

# SPA

ELEMENTAL



**SPRING**  
**SKIN**

**CLEAN GREEN**  
**DETOX**

**THE BIG C**  
**CELLULITE**



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SPRING 2023



# SPA

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# springcleanse

**A** detox diet involves a short period of time fasting, followed by a strict diet of Organic fruit, vegetables, fruit juices, herbs, teas and lots of water, supplements, with colon cleanses and/or enemas. Salon and Spa treatments can enhance the results and benefits of a detox. Always consult your GP before starting any form of detox or diet.

## JUICES

Freshly squeezed juices are a great way of increasing the recommended daily intake of fruit and vegetables, with more awareness about the long-term health benefits of a nutritious diet, it comes as no surprise that the trend of offering your clients freshly made beverages can be of great benefit for the clients wanting to cleanse and detox. Fruit and vegetables provide a combination of vital nutrients to help the body fight against some of the most deadly diseases. The most complex vitamin supplement cannot begin to match the nutritional complexity of a fruit or vegetable juice. Because juice is a liquid form, it's digested quickly and the essential elements are rapidly absorbed. Juicing removes the indigestible fibre, these nutrients are presented to the body in much larger quantities than if the piece of fruit or vegetable was eaten whole. Plant chemicals, known as phytonutrients (phyto=plant), are one of the most important things you can get out of juice as well as antioxidants and enzymes. Antioxidants are a large group of nutrients that are found in fruit and vegetables and keep your cells healthy and prevent and repair damage from free radicals. The best known antioxidants and nutrients such as vitamins A, C and E. Free radicals are unstable oxygen molecules that attack and damage healthy cells which in turn can lead to disease, and additional free radicals can also come from the environment. So if you live in a highly polluted area then your fruit and vegetable intake will need to be higher than those that live in the country for instance. Enzymes are the body's workforce and are essential for digestion and the production of raw energy, which is why a freshly squeezed juice can give a great boost of liveliness.

## TEA

Green tea has long been known for its powerful health benefits. It contains a potent antioxidant called epigallocatechin-3-gallate (EGCG), studies show may help prevent the growth of Cancer cells in the liver and protect against liver disease. Green tea also contains L-theanine, an amino acid that's used to produce another important inherent antioxidant, glutathione. Dandelion root promotes urination, so this tea is helpful with the elimination of toxins from the body via peeing. It is also a digestive aid to cleansing the kidneys and liver. Mint or Peppermint tea are useful herbs that help with the digestive process because of the large quantities of essential oil content like Menthol and Menthone. Liver is an important organ in the body that helps with the digestive and detoxification functions of the body. So, what happens is that mint overcomes food stagnation that is a common symptom of overeating leading to disturbed sleep. Sleep is also very much in demand when the body is detoxifying.

Turmeric is one of the most powerful herbs used to detoxify the body cells. It helps the enzymes that flush out toxins and contains antioxidants that repair liver cells. It also helps the liver in detoxing metals, and boosts bile production. Lemon tea is rich in vitamin C and has long been associated for its detoxing benefits. It is also very beneficial for overall wellbeing for the immune system. It is one of the best teas to start the day.

There are many natural spa treatments to enhance a detox and help to eliminate toxins from the body.

## EXFOLIATION

Exfoliating treatments will eliminate dead skin and blocked pores. Exfoliation is also a deeply cleansing treatment removing impurities, and giving skin the helping hand to revitalise. Many of the exfoliating spa treatments can also be nourishing, for example sea salt remineralizes, and hydrates the skin.

## BODY WRAP

These types of treatments encourage the process of sweating which in turn eliminates toxins while also nourishing the skin. Body wrap treatments usually include seaweed being placed on the skin, then the body is wrapped in a hot, wet sheet, then cocooned in a warm, dry blanket. This process raises the internal body temperature to encourage the elimination of toxins, this also makes the skin more open to absorb the antioxidants from this nutrient-rich seaweed.

## CLAY & MUD

Clay and mud body and face treatments detoxify the skin by purging the impurities from the body. Purification, cleansing and detoxification of the skin takes place.

## COLON CLEANSING

This can be achieved using different methods two of the most popular are - Supplements/herbs taken orally. The other is having a professional colonic irrigation treatment. This is similar to an Enema, but involves using a lot more water, and should always be done with a trained qualified professional, because there are many benefits to this type of treatment, but there are also some serious side effects. Always speak with a health advisor/doctor prior to any type of colon cleansing procedure.

## TREATMENTS

Lymph drainage massages are not as popular as other types of massage, yet clients can feel a multitude of health benefits immediately. A qualified trained person can help your business by offering this specialist massage. People with medical needs and those who are healthy can both benefit from this type of massage.

