

IS PEELING APPEALING?

My journey into the world of non-surgical beauty treatments had taken me down a new path. The botox had been wonderful but the effects wore off all too soon. Could I justify the cost of potentially quarterly top up injections? – the answer had to be a resounding no.



My infantile calculations led me to believe that if I abused my skin for another couple of years without top-ups I could afford the full on face lift that I would probably need by then, this however brought its own drawbacks: the down-time, the pain, the bruising would terrify the kids! No, I couldn't go down that path just yet... I needed a more permanent solution without the draw backs.

Suddenly my Botonics fairy godmother appeared in a flash and hay presto I was on the tube headed for High Street Ken, full of hope and optimism...!

On my journey I reflect on the all too many years of neglect which I had subjected my fragile skin to: sunbeds, smoking, alcohol, not enough cleansing, not enough moisturising, too much exfoliating, too much makeup, crash dieting and the list goes on. I surmise that the current sallow complexion reflecting back at me in the train window was completely self inflicted and only Botonics could help!

I arrive at Cobella Day Spa for my appointment, the beautiful surroundings help me unwind from my journey and when I meet Dr Samborska for the first time she is very thorough and discusses my skin history with me before proceeding with the first peel.

She tells me that the first peel will give me the most noticeable results and that I should attend for the following peels at 7-10 day intervals.

On leaving my skin was tingling but not in any way red or sore and I was able to hit High Street Ken for some serious shopping therapy without feeling at all self conscious.

As my birthday was looming I was concerned as to how much skin I would shed, however, my concerns were unfounded, there was very little skin peeling and I was able to enjoy my party without feeling at all self conscious. In fact I felt great and full of confidence my skin was glowing and felt taughtened.

My subsequent visits all went as smoothly as the first and Dr Samborska gave me lots of advise on skin care which I found invaluable. I even continued the skin care regime as she advised and with the products provided.

Skin peels aren't a treatment that should be taken very often because they do minutely thin the skin with each course. And thinner skin wrinkles faster! So you need to strike a balance between the benefits of having a peel in the short term versus a thinning skin in the long term. But as long as I wait at least a couple of years between each peel my skin should be fine.

Skin peels are great for reversing all the fallout from sun damage: brown spots, uneven pigment, fine lines, dull or lifeless looking skin. They basically take you back to the bright, shiny skin of your youth. But because of that, your skin is also more photosensitive just like it was when you were first exposed to it as a child. You should always wear a good sunscreen, but it's even more important to do so after you've had a skin peel.

I have to admit the results are amazing! After my four peels my skin is fresh and looking fabulous!

Botonics use a variety of skin peels and tailor the treatment to the individuals specific needs – I was expecting hydrochloric acid to be recommended for me however, to my joy Dr Samborska suggests that Easy (TCA) Peel from Euromedical would be ideal to achieve the results I was looking for.



Course of four peels administered by an experienced doctor, including creams: £650

www.botonics.co.uk
0845 680 1964

