

FEEL

Get to know your skin

When plotting a skin care regimen, it's always best to begin with your skin type and your skincare goals. For instance, common sense dictates that a person with oily skin shouldn't set out to hydrate and someone with clear but sensitive skin shouldn't go all out on anti-acne products. Taking a good look in the mirror (ideally, with an experienced aesthetic doctor) and understanding your skin type - be it acne-prone, dry, oily, sensitive, or mature - can help you establish objectives and identify which products are best to seek out or avoid. Pay attention to the telling signs of your skin. How does your skin feel after you've cleansed your skin? Does

MEET THE EXPERTS



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it become shiny during the day or does it feel dry by the afternoon? Is it sensitive to climate change? Become more aware of your skin as this will give you a lot of insight into getting to know your skin and knowing how to meet your needs.

- DR MAUREEN ALLEM

Contributing factors

The biggest factors when it comes to anti-ageing are protection, protection, protection and if you are ageing you need to correct, correct and correct. Did you know that stress contributes

Combating ANTI- AGEING

You could spend hours reading online tips for preventing wrinkles or the latest shortcuts to achieving a younger-looking face. Or you could just glance below, and debunk all those myths you've been reading - thanks to the pros we've consulted.

WORDS BY JESÉ LILLIENFELDT-HARTMAN