The lymphatic massage is a delicate, light form helping the lymph flow. It is based on light, rhythmic and constant movements, only sessions, its benefits can be seen. A lymph massage session lasts at least for one hour. Unlike the blood, the lymph is not pumped by the heart, moving slowly due to stimulation from the muscles' contractions. The lymph is a whitish liquid flowing throughout our body inside lymph vessels, collecting wastes and toxins that cannot be absorbed through the blood capillary vessels. In certain points, called nodes, lymph is cleaned. Nodes are found in the groin, underarm and neck, in the vein angle formed by the jugular and sub-clavicular veins, the main point of draining for our body toxins and liquids.

The massage starts from the neck, from this terminus point towards the ears, following from the centre of the face towards the lateral areas, always finishing with a light pressure on the ears and temples. The finish in this area is from the forehead to the neck. In hands and arms, intermittent pressure must be made to the underarm, always ascending towards the heart. In feet, light and intermittent

# DETOX MUST HAVE PRODUCTS



A detox pack consists of 6 products. They have been selected to help to flush toxins out of the body, to absorb and eliminate toxins or because of their antioxidant capability to neutralise free radicals.

[www.water-for-health.co.uk](http://www.water-for-health.co.uk)

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movements must be made on the groin area and from the knee towards the thighs; also, from the ankles ascending through the whole foot, making with the index finger and thumb rotation movements. The massage is finished in the inguinal area.

Against cellulite. When the cellulite is on its incipient stages, it is easy to activate the flow of the accumulated wastes and solve definitively the issue. Pregnancy and PMS syndrome. The drainage is very effective in both cases, but as a preventive method. Clients say they feel very little happening when they receive a lymphatic drainage, especially those clients who typically receive deep massage treatments. But shortly after the session begins, clients are lulled into a deep state of relaxation by the light and rhythmic nature of the work. Each client's response to lymphatic drainage differs depending on the body's individual toxicity levels. Some clients feel a deep sense of relaxation; others experience a burst of energy; and a handful of clients may experience fatigue or mild flu-like symptoms.

These are normal responses that may last up to two days. Drinking extra water can help to eliminate toxins and flush the system. This massage is something that can really boost the results of a detox. Be sure to offer this on your treatment menu.

## POST CLEANSE

The body has just finished hard work cleansing the body, of toxins, and getting used to a reduced amount of calories. The Liver has also been working over time, so better not to introduce alcohol for at least a week. It's still a good idea to keep drinking warm water with Lemon juice, for maximum hydration, and continue drinking around 3.5 litres of water every day. Try to stick with Organic whole foods and continue to stay away from all processed foods. Stay with fruits and vegetables, healthy fats such as Olive and Avocado oils and eventually add carbs, fish and meat.

Taking Probiotics after a cleanse can be helpful to ensure a more powerful intestinal flora, also to strengthen the immune system, prevent allergies and avoid gas and bloating. Omega 3-6-9 oils (flaxseed, coconut, evening primrose oil) are also essential for the body. Important for hair, skin, nails,



bone health, and can help to reduce PMS and reduce depression. After a detox diet, it's possible to notice that gluten and wheat products are something that needs to be eliminated. A healthy detox Spring cleanse is a good way to restore the bodies balance and health, and continuing to have a balanced healthy diet will give more energy and extend the detox benefits.

## WORTH A THOUGHT

Sleep is essential to getting the body back on the right balanced track. Having more than the average hours of rest is one of the best ways to hit the reset button. Most people experience an increased sense of wellbeing, improvement in pain and fatigue levels, enhanced cognitive function and moods, more effective sleep and wake cycles and weight loss when completing a detox protocol. Always consult a professional before doing any type of detox.

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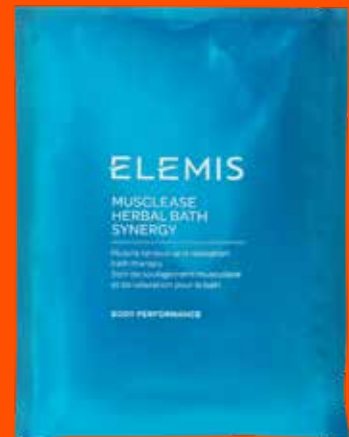
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# touchless wellness experiences with verified results: what you need to know

**G**harieni offers some of the most innovative touchless technologies on the market, to provide the best guest journeys at the forefront of the 21<sup>st</sup> century wellness experience.

Their Mind/Body Wellness Technologies have been designed to work both individually and as standalone treatments with limited person-to-person contact, and to be integrated into a spa's treatment menu to create bespoke treatments and offer unique experiences.

Guests' expectations combine well with touchless treatments which is good news for operators who face staffing shortages and want to exceed customer expectations. Touchless additionally means the delivery of consistent results, and aids in the prevention of therapist fatigue.

