

beauty

Time for me

Spoil yourself by looking and feeling great after the birth of your baby

Masked beauty



Pregnancy mask (Melasma) is a common pregnancy and post-pregnancy condition. Caused by the stimulation of pigment-changing cells by the hormones estrogen and progesterone, more melanin pigments are produced to cause brown marks on the skin.

A new treatment, available at Renew Time Restoration clinics in Durban and Johannesburg, is effective in removing the discolouration.

"The De-Pigmenting Combination Treatment is simple, pain free and takes only a month to free women of pigmentation across their faces," says Dr Niemann, Renew's resident doctor. The patient undergoes a facial cleanse and microdermabrasion to prepare the skin prior to the treatment. Thereafter the De-Pigmenting mask is applied, which remains on the face for 8 – 10 hours. A cream is applied to the skin once the mask has been washed off and you will continue to apply this cream three times daily, for a month and will also visit Renew once a week for four weeks for Omnilux Light Therapy Sessions.

To make these treatments accessible to everyone, Renew has introduced easy payment plans. Go to www.renewtimerestoration.co.za.

Make scents of it all

Fragrance soothes, calms and can make us happy. Mumbai-based psychiatrist Dr Anjali Chhabria says, "Researchers have found that certain fragrances have a direct impact on human emotion and behaviour. From increasing romantic desire and evoking feelings of security to even making small spaces seem larger, fragrances can be very powerful."

Dr. Alan Hirsch, MD, who heads up the Smell and Taste Research and Treatment Foundation in Chicago, suggests that knowing the benefits of fragrances can considerably enhance your life and state of mind. For instance, anxiety, fatigue and insomnia can all be treated with a combination of essential oils as can constipation and water retention – the list is endless.

Help for fatigue: Mix 2 drops of bergamot essential oil, 1 drop of lemon essential oil and 1 drop of rosewood oil into 30ml of

carrier oil. Add 1 capful of the blend to your bath water after it has been run or massage a little on your temples and wrists.

Help for indigestion: Mix 3 drops of peppermint essential oil and 5 drops of ginger oil into 20ml of carrier oil. Add to your bath or massage your abdomen in a clockwise direction.

Help for anxiety: Mix 4 drops of geranium essential oil, 6 drops of lavender essential oil and 2 drops of rose or neroli into 30ml of carrier oil. Add to your bath, massage, dab a little on your temples and wrists or use this combination of essential oils in a burner (without the carrier oil) to have the scent wafting through your home.



Have a hand in feeling good

The bodies of pregnant and breastfeeding woman undergo many changes and the health of your skin, hair and nails are usually radically affected. Dry and brittle nails may be a sign that you are not getting enough protein in your diet and the extra demands of a feeding baby is taking its toll.

What your nails tell you about your health

Nail ridges – protein deficiency and vitamin A deficiency

Peeling nails – Vitamin A, calcium and vitamin D deficiency

Splitting nails – amino acid deficiency

Thin brittle nails – Iron, calcium and Vitamin D deficiency

White spots – zinc deficiency

How to improve your nails

Rub hand-cream into your hands daily and ensure proper nutrition. Wear gloves when washing dishes and working in the garden. Use good nail products and find a treatment that will improve the overall condition of your nails.

Tip Top nail products have a whole range of natural nail care products that are easy to use and will solve just about any nail-care crisis. The Quick Repair System and Toughen Up Maxi Growth products will quickly rehabilitate damaged nails and busy moms will love the All-In-One top and base coat for women on the go. View more hand and nail care products at www.tiptopnails.co.za.

