

# Preparing for winter skin treatments

*By Dr Maureen Allem*



Winter months are often associated with dull complexion, uneven and rough skin. However, as we experience limited sun exposure during these months, it is the perfect time to explore the latest technologies and treatments that leave the skin fresh and radiant.

Exfoliation is the answer to removing dead cells that leave the skin looking lifeless. Regular topical exfoliation is important, however deeper skin treatments such as chemical peels, laser treatments and skin needling assist in faster cell turnover that removes dead skin cells.

Skin Renewal continuously invest in the latest technologies and have treatments such as the Pearl Laser and the 3D peel available which are ideal during the winter months. The Pearl Laser treats the top layer of the skin with light pulses in a pre-selected pattern, while also sending heat to the deeper layers of the skin for long term benefits. For more advanced skin problems, the 3D peel is a 3-peel medium depth chemical peel system. It addresses a wide range of skin conditions with great efficacy.

Great results are further achieved with combination treatments. As everybody's skin is unique, the doctors on the Skin Renewal team develop a tailor made treatment program for each client. Dr. Maureen Allem, founder and medical director at Skin, Body & Health Renewal says: "Our continuous investment in the latest anti-ageing technologies allow us to offer combination treatments, giving infinitely better results."

If you'd like to find out more about treatments suitable for winter, book your assessment with one of our aesthetic doctors at Skin Renewal. Contact Skin Renewal on **0861 754 672** or visit **[www.skinrenewal.co.za](http://www.skinrenewal.co.za)**.



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