Proven to deliver unique, real benefits for both physical and mental wellbeing, wellness & hospitality offerings are discovering the opportunities in Gharieni's Mind-Body Wellness technologies by integrating them seamlessly into

different spaces including spas, resorts, sleeping rooms, clubs and residential offerings.

Adding a Wellness Lounger, for example, offers the opportunity to deliver a touchless treatment beyond the treatment room, including common areas such as waiting lounges, and relaxation spaces just to name a few.

The pursuit and delivery of meaningful experiences should remain the main priority for any wellness space – one that combines innovative products and services to provide value and align with what's important to guests.

"The addition of a stand-alone treatment both complements and adds value to a traditional treatment opportunity. Other benefits mean the possibility to deliver a touchless treatment in a room which traditionally requires a therapist" Sammy Gharieni (Founder & CEO, Gharieni Group)

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**A**roma, sound, colour and texture are all an integral part of a successful signature treatment. Do you already offer a signature treatment and if so how do you market this, and if you do not currently offer a signature treatment, then why not? Offering a signature treatment is giving your clients something special that they will remember the experience from the wonderful treatment room to the treatment itself. This in turn will give you the opportunity of having both repeat business, and new clients being referred to your salon/spa.

A signature treatment is a way of making your salon/spa stand out from a very competitive, crowded market.

Creating and offering a treatment unique to your salon/spa needs a lot more than just adding a few novelties together. You are creating a concept that truly represents the essence of your business. The substance of the treatment experience needs to incorporate luxury, healing, comfort, relaxation, and should also enhance the senses, the sensual aspect of the treatment is also important. Aroma, sound, colour and

texture are all an integral part of a successful signature treatment, it's about a whole complete experience, and not narrowed down to just an outer layer.

You will also need to create a training structure for the therapists, who will be able to repeat it over and over again, with a deep understanding of the treatments core values.

Understanding why you want to offer a signature treatment is fundamental. Ask yourself what you are trying to achieve, and what does your treatment menu

# making it MEMORABLE

lack! A signature treatment is powerful, in terms of what it says about your business, and the benefits it delivers. Remember a signature treatment is you, your salon/spa and the kind of uniqueness and strength your brand represents.

*Poppy Long*

# reviewed

THE AMALA, BALI





# THE AMALA, BALI

The Amala, a wellness resort at its best. Intimate luxury in the heart of the thriving Bali. If you're looking for a hotel at which to base yourself while you explore, this really is the perfect venue. It is a 30-minute drive from the airport, a 20-minute walk from the beach, and an hour's drive from Ubud. The whole property has been designed to reflect and incorporate the philosophy of calm and tranquillity. It has a peaceful yoga space (which doubles up as an intimate meeting or workshop venue), where complimentary classes are held most mornings. The popular spa fuses Asian and Western principles and therapists specialise in an array of massages. All villas have their own private pools, and there is a large communal pool (with separate Jacuzzi) too. There is a small library that overlooks the pool, where you can enjoy a lovely relaxing place to unwind.

A perfect way to start or end your day is to take part in the morning yoga and sunset meditation sessions with Tibetan Bowl therapy to balance your energies. The Spa therapists are trained in both Asian and Western holistic methods. The Wellness & Spa team use these skills together with Aromatherapy, traditional Chinese Medicine and ancient Indian Ayurveda philosophy with yoga from the East to give a complete, holistic wellness experience.

There are four room types: Deluxe Room, Spa Villa, Pool Villa, The Amala Residence. The standard room is the Deluxe Room – although there's very little that's "standard" about them. They are all amazing. With the Spa Villa, you enter through a garden door into an outdoor living space where you have your own small, private plunge pool. Alongside the pool, in the courtyard space, is a large bath under a glass roof, so that you can still enjoy it when it rains. The shower, which is also outside, converts to a sauna that's big enough for two people. The glass-fronted bedroom looks out onto the pool and bath; it's all about clean design and zen space and is a very comfortable place in which to rest and rejuvenate. The Pool Villas have larger living areas, big private swimming pools, and kitchenettes.

In keeping with the wellness ethos, the menu at The Amala's Bamboo Restaurant offers healthy meals that are made from carefully sourced ingredients. A healthy breakfast is included in the rate and includes fresh juice, local coffee, a selection of teas, granolas, yogurts, fruit bowls and cooked breakfast too. Main courses on the menu include teriyaki of Australian beef tenderloin and poached mahi-mahi fillet, and the "Wellness" section of the menu includes cashew hummus, organic quinoa salad and spiced rare tuna. All of your dietary needs will be catered for. If you want privacy then a candlelight dinner served in the privacy of your villa can be arranged. You can also take home some of this goodness with you and share it with others, as there is the opportunity to participate in a two-hour Balinese cooking class. If you are wanting to rejuvenate and nourish your mind, body and soul then this is a wonderful place to do just that, after just a few days you will be full of calm energy and will have a very clear mind.







