

# PSYCHOLOGIES

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MAGAZINE

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22-PAGE SPECIAL

# CREATING TRUE FRIENDS

Valuing connections, celebrating differences, building bonds that last

**+ TEST** What type of friend are you?

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# Detox in a jar

Is your skin paying the price for your stressful lifestyle? If so, it's time to give your beauty regimen an overhaul. By Daniela Massenz

## IF YOUR SKIN IS DRY

Physical and emotional stress can show up on skin as an increase in sensitivity, dehydration, excessive flushing and flaking. Stop using any anti-ageing treatments that contain ingredients such as fruit acids and retinoids immediately, and start a cleansing and moisturising routine with gentle products.

**1. Cleanse:** Dermalogica Pre cleanse, R385, gently but thoroughly removes all traces of dirt and excess sebum with apricot and olive oils, while borage seed and rice bran oils provide comfort.

**2. Soothe and reduce redness:** Uriage Roseliane Anti-Redness Cream, R150, is meant for skins that are prone to flushing due to stress, temperature change, alcohol consumption, eating spicy foods, and so on. It strengthens the moisture barrier, and constricts dilated blood vessels. Spring water reduces irritation and green pigment counterbalances redness.

**3. Restore suppleness:** Theravine Clarifying Mango Face Balm, R304, is intensely hydrating, protecting skin with shea butter, grapeseed oil, mango seed butter and calming essential oils.

**4. Pamper and comfort:** L'Occitane's soothing and moisturising Hypoallergenic Ultra

Comforting Mask with Shea & Organic Cotton, R465, is free of fragrance, colourants, preservatives and alcohol. (Available at L'Occitane in Melrose Arch, Johannesburg, and Claremont, Cape Town, as well as selected Edgars stores.)

**5. Recover:** Elemis Cellular Recovery Skin Bliss Capsules, R1,120 for 60, are concentrated day and night capsules that repair environmental damage and calm irritation with powerful plant-derived antioxidants. (Available at Woolworths.)

**6. Reduce puffiness:** Yes to Cucumbers Soothing Eye Gel, R129, reduces puffiness, cools irritated skin and brightens dark circles with organic cucumber and spirulina extract, aloe and chamomile. (Available at Clicks.)

## IF YOUR SKIN IS OILY

Oily, sluggish skin, with clogged pores and breakouts, needs to be treated delicately, but with effective products that will clear out congestion and restore balance.

**1. Cleanse gently:** The best way to clear oil is with more oil. Lancôme Secret de Vie Precious Reviving Crème Cleanser, R700, has an oily consistency when applied, but then turns into a gentle milk when water is added.

**2. Purify:** Esse's 99,6 percent organic Clay Mask uses kaolin and bentonite clays to

## BODY & SOUL BEAUTY

draw out impurities, while oils and extracts of coconut, olive, lavender and Cape chamomile nourish and moisturise your skin. (Available at [www.faithfultonature.co.za](http://www.faithfultonature.co.za))

**3. Deep-clean:** IQ Rescue Mask Home Facial Clay & Herbal Detox, R105, contains Atlantic coast clay and micro-granules to clear out pores. Cucumber and herbal extracts revitalise and soften skin. (Available at Clicks.)

**4. Heavy-duty helper:** For acne-prone or congested skin, REN Glycolactic Skin Renewal Peel Mask, R455, helps resurface your skin, exfoliating deeply and helping to minimise pore size with fruit acids and papaya enzyme. It soothes with omega 3 and 7 extracted from fruit. Not for use on sensitive or inflamed skin. (Available at Woolworths.) ●

### Internal detox

The 100 percent natural formula of Thalgo's Ocea Draine 10 Day Detox, R337 for 10 vials, combines organic plant juices and algae to encourage the elimination of waste products and aid digestion. To find a stockist near you, call 011 880 4929.

### Give your bathroom cupboard a clean out

Get rid of products that have overstayed their welcome.

**Skincare products** last for six to 12 months, once open. This is usually not a problem if they're used daily, but the trend with 'natural' products is to keep preservative levels low, so they may go off sooner than conventional creams. Look for a Period After Opening (PAO) symbol (a jar with the lid off) on the packaging. Many new cosmetics also have an expiry date.

Pumps are most hygienic as they reduce the risk of dirt or air corrupting the product. With pots, make sure your hands are clean before use. It's preferable to use a spatula, cleaned daily, so you don't contaminate the rest of the product. Keep creams fresh by storing them in a cool, dark spot, and ensure lids are tightly sealed after use. If there's a change in colour, smell or texture (it may become runny, separate or lumpy) discard the product.

**Sunscreen** generally lasts for up to 12 months. Buy a new sunscreen when summer starts so you can keep track of how long you've had it. Leaving it in the sun or in a hot car will weaken the quality of the UV filters, so keep them cool. Using expired sunscreen is dangerous as you could get badly burnt.

