful, but it's

perfectly safe and, as everyone knows, more collagen means plumper and firmer skin.

**THE PROMISE** A more defined jaw line, better texture and a natural tightening of the skin over the whole face, eye area, upper lip and jaw line.

**THE TREATMENT** My therapist spread a clear conducting cream all over my face and neck, and swept a TriPollar “wand” over the same area, in circular motions, which felt surprisingly relaxing and comfortable. She kept checking to see if I was feeling any tingling or excessive heat. It's a very interactive treatment and I liked being able to feed back how it felt moment to moment. The whole session lasted for 45 minutes, as she went over the whole area twice. Follow-ups are just 30 minutes, so you can be in and out during your lunchtime!

**OUCH FACTOR** None – I initially felt nothing more than a gentle massaging of the facial skin, followed by a pleasant warming sensation.

**VERDICT** This is incredible! After just one session, the lines around my eyes, mouth and neck had noticeably lessened, and my skin bore a flushed pink – no burn, just freshly stimulated skin! After I'd had the third and fourth treatments, several of my friends asked me if I'd had anything “done”.

**COST** R500 per treatment on one area only. Treatment is suitable for use on the bottom, face, neck, back of arms and thighs. TriPollar can also be combined with a chemical peel and transdermal mesotherapy for optimum results.

**WHERE TO GO** Skin Renewal Aesthetic Clinic, Fourways, 011 467 8742; Dante Wellness, Sea Point, 021 434 1011; Leisure Isle, Knysna, 044 384 0806.

## Can exercise pump up my face?

Finally, I booked with Melanie Castleman for facial rejuvenation through yoga. Teachers at Woodlands have taken yoga to a whole new level, believing that increasing circulation in certain areas of the face can take years off.

**THE PROMISE** Reduced lines and toned neck and jaw. You'll also boost circulation and work the glands surrounding your sensory organs, improving eyesight, smell and taste.

**THE TREATMENT** During my first one-on-one session, Melanie explained how certain poses and breathing techniques target areas in the face and neck. She showed me three poses, starting with a move called Lion's Breath. I sat on my knees, breathing in deeply and exhaling forcefully, while sticking out my tongue and looking up as far as I could. This was to target a double chin and improve sagginess under the eyes. Next was the Fish Pose, apparently fabulous for treating pigmentation. I lay on my back, lifting my shoulders off the mat until I was resting on the crown of my head with my arms comfortably next to me. I repeated the exhalation, sticking out my tongue and looking up as far as possible. With my head tilted back, I really felt the circulation in my face improve. Last was the Dolphin pose

for first timers, to boost circulation. With my forearms in a triangular position, I rested the crown of my head on the mat and stretched my legs out behind me with my feet on the ground. Mel told me to move my eyes around a lot, which does wonders for eyesight. I could feel how it helped strengthen and tone my neck muscles

**OUCH FACTOR** None – it was quite relaxing and invigorating.

**VERDICT** I was definitely more alert afterwards and my neck muscles felt toned. I repeated the poses each day for 20 minutes at a time, and after three weeks my face feels plumper, my cheeks have colour and, to my delight, I have less of a double chin!

**COST** R300 for your first 60-minute session and R250 thereafter.

**WHERE TO GO** Woodlands Centre for Wellbeing and Spa, Muldersdrift, 011 957 3269. **w&h**

### Thinking of trying a treatment?

+ Whether you're having a one-off treatment or a whole cocktail, an expert's advice is essential. Always have a consultation – at your clinic if it's non-invasive, or with an independent specialist if it involves surgery. Our picks? Dr Ronel Du Toit at La Colombe Aesthetics Centre, 011 887 8551, or Dr Reike Smit at Vivacite Medical Spa, 012 548 6374.

+ Be aware that treatment results can be affected by the following: wearing

fake tan, your periods, being pregnant, and some medications. Always tell your therapist about any of these.

+ Factor in extra time for your treatment. Arriving stressed, fretful or with too much on your mind will guarantee less than wonderful results – your skin picks up on these things.

+ Don't become a treatment junkie. Topping up before you need to puts skin in jeopardy. Less is often more!