# thebigc

# W

With increasingly busy lifestyles, it is understandable that we often neglect the basic but important things in life, such as maintaining a well-balanced diet, drinking plenty of water and regularly exercising; unfortunately many of us opt for a readymade meal because it's convenient or drive instead of walk, even if our destination is just up the road, because it's quicker. Hectic schedules have the ability to make leading a healthy lifestyle difficult and interest in diet and exercise tends to peak in the run up to and during the summer months, when we realise that months of comfort food have taken their toll on our physical shape. A desire to wear and feel confident in summer clothes spurs us to make more of an effort to improve our dietary intake although, as we all know, a healthy lifestyle is something that we should be adhering to all year round. Glossy magazines that show us pictures of perfectly toned celebrity physiques without an ounce of visible cellulite compound our desire to improve our own personal tone and shape and it's time to find out what we can do to not only remain as healthy as possible.

It's estimated that 80 – 90% of women are affected by it. Cellulite is made visible as dimples by the protrusion of subcutaneous fat into the dermis which then creates an undulating contour. Cellulite is surrounded by a liquid that both nourishes and provides an effective waste system. When all is working well internally in the body, waste products are eliminated quickly; however, when things are not working quite so well, toxin and waste build-up can occur causing the system to work much slower and sluggishly. It is this build-up of waste and toxins that can cause the dimpling or 'orange peel' effect.

Although cellulite can affect both men and women of any size, weight or body structure, it is more prone in women. This is due to the fact that women have increased levels of oestrogen, as well as female skin needing to be able to stretch during pregnancy, meaning the structure of the fibres within the skin are not as tight as men's. The distinctive puffy appearance or uneven texture of skin when cellulite is present can vary in severity from person to person. There are many factors that can affect cellulite and knowing these factors and understanding why they can cause cellulite will give you the knowledge and education you need to help reduce the severity of the condition and prevent it from getting worse.

## POOR DIET

Foods that have a high fat or calorie content should be avoided or eaten in moderation; the extra calories are generally stored as fat under the skin, and this will certainly make the appearance of cellulite look much worse. Foods that can dehydrate the body should also be avoided, so salt content of foods should be monitored as well as moderating the amount added to a meal. If the body is dehydrated cells will store more water causing them to swell in size, which in turn causes that dimpling effect or uneven texture which is so often associated with cellulite.

Foods with a high sugar content will actually cause damage to the body's cells by causing everything to slow down, with the result that the system becomes very sluggish and toxins build up within the skin. Finally, saturated fats are another ingredient to look out for. Our bodies cannot break down saturated fats very well instead tending to store them under the skin. This excess fat build up then causes the fat cells to swell causing the orange peel effect to appear on the surface of the skin.

As well as avoiding certain foods there are some that are highly recommended for tackling cellulite as they have been shown to contain certain properties that effectively help to the body cope with and reduce the effects of this common skin complaint. Foods such as onions and garlic are good for circulation and have a detoxifying effect; they are also rich in antioxidants, which help improve skin in a variety of ways. Oranges have a high Vitamin C content, which keeps connective tissue between fat cells under the skin strong and supple. Blueberries, raspberries, strawberries and other blue or red berries are high in antioxidants, which are good for the skin and the body's lymphatic system. Broccoli helps to combat and prevent water retention, as well as being a good detox food due to its antioxidant content. Chicken and turkey, lean protein for collagen production, help strengthen connective tissue around fat cells while white fish, which is low in fat and high in protein, and spices, such

as cayenne pepper and chillies, are also beneficial as they act as circulation boosters.

## WATER INTAKE

The more water you consume daily the better it is for your system, as this will flush out any toxin build up. Ideally you should drink around 1.5 litres of water a day; increasing the amount of water you drink will also help to reduce water retention, another common side effect of cellulite. If you don't drink enough your body will store and hold excess water, leading to water retention, which alone can make the appearance of cellulite look worse. Fruit-infused water and herbal teas are another way to increase your water intake. Drinking room temperature water is better as it will stay in your system for longer, enabling it to effectively flush out toxins whereas cold water tends to be expelled by the body much faster. Cutting down on alcohol is also very important as alcohol contains excess calories and toxins which can be stored as fat in our bodies. Moderating the amount of alcohol consumed is a great step in the right direction to help reduce cellulite.

