

Q What is the proper etiquette for tipping beauty professionals?

A According to the South African Spa Association, tipping is not expected, but appreciated; 10–20% is sufficient. ‘A tip is yours to give voluntarily, much like a present. If you have a treatment that includes a number of therapists, a single tip may be left which will be split. If you’d like to leave a tip for a specific therapist, let the receptionist know.’

Q Will my beauty products last longer if I store them in the fridge?

A ‘This isn’t necessary and may even cause problems with the products,’ says John Knowlton, technical director of Skin Nutrition. ‘This urban legend started in the 1990s when several companies launched ranges that were preservative-free. The idea was that having no preservative would make products less likely to cause allergic responses and that the absence of preservatives could be compensated for by storing products in the fridge. In reality, these products had a very short shelf-life even when stored in the fridge. Some products, particularly creams and lotions, can deteriorate if stored at low temperatures for protracted periods of time. Modern skin-care products use effective preservative systems, so there is no value whatsoever in storing them in the fridge.’

• Skin Nutrition, (011) 267 6900.

Q Does Botox eventually make you age faster?

A ‘...no,’ says Dr Alek Nikolic, an aesthetic medical practitioner from Aesthetic Facial Enhancement, Cape Town. ‘A new study published in the *Journal of Cosmetic Dermatology* confirms that long-term use of Botox can in fact reverse the ageing process by permanently erasing forehead expression lines and remodelling the skin, by allowing it to “rest” and renew. At the end of the seven-year study, skin quality continued to improve over time...’

There was no evidence of development of any new wrinkles secondary to Botox use. The longest living study of cosmetic Botox use is 20 years, with no evidence of any unwanted long-term side effects like permanent facial droop.’

• Aesthetic Facial Enhancement, (021) 797 0960.

Q Can exercise get rid of cellulite?

A According to Lyle Barreiro, a biokineticist at Sports Science Institute of South Africa, cellulite will not go away completely with exercise. ‘The problem is that the connective tissue in women is particularly rigid and cellulite occurs when adipose (fat) tissue below the fibres extends through the connective tissue and creates a misalignment in these fibres. This causes the dimple effect under the skin. Exercise has the ability to realign the fibres of the connective tissue as well as decrease the amount of adipose tissue pushing through, thereby giving the skin a smoother appearance. But no amount of exercise will make it go away.’ ❖

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*Clinical study. % reduction on the total number of wrinkles: T4 weeks. **Auto-evaluations on 40 women after 4 weeks. ***Test in vitro.