

Ask the beauty editor



We tackle your concerns about ageing gracefully.

BY MARIANNE CAMPBELL

marianne.campbell@media24.com

'How can I get rid of varicose veins?'

Q I'm very aware of my varicose veins. Now that summer is approaching, is there any way in which I could tackle these without having to resort to surgery?

– Kim Fletcher, Cape Town

A While there are nonsurgical options available, such as laser therapy and sclerotherapy, they might not be suitable for your specific condition. Dr Philip Matley, Specialist Vascular Surgeon at the Kingsbury Vascular Unit in Cape Town, suggests you book an assessment with a vascular surgeon to determine whether you need surgery. Varicose veins, especially in the groin area, can be caused by a malfunctioning vein valve, which does require surgery.

At home, boost circulation in your legs by dipping them in warm, then cold, water. Putting your feet up at the end of the day also boosts lymphatic drainage and facilitates the flow of blood back to the heart. For better results, apply Sh'Zen Energising Cream for Heavy Legs, R115.



'Are chemical peels for me?'

Q I'm not quite 40 yet and want to know how early you can start going for mild chemical peels.

My skin has a fair amount of sun damage. Would this be an option?

– Jess Starke, Worcester

A Chemical peels are great anti-ageing tools because they tackle poor texture, lines and wrinkles, loss of elasticity and general ageing, says Safia Ramjan, Director of dermaPro Clinical Care in Century City, Cape Town. The skin is under constant attack from pollutants, toxins, chemicals and so forth. On the inside, the natural process of skin cells dying and being pushed to the surface also leads to a dull, uneven look. 'A facial peel works wonders at removing the dead surface layers of the skin, allowing newer, younger cells easy passage to the surface and letting new skin "breathe",' she says.

How often you have a peel depends on how well your skin responds to treatment, the condition of it and how well you continue to look after your skin at home. I have personally had a mild facial peel, and loved the glow and silky after-effects on my skin. It wasn't uncomfortable and there was very little downtime. What I like about facial peels is that they can also have an effect on age spots, but I'm told that ongoing peels are needed to maintain results. ☑

'Help! My hair is thinning'

Q I've always had fine hair but seem to be losing more than usual now that I'm getting older. Does this mean I'm going bald? How can I prevent this from happening? – Tracy van Rensburg, Gauteng

A Generally speaking, your body sends nutrients to where they are needed most, like your vital organs. Your hair, unfortunately, ranks lower and lower on the list the older you get. But there is good news. There are great products on the market that will enable you to feed your hair (and hair follicles) the nutrients it needs.

Schwarzkopf Professional BC Hairtherapy Hair Growth Regime Hair Growth Serum, R581, is enriched with active ingredients such as carnitine tartrate and echinacea to stimulate hair growth.

Mention any unusual hair loss to your GP. It could be a sign of anaemia, which means you may need to take an iron supplement.

