

SENSITIVE SKIN PRODUCTS



The DermaFix Revitalising Skin Toner is alcohol-free and suitable for all skin types. Botanical extracts assist with refreshing and restoring the skin's protective pH mantle.



The Revitalising Facial Treatment from Skin Nutrition contains antioxidant polyphenols in their olive oil treatment, which fight the toxic effects of free radicals, visibly enhancing the health and beauty of one's skin.



The Pro-Active Lotion by 2nd Youth assists with redness, while the pH Skin Revitaliser contains soothing ingredients such as chamomile and aloe vera to assist with calming the skin.



Hemporium hand-made soap with hemp seed meal and almond oil contains moisturising properties, while leaving the skin feeling cleansed and lathered.



Cosmetique 2000 has developed a sensitive skin care programme with products such as Baobab oil, which is hydrating, and Kalahari watermelon seed oil combined with hyaluronic acid to strengthen the dermis. (pic Ursula)

condition. Dr Levy explains: "Certain products are more likely to affect sensitive skin; these include cleansing gels, scrubs, exfoliators and toners, as well as anti-ageing products, which often contain alpha and beta hydroxyl acids, retinols, Vitamin C, and lactic acid, amongst other potentially irritating products."

Many factors impact the skin's sensitivity – these include acne medications, products containing alcohol and retinol, as well as certain aesthetic procedures, such as microdermabrasion. Louise Halgreen of Sothys states that any procedures that remove the top layers of the skin automatically sensitise the skin. These treatments may be performed, however before and after care is of importance.

According to SDV Pharmaceuticals, mineral oils should be avoided at all costs, and synthetic ingredients can only solve the problem topically and temporarily. Kahn advises against butyl and ethyl parabens, which are inhibitors of microbial growth. She also states that talc, which is known to be a carcinogen, should be avoided, and synthetic fragrances cause hyperpigmentation and irritability.

According to Marieta Meyer of Danne Montague-King, stress is related to sensitive skin in the sense that it triggers the inflammatory cascade – free radicals and oxidative stress. When the skin repels or rejects that which it does not recognise as being safe, the result is the inflammatory cascade.

Handle with care

Beauty therapists should be careful when treating patients with sensitive skins, and should always take a detailed history. Dr Levy advises that the therapist should always start with the weakest product or lowest setting, and increase slowly thereafter. Engelbrecht states that therapists should rather use treatments that penetrate substances, such as nourishing mask treatments, instead of trying to peel a sensitive skin.

Wienekus adds that one should always use the "less is more" rule when it comes to treating sensitive skin. Dominique Russel of Endermologie adds that a sensitised skin can be an indication that too many things are being done to the skin at one time, such as 'at home' microdermabrasion, followed by a topical application of Vitamin A, which is not recommended. Treatment involves applying the minimal amount of product to the skin and recommending a very simple, minimal skincare programme.

When spray tanning clients, using products containing dihydroxyacetone (DHA), one should avoid exposure to body parts for which DHA is not >>