

05^{of} 100**Dr. Tania
Marais**

Here to be Purposeful

**Give yourself permission
to choose yourself:**
The powerful act of
self-care and prioritising
your wellbeing.

Dr. Tania Marais believes that self-care is not selfish and confidence is not vanity. Sometimes, one of the most important things a woman can do is give herself permission to make time for herself.

Life gets busy, Marais knows this first-hand. As a GP, her day may begin with diagnosing pneumonia, treating a medical emergency or consoling a patient. Somewhere between patients, responsibilities, family and the inevitable unexpected crisis, the day disappears. That, she believes, is exactly why making time for yourself matters.

Marais completed her MBChB at the University of Pretoria in 2004, holds a Diploma in Child Health

and later completed an Advanced Diploma in Aesthetic Medicine cum laude. Aesthetic medicine opened a new dimension of healthcare for her: one where medicine, wellbeing and confidence meet. Ask her what aesthetic medicine really means, and she cuts straight through the myths: "For us, this was never about vanity, it's about giving yourself permission to slow down and take care of you." Aesthetics, to her, is simply one visible way of practising something bigger: choosing yourself, on purpose, regularly.

The word "aesthetics" can still conjure up images of celebrities, expensive treatments and a pursuit of perfection. Marais is changing that perception. Modern aesthetic medicine is evidence-informed and includes carefully considered treatments that help people look refreshed, feel rejuvenated and become more confident. Sometimes the physical adjustment is small, but the emotional impact can be significant. And no, she says with a smile, the goal is not to make everyone look twenty again. The goal is to help people feel comfortable, confident and cared for at the age they are.

She wants to help make conversations about aesthetics more informed, responsible and accessible across generations. Younger women often claim self-care as their right; older women quietly long for it while feeling they shouldn't need it. Marais' answer to both is the same: you don't have to earn confidence. You're allowed to take it.

Women, in particular, become very good at making time for everyone else. Somewhere on that list, "me" quietly moves further and further down. Marais wants women to move themselves back up the list. She is living proof that a full, unpredictable life and genuine self-care aren't opposites. She isn't

asking women to do less. She's asking them to add themselves to the very long list of people they look after.

Her message is simple: wanting to look after yourself does not make you vain. Investing in yourself does not make you selfish. And making time for yourself does not mean neglecting everything else. It means recognising that you matter too.

She knows it's been a good day when she gets home, tired but whole, and her youngest asks: "Mommy, what did you learn today?" Lately, her answer is often the same one she hopes every woman reading this will remember: looking after yourself is necessary, it's what makes you able to keep showing up for everyone else.

**Your
story
matters**

