

Give skin some tough love with ZO Skin Health

 By [Terry Levin](#)

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I took some rare me-time out to treat myself to the media offer of a ZO Skin Brightening treatment at the Green Point branch of LegsEleven beauty and aesthetic specialists.

The session consisted of a hydrating cleanse, a finely abrasive tea tree and minty fragranced exfoliating scrub, a chemical peel and mask, finished off with an application of silky serum.



Throughout the treatment session, therapist Liezl explains the step-by-step approach of the ZO product range, named after Zein Obaji, the dermatologist who is credited with conceiving and bringing to market his new philosophies and principles in skincare.

Pitched at the top end of the price spectrum, the skin brightening regimen offers sumptuous textures and fragrances and left a definite afterglow of brightness and plumpness on my skin. Like all chemical peels it's a little bit prickly and stingy, but nothing my particularly sensitive skin couldn't handle.

The ZO skin brightening regimen may be slightly different from any you have previously practiced. Advocating daily at

home microdermabrasion with an exfoliating polish, a “less is more” approach to moisturising with collagen stimulating serums and the essential daily application of a UV and infrared sun screen primer – all designed to offer a multi-prong approach to fight the ravages of aging.



Products claim to have been designed to wake up the cells in the deeper layers of skin by employing the latest technologies in bio-engineered complexes, plant stem cell components and antioxidants.

Under the ‘take no prisoners’ hashtags #fightageing #fighthard, new skincare regimens may be as abrasive on the pocket as they are on the skin, but if prematurely ageing or problem skin is a cause you’re willing to fight for, it might be worth saving up, because a little does seem to go a long way. While this review is not meant to be an endorsement, my skin enjoyed the pamper session and suffered no adverse after effects.

Thanks to Sue, Liezl and LegsEleven Salon for the treat.

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