## FREE RADICALS

Our bodies are made up of around 60 trillion cells and everyday each of those cells receive around 1000 free radical hits per day. Free radicals are everywhere; they are found in the air around us, in the offices we work in and the streets we walk on, we just cannot get away from them. Examples of free radicals would include the sun, pollution, smoking, alcohol, air conditioning and central heating. These free radicals attack our skin on a daily basis and cause the skin to age prematurely, they cause pigmentation and of course they are one of the factors that can affect and contribute to the appearance of cellulite. The best defence against free radicals is to eat fresh fruit and vegetables, which are rich in antioxidants and free radical scavengers. Vitamins C and E are particularly useful vitamins to look out for as they will give outstanding protection against free radical damage. Professional skincare products can also contain these ingredients and will help to reduce the amount of damage caused.

One of the best ingredients that has been discovered to help deal with cellulite is green coffee. This ingredient has been proven to be a 100% total inhibitor of free radicals formation, capable of improving microcirculation, detoxification, increased diuresis and breaking down fat. A regular green coffee wrap would help break down fat within the body, enabling the fat build-up to be flushed away much more effectively, leaving a visibly smoothed contour. A course of body wraps would be recommended as an effective treatment against cellulite and this is something that your skincare therapist can advise you on.

## LOW LEVELS OF ACTIVITY

Increasing your activity levels has an amazing effect on your physical self as well as an uplifting effect on the mind. Regular exercise will increase your metabolism, improve circulation within the body, will aid better digestion and improve your mood and energy levels as it increases endorphin production. Joining a gym is a great place to start as you can be guided by a fitness team or trainer who can help you to set personal, achievable goals. If joining the gym







A rich creamy body moisturiser that tones and firms. Nigari Salt and Jania Rubens reduces the appearance of cellulite and the skin feels firmer, and appearance is more even toned.

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A luxurious Vegan moisturising exfoliating shower gel. The dullest of dehydrated skins will look and feel revitalised and hydrated.

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Onda is the only device to use the revolutionary new technology for non-surgical body contouring, fat reduction and cellulite treatment: Coolwaves™ by DEKA. With these unique Coolwaves™, you can achieve amazing results with one safe and comfortable treatment for your clients with no downtime.

[lynton.co.uk](http://lynton.co.uk)



Always good to recommend clients to body brush at home to enhance any salon-spa treatments. Using natural cactus bristles from Mexico, brush away dead skin cells, stimulate blood circulation. Why not turn exfoliation into a regular ritual?

[www.espaskincare.com](http://www.espaskincare.com)

A cream that helps with slimming and anti-cellulite effectiveness. Reduces both fat and fluid retention. Giving a feeling of lightness, combined with salon treatment, Cellulite is visibly smoother.

[www.guinot.com](http://www.guinot.com)



is not an option for you then there are other ways to increase the amount of exercise you do, like taking the stairs rather than a lift wherever possible, walking to nearby destinations instead of driving, following a fitness DVD, anything that increases your heart rate. This is such a vital part of helping to reduce the appearance of cellulite as the more you increase your body's circulation, the better your body can work at ridding itself of unnecessary toxins and waste product, enabling everything to work in harmony.

## HORMONE LEVELS

Cellulite is more common in woman than in men, and one of the reasons for this is because, as previously mentioned, women have increased levels of oestrogen. Puberty, pregnancy, and menopause cause hormonal changes within the body, and this can lead to the appearance of cellulite. The contraceptive pill, injections, implants, etc, can also cause the appearance of cellulite as these change the hormonal levels within the body and often cause the fat cells in the subcutaneous layer to swell. A woman's hormones are usually responsible for the regulation of their blood flow, fat, connective tissue and lymphatic drainage. Although most hormonal changes are uncontrollable it's important that we take note of these additional factors that affect cellulite; by understanding and being aware of which factors we have the power to influence and those which we don't, we can take advantage of all the resources we have available to help us reduce and prevent problem areas from becoming worse.

## LACK OF PRODUCT USAGE

The vast number of cellulite-busting products on the market make choosing the right one an exceptionally difficult task. However, the most effective products tend not to be found on the high street but rather in professional beauty salons

and spas. Any product sold on the high street is around 0.2% active; when we talk about something being active we mean the main ingredient or combination of ingredients that gives us the results we are looking for. The more active a product, the better it should work for us; generally professional skin care products will be more active. Products that contain cellulite reducing ingredients such as green coffee, chlorogenic acid and seaweed, have been specifically designed to target those stubborn areas and work at breaking down fat molecules to effectively eliminate them from the body. Maintaining repetitive application of a product is vitally important as only small amounts of product will penetrate to the epidermal junction at a time, so continual application will gradually build up in the area to work effectively. You need to be using a product regularly, at least 3 months for example, before you start to notice desired results.

