

THE SKIN HANGOVER CURE

This time of year can be hard on skin – office parties, travel and one too many late nights all take their toll. Here's how to care for your skin so it doesn't call 'last rounds' before you do

WHEN THE PARTY'S DONE, WHAT HAPPENS TO YOUR SKIN?

Ever woken up and felt like your skin looked a few years older? Dehydration is the number one sign of fatigue and strain on the skin. When the skin is dehydrated, fine lines are more visible, skin can appear blotchy, plumpness is lost and texture is less even. Had one too many? Your skin will suffer, says Dr Marshall Murdoch from the Wits University Donald Gordon Medical Centre.

'The effect of alcohol on the fluid and electrolyte balance in your skin is complex. A single night of heavy drinking is associated with moderate dehydration (an appropriate response by the kidneys) with modest electrolyte changes, which are usually reversible. The best way to combat the changes after a big night is to drink plenty of water and avoid excessive salt consumption. High-potassium drinks, like fruit juice, can also help.' Treatments that boost natural vitamins and antioxidant



RECOMMENDED PRODUCTS

1. AVÈNE THERMAL SPRING WATER 150ML R149 2. DOCTOR DUVE BOOSTING FACE CREAM 50ML R2 141 3. DR. DERMAL TOTAL REJUVENATION PLASMA 30ML R675 4. DERMACEUTIC C25 CREAM ANTIOXIDANT CONCENTRATE 30ML R620 5. BABOR HSR LIFTING EXTRA FIRMING FOAM MASK 75ML R924 6. NUXE CONTOUR DES YEUX PRODIGIEUX ANTI-FATIGUE MOISTURIZING EYE CREAM 15ML R210



levels can also help repair the skin. Look for treatments that combine ingredients like hyaluronic acid for collagen production and plumping, or vitamin C to brighten.

TREATMENT TO TRY IV Vitamin Therapy

WHAT IT DOES An intravenous (IV) method delivers powerful antioxidants along with vitamins, minerals and fluids, straight into the blood stream to hydrate the skin. One of the commonly used antioxidants is glutathione, which helps the liver detox harmful chemicals by binding to toxins

to eliminate them and improve skin health.

PRICE Consultation R650, treatments from R950

WHERE Health Renewal, Fourways, Johannesburg 0861 7546 72
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WIN!

We're giving away an IV Vitamin Therapy treatment on our website