

A-Z OF HEALTH, BEAUTY AND DERMATOLOGY

With Frances Furlong



This is the last part of the A-Z of Beauty, Health and Dermatology, I hope this new year ahead helps you address any health concerns, also to consider changes to your busy schedules to create quality time for you and your loved ones.

R is for realisation that what we eat affects not just our bodies, but our minds and moods as well since our entire body runs on vital nutrients. An inability to break down food effectively can affect the whole body, here are some common symptoms of a compromised digestive system -

Feeling full after a small amount of food, feeling bloated for days at a time, constipation or diarrhoea, pain or discomfort to the abdomen, flatulence, food allergies or Intolerances. Digestive supplements such as enzyme tablets or my favourite, charcoal supplements, can really help alongside a balanced diet and plenty of water.

S is for shaping lips naturally, as we age we lose the outline of our lip known as the vermilion border. A light natural filler like Restylane can restore and enhance a mouth to look more youthful, stop lipstick bleeds or stop the signs of an ageing mouth area.

T is for turn back the signs of ageing. We tend to find that the neck and eye area are the first areas to show ageing. Fine crepey skin starts to be a problem, also the eye and face creams just don't seem to be helping as well as before. Pioneering Plasma technology known as 'Plexr' really helps to lift, tighten and tone the upper and lower eyelids without the need for surgery. Furthermore, treatments such as Restylane Vital, Muscle Relaxing Injections and Mesotherapy with Derma pen can really help loose skin to the neck.

UV damage limitation - the after affects of prolonged sun exposure and daily pollution and stress factors that our skin is exposed to can lead to a lack lustre effect. Micro needling increases the availability of cell nutrients and antioxidants by stimulation of the keratinocytes found in our skin. This promotes epidermal growth factor and increases cell turnover. This treatment is excellent for hyper pigmentation, acne scars and traumatised skin. Furthermore, lines and wrinkles that are normally seen vertically on the sides of the face and cheek areas can be improved with skin needling combined with Restylane boosters and mesotherapy.



V lift - at present a lot of online and media attention has been given to jaw lifting using dermal filler, which is a fantastic treatment as a non surgical approach. However going back to basics of the 'golden triangle' the widest part of your face should be the upper cheek area so the base of the triangle is at the top and the point at the chin area. Women need to be careful not to widen the lower part of the face too much as this shape is more typically associated with masculine features. Remember the shelf of the face is the scaffold structure that holds the face up and helps the lower face from sagging.

W and **X** is for wellbeing and Xtra time for yourself, allocate time in your week for relaxation, nice walks, reading a book, switching off your phone and electrical gadgets. Stress is very harmful, and in my opinion one of the biggest killers.

Y is for a youthful look, glowing skin and a relaxed face - not too frozen or too overfilled - an aspiring look that clients should be aiming for.

Zzzz get plenty of sleep, how can your body repair itself if you don't? ■



1. Drink water like you mean it. 1.5 litres daily minimum.
2. Enjoy some fresh air when you can.
3. Catch enough zzz's.
4. Remind yourself of the things you're grateful for.



THE DETAILS

Please call Michelle on 07508 404862 for further information. info@perfect-skin.co.uk www.perfect-skin.co.uk