Combining this with dry body brushing morning and evening will also give your body a boost as the exfoliation increases circulation, aids lymphatic drainage and helps to keep the skin looking its best by preventing clogged pores. Ideally, dry body brushing should be carried out twice a day for maximum benefit.

With so many factors to take into consideration when concentrating on reducing cellulite, it can at first seem overwhelming or disheartening. Gradual changes in diet and water intake will help ease the transition to a healthier lifestyle and as your energy levels increase the prospect of exercising will seem less daunting and more like a good way to burn off some of that new-found energy. It takes around 21 days to change a habit or to adjust to a new one, but with persistence, patience and time, you will start to notice a huge difference and incredible improvement in the appearance of your cellulite, your skin and your general health and wellbeing.

## CELLULITE MYTHS

### DIET TO REMOVE CELLULITE

A good healthy diet and appropriate weight loss will benefit overall health and may even lessen the appearance of Cellulite. However, weight loss doesn't always remove stubborn Cellulite on thighs, and abdomen. Dramatic weight loss may even make your Cellulite look worse than it did before.

### CREAMS TO REMOVE CELLULITE

Many creams and lotions will help keep the skin hydrated and will temporarily soften the appearance of the skin. However, creams will not deal with the underlying structural issues that cause the dimples associated with Cellulite. Professional salon and spa treatments using the follow up home care will give the longer lasting results.

### EXCERSICE TO REMOVE CELLULITE

Another common myth. Exercise can increase muscle tone and overall cardiovascular health, but it won't remove the appearance of Cellulite. A lot of people who exercise daily also have Cellulite.



A wonderful gel that soothes and rejuvenates heavy aching legs. Legs feel lighter, smoother and have a natural shine.

[www.mariagalland.com](http://www.mariagalland.com)



Gently smoothes and tones all skin types, including sensitive. Leaves skin feeling clean, deeply hydrated and silky smooth.

[www.clarins.co.uk](http://www.clarins.co.uk)



Shea butter, and Caffeine give this cream a real kick. Feels rich and creamy, but actually when massaged into the skin it's very lightweight, and not at all greasy.

[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)



Rosemary, Cedar, Cypress, Sesame, Pink pepper, Virgin Baobab essential oils make this dry oil just perfect for massages, to help with drainage, and visibly improves the look of the dreaded orange peel.

[www.yonka.co.uk](http://www.yonka.co.uk)



Visible results within weeks, an anti-cellulite oil and Circu-Lite vacuum massage cup to the test and the results are transformational. The aroma is light and fresh.

[legology.co.uk](http://legology.co.uk)

Cellulaze laser attacks the brittle structural bonds beneath the skin that are the real cause of cellulite's dimpled appearance. And a Cellulaze treatment increases your skin's natural depth for a smoother, healthier look that lasts. All from just one simple session.

[www.cynosure.com](http://www.cynosure.com)



## Results

- This unique machine treatment takes **centimetres** off the figure even after the very **first treatment\***



Visual rights valid until the end of 2024. Do not use beyond this date.  
\*Results may vary with each client.

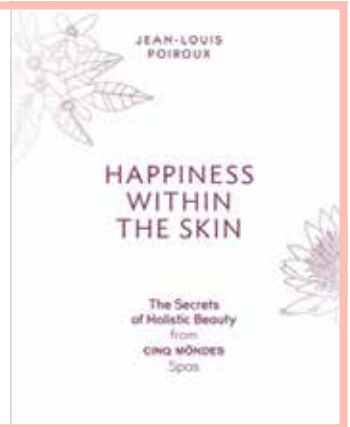
# SEE INSTANT RESULTS IN JUST 30 MINUTES

with a Figure Refining techiSPA® Targeted Slimming Treatment

**HAPPINESS WITHIN THE SKIN: THE SECRETS OF HOLISTIC BEAUTY**  
**JEAN-LOUIS POIROUX**

Exploring age-old beauty and wellbeing traditions as well as the latest scientific findings on skin cells, this book-and the products and treatments it recommends is the result of 15 years of research and experience. Jean-Louis Poiroux, founder of Cinq Mondes Spas, describes how the subtle interactions between body, mind, and skin can create a state of perfect equilibrium.

