

# A-Z OF HEALTH, BEAUTY AND DERMATOLOGY

With Frances Furlong



**N**ow January is here are you looking forward with positive thoughts, knowing you're going to give it your best and make it the start of what's going to be a great year for you? Taking time for yourself, family and friends is so important in such a busy world full of pressures.

**L** is for love handles, with this season being the most indulgent one, we often find we have put on weight especially around the stomach, waist, thighs and neck. Mesotherapy fat reduction injections can help you naturally lose this excess fat in combination with a balanced diet, plenty of water and moderate exercise.

Top tip - Eat every two to three hours (in other words, don't wait until you're ravenous and hungry). Skipping meals won't make you lose weight, it just makes you hungrier.

**M** is for Milia, skin tags, warts and verrucae.

Cryotherapy is the controlled destruction of unwanted tissue by the precise application of extreme cold we freeze enough to achieve tissue necrosis and limit the freeze to prevent collateral damage. This rapid freezing hits the skin at -27°c, it is a quick procedure taking 1-2 mins, it's a sterile procedure as no incision, cutting bleeding takes place, has an analgesic effect by cold temperature, it's safe and results are very effective.

**Skin Tags:** These turn black at the base and drop off over a period of one to six weeks. Larger skin tags 3mm+ may need a second freeze.

**Warts/Verrucae:** it is recommended if they are still there warts should be retreated after 4 weeks following your first treatment.

**Milia** As these are superficial keratin filled epidermal cysts these normally flatten and disappear with Cryotherapy.



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**N** is for new year's resolutions. My advice to younger clients, teenagers and people who do not have a skin care regime is to "Get one in place". The basic anti ageing regime is to use products that help protect like SPF creams and vitamin C serums, stimulate collagen like vitamin A and attract water to the skin something to help, plump and hydrate like Hyaluronic acid.

**O** is for Oily acne skin conditions, help is at hand at Perfect Skin. Treatment, prescription drugs and home care plan products, giving you the support and education to get your self confidence back.

**P** is for primary care appointments, don't miss smear tests, or check ups that monitor blood pressure, cholesterol and weight. When things are detected earlier the outcome is always more promising. Male or female don't ignore abnormal bleeding, lumps or unusual lesions on the body. Also don't accept being excessively tired is normal, it could be your body trying to tell you there is a deficiency, get help - don't suffer!

**Q** is Questions To Ask Yourself Every Day If You Want To Be Healthier. Profound success is the result of small, smart choices completed consistently over time—and it applies to every area of your life, whether it's your work, relationships, finances or your health. Your success (or lack thereof) boils down to your daily choices and habits. If you don't take care of your health, no one else will, and it's the daily decisions that can create lasting change in your life. ■

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](mailto:info@perfect-skin.co.uk) [www.perfect-skin.co.uk](http://www.perfect-skin.co.uk)