

# Get Your Shine On

For smoother skin and a youthful glow, oils could be your secret beauty ally

By Helen Clemson

Oil used to be the social outcast of the skincare industry, but these days there's an ever-growing range of beauty products in gleaming liquid form. So what's changed? Because the molecules of high-quality plant-based oils are very small, they are easily absorbed and won't clog pores or cause breakouts. "They're also able to penetrate into the deepest regions of the skin where they deliver moisture and vital nutrients," explains somatologist Lelanie Botha of Joburg's Medi-Sculpt Clinic. Here are nine oils to pore over:



## REDNESS

If you're looking a little rosier and more sensitive than usual, take stock of your last meal. "Rosacea, which is a form of skin sensitivity, can be worsened by chocolate, crayfish, prawns, sweeteners, preservatives, food colourings and MSG," explains Dr Anushka Reddy, an anti-ageing and aesthetic treatment specialist and owner of Joburg's Medi-Sculpt Clinic.

> Your mantra: LISTEN TO YOUR BODY. LOSE THE ADDITIVES So, apart from the obvious flushing of your skin, what are the other symptoms to watch for? "An itching sensation in the mouth and difficulty swallowing and breathing are other sure-fire clues that you have a particular food allergy," says Reddy. Other symptoms of allergies and intolerances include nausea, vomiting, diarrhoea and abdominal pain.

Food preservatives, colourings, MSG and some sweeteners have also been linked to increased skin sensitivity for those already battling with rosacea. "Some sugar replacement products can cause noticeable flushing in 30 percent of people who suffer from rosacea," says Reddy.