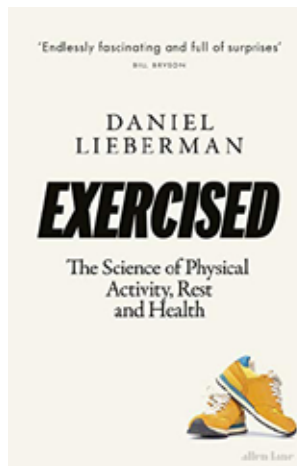
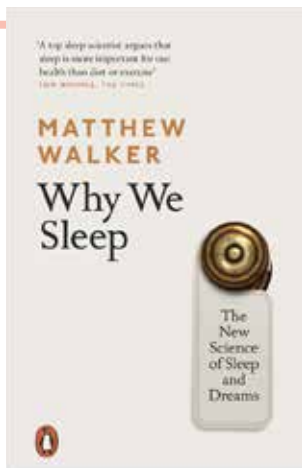
[www.waterstones.com](http://www.waterstones.com)



**WHY WE SLEEP**  
**MATTHEW WALKER**

Looking at creatures from across the animal kingdom as well as major human studies, Why We Sleep delves into everything from what really happens during REM sleep to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime, transforming our appreciation of the extraordinary phenomenon that safeguards our existence.

[www.waterstones.com](http://www.waterstones.com)



**EXERCISED**  
**DANIEL LIEBERMAN**

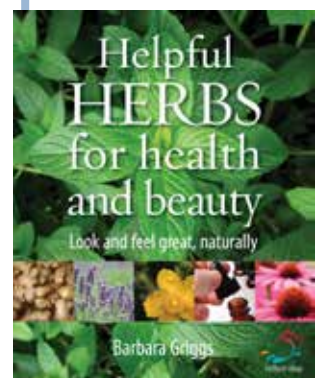
Most of us struggle to stay fit, and our attitudes to exercise are plagued by misconceptions, finger-pointing and anxiety. The myth-busting science behind our modern attitudes to exercise: what our bodies really need, why it matters, and its effects on health and wellbeing.

[www.waterstones.com](http://www.waterstones.com)

**HELPFUL HERBS FOR HEALTH AND BEAUTY**  
**BARBARA GRIGGS**

A simple book showing you how you can help cure a lot of medical issues, and you do not need to be a trained herbalist to understand this book. Using berries and herbs have helped for many years, especially if there is no doctor available or if you prefer to go the natural route.

[www.waterstones.com](http://www.waterstones.com)



**THE BODY KEEPS THE SCORE**  
*Mind, Brain and Body in the Transformation of Trauma*



...Trauma, hard to put down, and filled with powerful new insights... the most important work of our time.  
 —MARTHA BECK, author of THE GIRL ON THE TRAIN

BESSEL VAN DER KOLK

**THE BODY KEEPS THE SCORE**  
**BESSEL VAN DER KOLK**

The effects of trauma can be devastating for sufferers, their families and future generations. Here one of the world's experts on traumatic stress offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain and body.

[www.waterstones.com](http://www.waterstones.com)

# SOŠUM

*The Single Brand Solution.*

The Sosum range boasts very smooth products that are easy to work with, have great retention and are famed for minimal swelling. Sosum is a complete single brand solution with both Lidocaine and Lidocaine free Dermal fillers, Sosum Soft Skin Booster and PCL solution. Experience advanced products that bring next level results.



For more information and latest results check out the Sosum UK Facebook page



[sosum.co.uk](http://sosum.co.uk)

[fyaestheticboutique.co.uk](http://fyaestheticboutique.co.uk)



