

our contributors

MEET OUR BEAUTY PANEL

*We asked our specialists: "What do you love most about spring?"
This is what they had to say...*



PHOTO COURTESY OF SANDTOWN MAGAZINE; PHOTOGRAPHER: MICHAEL GREINSTER

CHERIE FRASER

Laser therapist from Melrose Aesthetic Centre

Spring is such an exciting season. It's a prelude to warmer days, beach holidays and highveld summer showers. It means that we can pack away the winter pyjamas and unpack the shorts, sandals and bathing suits. I always find it amazing how people and nature alike respond to spring, and all around there are signs of renewed energy, vitality and abundance of life. It signifies a fresh start and new beginnings, an opportunity to get out and enjoy the outdoors and the warmth of the sun on your skin.



CATHY GEE

Owner of Smoothe Beauty Bar in Cape Town

The thing I love about spring is that it hints at the warm summers to come: beach time, summer dresses, swimming, the smell of jasmine, brightly painted toenails and my kids swimming endlessly in the pool.

RIËTTE VAN TONDER

Clinique education and physicians services executive

I can't wait for that day when I suddenly smell spring in the air. Weekends turn into mini holidays; our baby girl splashing in her little shell swimming pool, while we are working in the garden in between frequent pool dips, lifts my spirit. I love watching my herbs and veggies emerging from the soil. But what I can't wait for is when cooking is replaced with a braai outside, and there is finally space in the bed again, since all the animals aren't hiding from the cold under our duvet.



*'The force of spring - mysterious, fecund,
powerful beyond measure'* **Michael Garofoalo**



JACQUI FAUCITT

CEO of RegimA

Spring is the time to peel off the layers of clothing, dust off the winter cobwebs which have enveloped us during our semi-hibernation, and once again enjoy lunch in the sunshine. My physical energy increases with the start of a new and exciting season; everything looks better, people smile more, new life blossoms around us providing "feel-good moments". I think about that little black dress I bought in the winter sale, so I "blitz that body", with a fabulous body peel, ensuring those legs are in peak condition, and then I am ready for anything!



DR NATASHA BEGG-SPIRO

Aesthetic specialist at Laserderm

Spring is my favourite time of the year. I love the way everyone seems to come out of hibernation, throw off the dreary winter colours and walk with a lighter step. People have a renewed zest for life, smiles are wider and hugs more forthcoming.

beauty fix



EMERGENCY:

After a light chemical peel I went into the sun without sunscreen and burned my skin.

SOLUTION: “Your skin needs to be treated very gently going forward. No exfoliation is to be done until the skin has completely healed and the flaking has stopped,” warns Cherie Fraser, laser therapist from Melrose Aesthetic Centre.

She explains that you also need to avoid any products which contain alphahydroxy acids, as these will just further irritate the skin. She recommends keeping the skin well-hydrated and wearing a high SPF on a daily basis.

“Using repair products as soon as possible can remedy this problem,” says Faucitt, who also warns against using any type of exfoliation and fragranced oils or creams.

“To avoid any pigmentation, you need to stay out of the sun and try not to pick or peel off any loose skin,” urges Faucitt.



BEAUTY Rx:

RégimA Scar Repair (R399) helps accelerate the healing process and reduce inflammation, with Post Laser/Post Peel Gel (R150) to prevent crusting, pigmentation and to soothe your skin.

Skin Sphere Hydra Touch Hydrating Day Cream (R342) has a triple-action effect: it hydrates and protects the skin, and is rich in antioxidants, which reduce inflammation.



EMERGENCY:

I singed the hairs around my hairline and have split the ends of my hair with my flat iron.

SOLUTION: “Unfortunately, damaged ends will need to be cut off so that they don’t continue to split further up the hair shaft,” says Craig Hopkins, ghd national educator.

He recommends that, during the actual styling process, you keep the styler moving and work at a steady pace. “Your ends may be burnt because you held the flat iron there for too long or because you have gone over the same section multiple times, exposing it to much higher levels of heat,” he says. “Prevention is better than cure, so make sure you always use a heat-protection product before any form of heat styling, and always use your iron on 100% dry hair.”

To prevent burning your hairline, Hopkins suggests blow-drying unruly roots by using a brush, so that less heat is required to smooth the area out. Shelene Shaer, owner of Tanaz, recommends using a very moisture-rich conditioner and an oil to put added shine on the hair and improve the look. If all else fails, she advises having a colour shampoo, as this will also make the ends look better.



BEAUTY Rx:

ghd Style Heat Protect Spray (R180). Suitable for all hair types and featuring the new Heat Protection System, this is an essential everyday product when working with heat-styling tools. The lightweight spray will leave your hair looking and feeling smoother, while offering protection.

L'Oréal Professionnel Absolut Repair (R225). A treatment serum for damaged ends, it helps smooth your hair shaft and prevents split ends from getting worse. It will leave your hair looking and feeling healthier.



EMERGENCY:

I always have cracked lips; no amount of lip balm seems to smooth them out.

SOLUTION: "Keep your lips well-nourished," says Dr Natasha Begg-Spiro, aesthetic practitioner from Laserderm, who explains that you can use a granular exfoliator on your face and lips once a week. Or try using an old, soft bristle toothbrush to remove dead cells on your lips. This allows anything you put onto them to penetrate more effectively. Dr Mark Opperman, aesthetic practitioner from Melrose Aesthetic Centre, cautions against licking your lips, as your saliva dries it out even more. Rather use an emollient, like beeswax or Blistex DCT, instead of lip balms or lipglosses, as they don't just sit on top of your lips, but penetrate deeper." He also advises that if the corners of your lips are cracking, you might need a steroid cream with a blend of antifungal and antibacterial properties.



BEAUTY Rx:

Blistex DCT (R50) helps protect against sunburn and chapped lips, as well as the drying effects of cold weather and the wind.
Elizabeth Arden Eight Hour Cream Lip Protectant Stick (R120) soothes, softens and nourishes dry lips. It also has an SPF to protect from sun exposure. ■



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