



Every day, new skincare lines make their debuts in South Africa: either as a feature in glossy magazines or stacked high on the shelves of many retail pharmacies.

Judging from this, one would think that having such a wide variety of skincare options available to us should improve our chances of having healthy, glowing skin. Unfortunately, though, quite the opposite often seems to be true.

I think the reason for this can be found in the approach many consumers take where skincare is concerned. We want quick results, preferably yesterday, and we look for it in any one of the latest, cutting-edge treatments being offered on the market today.

However, patients are very rarely offered proper preprocedure skin conditioning, with

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many of them not being presented the aftercare protocol as well. This presents a problem as these pre- and post-procedures are necessary to prevent side effects, while enhancing aesthetic results.

I always explain to my patients that having good skin can be likened to having a good body. You have to work for it. Walking

DR CHRIS GIEZING reports on the latest skincare range to hit our shores – and why it works so well for him.

around the block twice a week is never going to cut it – and so, for great results, you need a personal trainer (doctor) with a good training programme (skincare system).

It’s also important to note that this protocol should be followed on a regular basis for the rest of your life.

The ZO effect


That said, when ZO Skin Health arrived on

our shores towards the end of 2015, it was so refreshing to find a programme that seemed to address all of the above-mentioned issues – something new and exciting that could potentially change the way we think about skincare and, more importantly, offers powerful solutions along with the relevant pre- and post-

care instructions. Additionally, it offers something that is “the missing link” in skincare – a system running in the background to enhance basic skin health.

Dr Zein Obagi, the creator of this range, is a dermatologist and qualified pathologist. Since he’s had a life-long passion for skin health, he, along with Obagi®, created the first fully fledged “medical” cosmeceutical. This, his latest offering, was launched in 2012 and has since become the top selling product in the USA.

This beautifully designed product line ticks all the boxes in my wish list for the perfect product. It offers high-potency ingredients in unique, patented delivery systems, while addressing preprocedure skin conditioning with the most powerful non-prescription products available. It also offers elegant peeling solutions, with a controlled depth peel solution that can be tailor-made for almost all skin types and conditions. Lastly, there are well-designed maintenance protocols to enhance post-procedure results and, above all, it engages medical doctors as an inherent part of the solution – thereby ensuring the best possible outcomes.

In short, this is something that I believe will be welcomed with open arms into the South African market, simply because it works so well and does so in a fresh and thought-provoking fashion. 



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