

empowering women  
to stay forever timeless...

# YOU HAVE THE RIGHT TO FEEL GOOD



*Do you ever catch a glimpse of yourself in the mirror as you're coming out of the shower or getting dressed – and your eyes zero in on "that part?" You know the one that's shape-shifting and so obediently obeying the laws of gravity?*



tended to exercise more and lead a healthier lifestyle. Thus a good self-image leading to a healthier you is a self-fulfilling prophecy.

"Our findings underscore the need for a multifaceted approach to studying and assessing body image in women as they mature, as their bodies undergo constant age-related change," said Bulik, director of the UNC Center of Excellence for Eating Disorders, distinguished professor in the University of North Carolina School of Medicine and professor in the UNC Gillings School of Global Public Health.

It is very interesting that SKIN was mentioned in 78.8 percent of cases. Refine Anti Aging and Laser Clinic feels confident that our focus is concentrated in the right direction. Approximately 80 percent of the patients seen at Refine, are treated for general anti aging problems of the skin. The clinic offers peels, derma-needling, enzyme masks, fillers, skin tightening and lymph drainage(carboxytherapy) to name but a few. Each package is tailor-made for both the skin condition and the patient's budget. It is important that the therapist is well trained in her profession so that any advice and treatments are scientifically sound. Refine only employs highly trained, competent skin therapists. We believe in continuing professional development and thus offer regular training and updates for the therapists on a regular basis. In conjunction with this approach; our permanent doctor Dr Michelle Emmet and owner Lindi Prinsloo work hand in hand to consult with and advise patients on their individual needs. Based on this reputation Refine has continued to grow over the last four years.

**Feeling good about what you look like, can make you feel better about who you are,**

**Outward appearance can have a significant impact on a person's self esteem, so looking better in one's own eyes, and in the eye's of others, can add to self esteem.**

**We believe though that beauty is not only skin deep, but that how your skin looks and feels, can affect your self-esteem. Skin is one of the first things others notice about you, and it is probably the first thing you notice about yourself when you look in the mirror every morning.**

So much of self-confidence is wrapped up in how we look and how we think others perceive us. As we see the signs of aging, not only do we deal with the pain of physical changes, but also the stress of accepting we have little control over the situation. It's a double blow to self-confidence. Equally important, is that on leaving the clinic, the patient undertakes to continue to look after his/her skin and that they accept responsibility for daily maintenance of their skin. We prefer to focus on specific skin conditions; using a range of products that suit an individual's needs rather than generic broad-based treatments. All take home products are currently rated top in the field of skin care. Again, therapists are well trained to be able to advise each patient which product is best for their needs.

- **Good skin makes you feel beautiful**
- **Good skin helps you become more confident**
- **Good skin allows you to be more social**
- **Good skin is an indicator of a healthy lifestyle**

**T**hat wasn't there last week was it? Or last year? You KNOW it wasn't there five years ago. ARGHHHHH!!! What's happening here?

Maybe it's on your face or thighs or midsection. Whatever you do, do not hold up a mirror to get a rear view!

There's some small part of everyone that believes aging won't happen to US. That's for old people. Inside we still feel 30 (or whatever the youthful number is for you). And if we feel that way inside, why oh why is our outside betraying us so cruelly?

Aging can really take its toll on your self-confidence, especially in this youth-oriented,

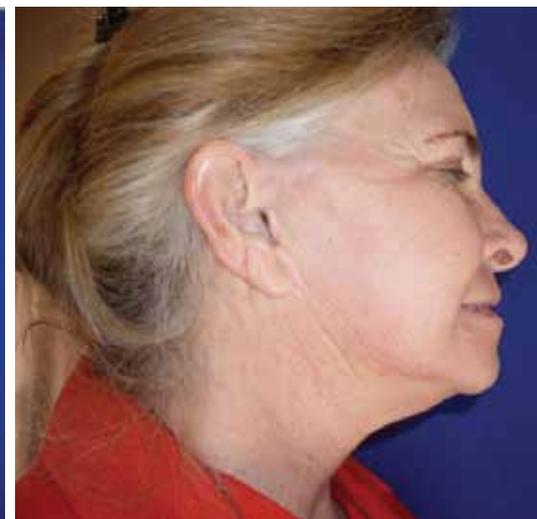
appearance focused culture.

A recent study done at the University of North Carolina Medical School looked at body satisfaction amongst women aged over 50. The study revealed that of 1,789 women who took part; only 12 % of these women over the age of 50 years, were satisfied with their appearance. So don't feel alone.

Interestingly, even though these women were content with their body size, a sizeable number still reported dissatisfaction with other aspects of their appearance, including their stomach (56.2 percent), face (53.8 percent), and skin (78.8 percent). Also interesting is that, those women who were satisfied with their body,



**BEFORE**



**AFTER**

- Laser Skin Rejuvenation
- Chemical Peels
- Laser Vein/Hair Removal
- Botox
- Dermal Fillers
- Sclerotherapy
- Diathermy
- Permanent Make-up
- Carboxytherapy

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