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Treatment of the month... Daughters of Lilly Signature Facial

If you're tired of facials that are a bit 'slip slap slop' (think cream after cream being slathered on and then removed in mechanical, car-wash fashion) then you must take a trip to see Lorraine Downie at Wyndham Clinic in Marylebone.

Creator of her own brand of luxurious skincare, Daughters of Lilly, Lorraine has been administering her prescription facials for 15 years, and has built up a loyal fan base who visit her religiously. Following a consultation, Lorraine worked her magic blend of lymph draining massage, extraction of blackheads, and application of her exquisite skincare range. Two years in the making, the products are based on pomegranate and noni berry, and nourishing essential oils. After a whopping hour and a half of some much-needed TLC, that included an oxygen treatment and a neck and shoulder massage, I left the salon with glowing, sublimely polished skin, which lasted for weeks! CG

The Daughters of Lilly Facial costs £95 at 15 Wyndham Place London W1H 2AQ. Telephone 0207 723 8838 or visit daughtersoflilly.com for more info

Try an oat mask to calm irritated skin

Quick fix

"If you suffer from excess blackheads, grind up fresh parsley into a pulp and apply to the area. Lie down for 15 minutes to encourage blood circulation to the face, then cleanse, nourish and moisturise as normal"



Bharti Vyas is one of the UK's leading holistic beauty therapists and ayurvedic experts

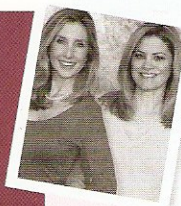
Super cream

Celeb fans of Luzern Laboratories Force de Vie Cream include Eva Longoria Parker and Madonna, and aged 33 and 50 respectively, it's little wonder why. The cream contains pure oxygen to boost collagen production and bathes the skin in high concentrations of anti-wrinkle Co-Enzyme Q10 and vitamin C. At £97 it doesn't come cheap, but blimey they look good on it! Available from naturisimo.com



Q&A

THE BEAUTY AND THE BRAIN DOCTORS



Our stateside agony aunts Dr Debra Luftman and Dr Eva Ritvo answer your beauty dilemmas

Q I am thirty-two years old and since becoming pregnant I have developed some unsightly dark pigmentation marks above my top lip. How can I reduce them naturally?

A The marks you're talking about are called melasma, also known as 'pregnancy mask', and they are common during pregnancy. Melasma are thought to be caused by an imbalance between the hormones oestrogen and progesterone, but nobody is 100 per cent sure. We do know they are more common in women with darker complexions and tend to occur on areas that receive more sun exposure. The good news is that melasma will usually fade within six months of childbirth, but during that time it's important to minimise sun exposure of the affected area. If you want faster results, talk to a dermatologist about bio-identical vitamin C, a very high concentration form of the antioxidant that can fade pigment. You can also try azelaic acid (a wheat extract that can be found in over-the-counter creams), glycolic (fruit acid) peels, a prescription for Retinol (which is basically Vitamin A) or intense pulse light treatment.

Also, remember that the changes you will undergo during pregnancy are all part of one of the most natural and beautiful experiences that a woman can have. So try to embrace them: they are signals that you are in the process of creating a new life, and that in itself is a wonderful, life-affirming thing.

Visit thebeautyprescription.com

3 Wind down essentials

1 Candle So Organic Relaxing Natural Candle, £10 (soorganic.com)

2 Bath Organic Blue Restful Night Mood Blend, £8.95 (organicblue.com)

3 Massage oil Organic Trevarno Soothing Massage oil, £14.15 (trevarnoskincare.co.uk)