A-Z OF HEALTH AND BEAUTY TIPS AND TREATMENTS

With Frances Furlong

Following last month's article here is part two of Health and Beauty tips and treatments, to give you some inspiration and ideas on how to improve your health, look and feel your best and keep motivated.

I is for imperfections to skin tone. Flushing, broken veins and sun damage can all be easily treated. Intense pulsed light, chemical peels and good medical grade skin creams can all help.

J is for Japanese silk extracts, combined with Hyaluronic acid my favourite moisturiser at the moment is Inspira Med youth preserve cream, to help rejuvenate and repair winter skin.

K is for kickstart your eating habits. Eating well shows on the outside and sugar is very ageing for the skin! Keep It real, try to avoid processed foods. Spice It up, bland food is boring, experiment with new spices and flavours. Drink up, add more water to your daily intake, it keeps your skin plumper. Don't reward running with sweets, don't destroy your exercise by loading up on sugar fixes. Think before you eat, take time over eating, it takes your brain 20 minutes to recognise that you have eaten, eat slowly and chew your food, to avoid eating too much. Log your meals, keep a record of what your eating daily, helps you keep on track and makes you able to monitor bad food choices and how certain foods make you feel after consuming.

L is for liquid face lift, the ultimate non surgical option, using either Sculptra, Radiesse or Hyaluronic acid. Enhancing the chin, jawline, cheeks, nose to mouth lines and temple hollows can enhance and define a face, for a youthful contoured look.

M is for Mole check, don't ignore moles or lesions on the body, there is no harm in getting your GP to check, but there is when they are left.

N is for nose refinement, small imperfections can trouble people, surgery is not always the answer, I get amazing results with small amounts of dermal filler to straighten noses and muscle relaxing injections to lift the tip of the nose.

O is for orange peel effect, time to start thinking about battling the dreaded curse of cellulite and localised fat. I advise my clients to start by body brushing daily for 2 mins and applying an anti cellulite cream, try Nivea or L'Oréal. Once you have completed this for 3 weeks, you will notice the stubborn areas and you can consider mesotherapy injections to help reduce cellulite and localised fat and improve blood flow to these sluggish areas.

P is for plumper and hydrated skin, I am a big fan of skin boosters, unlike normal dermal fillers, they don't actually create volume when injected. They work by injecting small amounts of Hyaluronic acid into the dermis of the skin, spread evenly spaced to enhance any area of the face or body to rejuvenate. Great for acne scars, fine lines and wrinkles, backs of the hands, necklines and chest lines.

Q is for quit smoking, we all know about the health implications to our bodies, but here is what it does to our skin. Cigarette smoke contains carbon monoxide, which displaces the oxygen in your skin, and nicotine, which reduces blood flow, leaving skin dry and discoloured. Cigarette smoking also depletes many nutrients, including vitamin C, which helps protect and repair skin damage.

R is for Razor bumps (pseudofolliculitis barbae), also known as shaving bumps, affects men with tightly curved (or curly) hairs. When the tip of hair grows back under the skin or into the hair follicle, it is known as ingrown hair. Use of an electric shaver will help, as it does not cut as close as blades do. Shaving every other day, rather than daily, will help as well. At night, apply a lotion containing glycolic acid to the affected areas. This exfoliates the surface skin cells and reduces the likelihood of new spots. Try Neostrata Ultra Smoothing Lotion. ∎

THE DETAILS

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