



The peel appeal

Think of chemical peels as a form of high-powered exfoliation for your face.

There are many varieties (glycolic, alpha hydroxyl, azelaic or lactic acid-based formulas), which are absolutely brilliant at removing dead skin cells, embedded sebum and dirt, but they also create a smooth surface so that products are able to penetrate deeper.

Beauty editor-tested peels

1 DERMACEUTIC MILK PEEL TREATMENT (R650)

A 20-minute treatment that targets dullness, fine lines and pigmentation, you'll feel a tingling sensation during the peel and experience mild redness afterwards. Expect radiance a few days after the first session and great results after three to four peels. For your nearest Dermaceutic skin salon, email enquiries@conquest.co.za.

2 DERMALOGICA BIOSURFACE PEEL (R690)

This four-step exfoliating system helps with the appearance of fine lines, hyperpigmentation, acne inflammation and razor bumps. It's gentle, so there's no redness after. Three to six treatments are recommended. Available at Dermalogica salons and spas.

TIP!

Home exfoliation is a gentle way to treat blackheads and dryness, while chemical peels penetrate deeply to tackle issues like pigmentation, acne scarring and deep wrinkles

Eat for your skin

"You can actively influence the look and feel of your skin through

1 The less sugar you eat, the better for your skin

It brings up your blood sugar and insulin levels (insulin is a key ageing hormone), and a study confirmed that people with higher blood sugar levels tend to look older than those with lower levels.

2 Eat lots of vegetables

At least two thirds of the food on your plate should be vegetables. High intake is associated with decreased skin wrinkling and better skin quality, as well as providing you with lots of fibre and antioxidants.

3 Don't stress about fat

Forget low-fat brainwashing; your body and skin need fat. Studies show that eating more fat makes your skin more elastic and less wrinkly. We're not saying gorge on it, but do include olive oil, avocados and macadamia oil.