

# reading nature

**Seka Ojdrović** goes to Wellington's Skin Therapy and as it introduces a new skin analysis machine



**I** DO BELIEVE in the Fountain of Youth and Beauty—the literal one. Unfortunately, I also believe that it has been subject to human interference, perhaps it was too near a valuable oil field, and is now a derrick. Or perhaps deep beneath the Earth, having been blown apart in an effort to find coal. In any case, you'll no longer find it in modern day life. Such is the way of an environmentally unfriendly world—now finding the Fountain of Youth and Beauty is a responsibility that every woman must take on herself.

The good news is that we can find support in like-minded people. Rachel Robertson, owner of Skin Therapy clinic in Wellington, recently hosted a launch party to introduce the clinic's new digital skin analysis machine. Skin Therapy proved a fitting venue for people to peruse their options towards creating and maintaining not only healthier skin, but a healthier attitude towards the process as well.

The introduction of the digital skin analysis machine to the clinic will enhance how Skin Therapy performs its facial services. To keep clients at the forefront of skin care technology, they must first understand their unique genetic requirements. The apparatus provides readings for hydration levels, oil levels, pigmentation damage and capillary action. Based on these readings, skin care professionals are better able to prescribe a holistic régime that will improve texture and appearance. This includes topical recommendations, as well as lifestyle and dietary improvements.

While this idea may prove a bit daunting for some, it's clearly more honest and effective than arbitrarily pushing products for the sake of pushing products. I for one felt no hesitation in sitting for the analysis, in fact I was curious to learn how my lifestyle was literally written on my face.

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Environ spokeswomen gave demonstrations with their Ionzyme DF Machine which gently penetrates the skin to supplement it with nourishing vitamins A and C. Mild electrical currents are used on large areas of skin, such as the face and neck, and sound waves are used on more limited areas, such as upper lip and eye area.

Margaret Hema, owner and founder of Hema Organic Skin Care, treated guests to an impromptu skin

analysis complete with an individually recommended Hema oil and a quick treatment plan. She stressed the importance of nourishing the skin with special care, rather than stripping it of its natural integrity with the use of abrasive products such as exfoliants.

Coming out of this event I had a different view on skin care than I did going into it. I am no longer frustrated by the genetic limitations of my pore structure, instead I am convinced that with the right knowledge and the right régime anyone can improve on what they have. Not by working against nature to artificially plump this, or exfoliate that, but by working with nature by listening to what my skin is telling me.

Knowledge is power, in life and in skin care. By thoroughly educating skin-conscious people, rather than simply mesmerizing them with fantastical names for "miracle lotions and potions", modern-day skin care consultants are gifting them with the means to make every-day educated decisions on how to further their goal of internal beauty radiating outward. And that, I find, is a truly beautiful thing. •

For more information and appointments contact Rachel Robertson at Skin Therapy by phone on 04 473 7873 or drop by and meet her in person at 1/310 Tinakori Rd, Thorndon, Wellington. Alternatively visit [www.skintherapy.co.nz](http://www.skintherapy.co.nz) for clinic hours and treatment option. She would love to hear from you.