

A-Z OF HEALTH AND BEAUTY TIPS AND TREATMENTS



With Frances Furlong

January is often the time we start to think about the year ahead, our health and lifestyle normally is part of this revamping process, over the next two months I will focus on the the A-Z of popular health and beauty topics. I am looking forward to see how government regulations within the beauty and aesthetic arena will be improved. We need tighter regulations and a proper register to ensure public safety. When treatments are carried out by suitability qualified practitioners they can give great results. But in my own practise I am getting increasingly more requests to help rectify complications resulting in injectables as well as people injecting their own faces at home, scary stuff!

Asymmetry, whether this is to do with imbalances of the face, different shape eyebrows or scarring to one side of the face it can make a person feel self conscious. As humans we are drawn and attracted to well balanced faces. Subtle enhancements to rectify volume loss in the face with dermal fillers, semi permanent make up to even out eyebrows or derma pen needling to lessen the appearance of all types of scarring can help a persons confidence.

Belief in ones capability, negative thought processes are damaging to a person. Believing you can reach your goal is very Important, it could be weight loss, better overall health, a new career pathway or educational challenge. They are not impossible challenges at any stage or age of your life!

'Before you react, think, before you spend, earn, before you criticise, wait, before you quit, try' Ernest Hemingway.

Copper Peptides have antioxidant and anti-inflammatory effects and can promote wound healing, collagen stimulation and attraction of immune cells. By increasing collagen production, copper peptide could improve skin firmness, elasticity and plumpness, whilst its wound-healing properties make it a great treatment for acne scars, wrinkles and marks.

Try the new Inspira Med Advanced Lift with added vitamin A or advanced radiance with added Vitamin C - £40 for a 6 week serum boost.

Dull complexion after the winter I

advise a meso Peel Treatment a specific light peeling agent is applied to suit specific skin concerns followed by a bespoke cocktail of micro injections to enhance, firm and rejuvenate the skin and neck.

Energy, so many clients complain of feeling lethargic and run down, vitamin B12 shots are a great way of boosting energy and feeling good.

Remember vitamin D3 daily to get you through the winter months really can help lift your mood, furthermore exercise and walking during day light is a natural mood lifter too.

Frown lines and migraines can be helped simply and effectively by muscle relaxing injections. Lots of clients get the benefit of cosmetic enhancement along with great reduction or complete relief from migraines which can effect a person's life greatly. The NHS has been offering the treatment since 2012, so many of my clients have been taking tablets daily for years, with all the other side effects caused by long term tablet use as well as increased tolerance. I recently had a lady who had had migraines for 50 years regularly and went 7 monthis without any medication following the treatment.

Get help with troublesome oily skin, spots and open pores. These conditions really can spoil a complexion. Obagi and Inspira Med are my two favourite brands in controlling and regulating these issues. Monthly in house peeling and home care products can really help. In some cases I may prescribe antibiotics or oral contraceptives for women, these are not ideal as a long term solution for the skin, however are helpful when trying to control and manage the symptoms.

Hormone imbalances. Get help - don't suffer in silence. I have so many clients



who suffer with acne or menopausal related skin conditions and concerns. Often they do not get the sympathetic ear and are expected to get on with it. As well as prescription medication there are natural remedy roots and topical skin creams that can really help. Natural food and supplement stores can be really helpful with giving your immune system the support it needs. We often forget that hormonal imbalances not only effect our mood, lifestyle and appearance, but it can also lead to depression and suicidal tendencies. Make 2018 the year you get help and support. The following organisations can help further:-

www.acne.supportgroups.com
www.rosacea-support.org
www.menopausesupport.co.uk
www.mind.org.uk ■

THE DETAILS

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