

More than just hope in a bottle

According to Rachel Robertson from Skin Therapy everyone can have better skin than they realise.

If you're anything like me, you'll have a bathroom cupboard full of skin products, each bottle promising smoother and younger looking skin. But I found myself wondering - is great skin actually achievable by using all these products? What lengths do we really need to go to in order to have great skin?

Rachel Robertson from Skin Therapy tells me that most people can have better looking skin than they realise and (here's the good news girls) that we don't need hundreds of products to achieve it. OK so Rachel has my attention.

As one of the top 5 beauty therapists in the country two years running, Rachel enthusiastically tells me she's on a mission to help people truly understand how their skin works. "It doesn't matter how much you cleanse, moisturize or exfoliate... if your skin's not getting the right vitamins it's a waste of time. It's really important to look at the cell at every level through an advanced skin analysis – such as the latest digital analysing equipment we have here – then it's just a matter of getting the right product with the right ingredients"

Rachel explains how her team at her award winning clinic is often the last resort when someone has spent hundreds of dollars on products that haven't worked. "We've achieved great results even with skin conditions such as eczema, rosacea and pigmentation because when you work at cell level the skin can be strengthened and repaired. Ingredients are everything."

With a multitude of awards to her name, Rachel went on the study chemistry for skin care formulations and what she learned astounded her. I had a mental picture of all those bottles in my bathroom cupboard as Rachel



told me how so many skin care companies still use old fashioned and cheap formulations. Passionate about using only the highest quality ingredients, the latest technology and research, she decided she would have to formulate her own skin care range. "I've had to push the laboratory to use the formulations that I want as I'm not prepared to settle for anything but the best. It has been a real eye opener - often being offered cheap low quality substitutes. They had to order in a

natural preserving system especially for me as the only alternative here was to use alcohol".

The sad thing is so many clients don't know this and don't know how great their skin could be with the right advice and products. But lucky for us Wellingtonians we have all this advice right at our door step on Tinakori Rd. So it looks like Skin Therapy is the place to go for great, healthy, youthful looking skin. And by the way – in case you're wondering – Rachel's first product has just been released. I'm off to get one now – and I feel confident this one won't remain half used in my bathroom cupboard.

Skin Therapy

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