

affected by the sun. Dark skin tones are often oilier, which means that their daily treatment routine should include products that will balance out oiliness. Even though they are less prone to damage from the sun, SPF is still important to combat skin blemishes. Preventing spots and blemishes is better than trying to cure them as treatment is more difficult with darker skin tones. For older skins, retinol is a must. "It restores your skin to a radiant glow while helping to balance uneven skin tone," says Franco. It's also the best in treating fine lines and wrinkles, so people with lighter skin tones should definitely see the difference.

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Alchem Labs' Elize Brady says from light to dark skin tones there is a definite difference in the way you treat your skin. According to her, darker skin tones need Tyrosinase Inhibitors that will even out skin tone. Tyrosinase is the enzyme responsible for releasing melanin in the skin. For this, she suggests the Advanced Whitening Complex from Spa Solutions, or even their whitening toner and whitening mask. Lighter skin tones often show couperose (redness with vascularity), a root cause of aging. Brady says that irrespective of your age, anti-aging treatments should be part of your skincare routine from as early as 20 years of age and of course, sun protection is key. Sensitive, light skins can try Spa Solutions' Mild Cleansing Milk, Milk Toner and Sensitive Control to soothe and treat the skin. If your light skin is prone to inflammation due to factors like heat, cold, spicy foods or alcohol, you might find these products with powerful anti-inflammatory agents useful.

According to Brady, light and medium skin tones should use good barrier protection moisturisers like Spa Solutions' Daily Repair + Protect with SPF15 daily. Night moisturisers should be a powerhouse of anti-aging, anti-oxidant, moisturising, lifting, firming and protection ingredients like Spa Solutions' Intensive Night Repair, especially if you have light to medium skin tone. Sunscreen is non-negotiable for darker skin tones too and their evening routines should include an anti-aging moisturiser with Tyrosinase inhibitors, Vitamin C and anti-oxidants to even out skin tone. To reduce excess pigment in the skin, the Super Anti-oxidant Mask - loaded with six different anti-oxidants - helps to free radicals, thereby improving skin tone. Brady says that with any skin tone, it is important to exfoliate regularly to expose new skin cells, leaving your skin looking fresh. Try Spa Solutions' Bio-Actives: Stem Cell Repair (if you are between the ages of 25 and 40) and use it twice daily for the best results. A good quality cleanser (milk



BioMedical Emporium Translucent Day SPF30. R1200. Available at selected spas, salons and aestheticians nationwide.

BioMedical Emporium Retinol Serum. R915. Available at selected spas, salons and aestheticians nationwide.



Sk.in bounce. R1800. Available online at www.skiningredients.com



cleanser or soap-free gel), an enzymatic exfoliator and a good quality, high active moisturiser should have you sorted.

Contact Tanya Groenewald for more on these products: 082 332 0622
 www.fransolet.co.za

Dr Alek Nikolic, who has been an aesthetic medical practitioner for more than 20 years, says paler skin tones are more likely to lose pigment in the event of skin injuries, where darker skin tones are prone to gain excess pigment. Prevent this with good quality SPF and avoiding inflammatory skin conditions and skin trauma. He says the most important step in your skincare routine is a good SPF 30 or higher with zinc oxide or titanium dioxide. He also recommends a Vitamin C serum like sk.in gloss for your morning routine, which increases UV protection and helps lighten pigmentation. For your evening routine, he suggests a combination of Vitamin C and Vitamin A, like sk.in Bounce, to further enhance the pigment lightening effect.

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Royale SA's fresh and manageable approach to your everyday skin routine says: "Water is crucial for your skin because like all your other organs it is made up of cells. Cells, in turn, are made up of water, and without water the organs can't function properly." They suggest that you drink water first thing in the morning to flush down toxins and to activate your organs. Also drink a glass of water before every meal, before you take a shower or bath and before you go to bed. They recommend that you wash your face in the morning and before you go to bed and that you don't have to worry too much about finding the best product. Buying the best you can afford and rather making sure that you wash your face twice daily is key. Thirdly, sunscreen is a must and last, but not least, ground yourself by going barefoot more often. The theory behind grounding yourself is that it returns the body to a natural state, which has many benefits, including reducing inflammation.

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