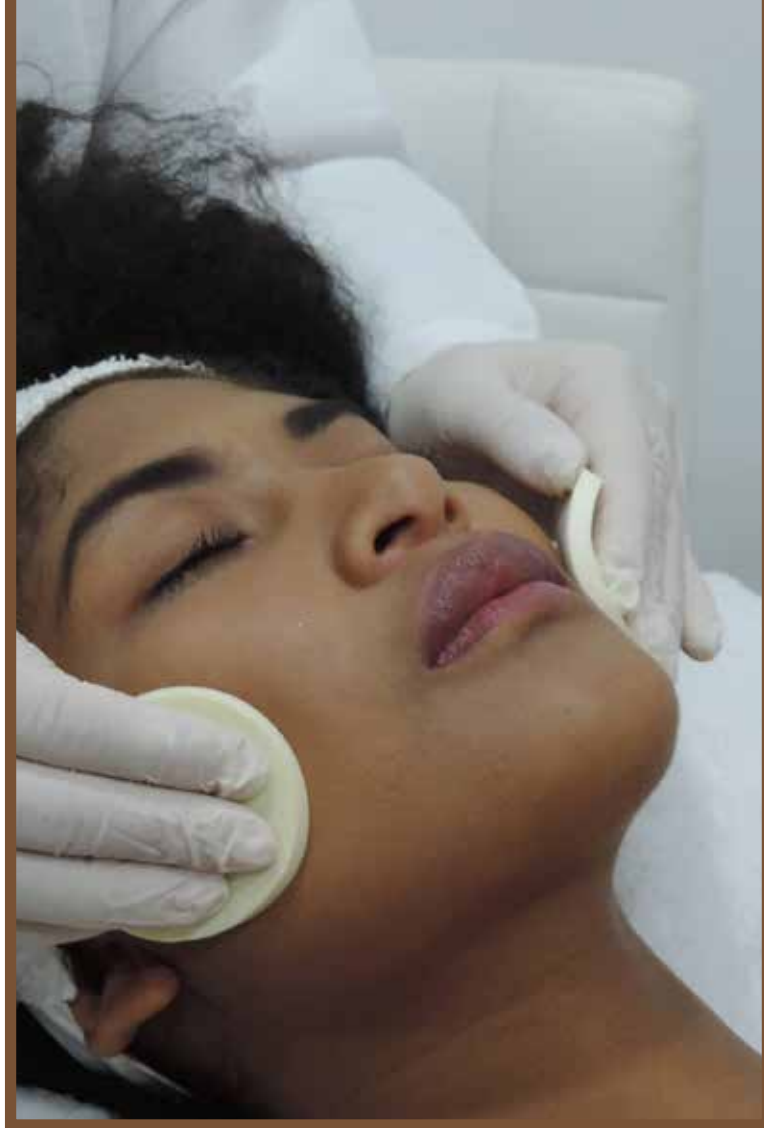




# springskincare

# W

ith the changing seasons skincare needs also change, and it's always a good time to overhaul the usual skincare regimen. Of course, healthy mind and body is helped with a good natural balanced diet. Like a sponge Antioxidants mop up free radicals and can slow down the ageing process in all areas. There are many beauty brands that contain antioxidants. Starting from within is of course always the best way to keep body and mind healthy and slow down the degeneration process. Foods rich in Antioxidants are Avocado, dark Greens, Red, Green, Yellow and Orange Peppers, Sweet Potatoes, Dark Red, Blue and Black fruits and let's not forget Tomatoes.



Cleansing is the first and most important part of any skincare beauty routine. Ensuring that all make up, and pollutants have been removed. Starting off with a clean slate, also gives your therapist the opportunity to analyse every aspect of the client's skin type, along with any skin issues.

There are different types of cleansers to suit all skin types, these include washes, gels, milks, balms and oils. Experience facial therapists will already know which type of cleanser to use on a particular skin type to get the best end result.

Micellar water type cleansers work well for all skin types.

Normal skin types can use most cleansers, but a face wash is a good match for normal skin types. Clarins creamy, rinse-off, hydrating cleanser with purifying Alpine herbs is almost like a soap, and with water activates into a silky foam that gently removes everything including makeup, but keeps the skin's natural microbiota. Skin feels hydrated and squeaky clean.

[www.clarins.com](http://www.clarins.com)

The oilier or combination type skins will have more benefits from a gel type cleanser, such as Yonka's Gel Nettoyant

cleansing gel, this product works into a silky foam that rinses off without any effort with warm water. It has a soothing effect, and the skin does feel clean and hydrated. [www.yonka.co.uk](http://www.yonka.co.uk)

[www.yonka.co.uk](http://www.yonka.co.uk)

For the more dry and mature skin types Sothy's Comfort cleansing milk is just the thing a luxurious creamy cleanser with Thermal spa water and Cotton after use the skin feels moisturised and skin is silky soft.

[www.sothys.fr](http://www.sothys.fr)

Moving on to Exfoliation. Little and often is far better than scrubbing one's face into redness and peeling, no need for that. Using a gentle exfoliation will allow deep penetration of all serums and moisturisers. The exfoliation process is both cleansing and also boosts cell turnover. Creme de a Mer's replenishing oil exfoliator with precious marine oils and pearl powders, removes both make up, and impurities while at the same time hydrating the skin.

[www.cremedelamer.com](http://www.cremedelamer.com)

Evolve Organic Beauty's Rose quartz facial polish. Uses

# THE HYBRID SOLUTION

# 601

Perfect multifunctionality  
For every application  
Without compromise



**30** **GHARLENI**  
YEARS OF INNOVATION

TAKING **WELLNESS**  
TO THE **NEXT LEVEL**

[www.gharleni.com](http://www.gharleni.com)

natural ingredients including Rose quartz particles, Rose oil. Skin is deeply cleansed, pores unblocked, but skin is not stripped of its natural oils, and skin cells are regenerated.

[www.evolvebeauty.co.uk](http://www.evolvebeauty.co.uk)

We can never over moisturise, and in general most client's skins when visiting the salon or spa for a facial - are usually dehydrated, it is the single most popular problem. Of course, regular facials and good home care are the best way forward. Moisturisers have many different types of benefits, and finding one that suits your clients skin type is key. There are many moisturisers in the salon and spa market to choose from. Some of my favourites include:

Eminence Organics is a great brand to introduce to your clients, especially the ones with sensitive skins, this Strawberry, Rhubarb Hyaluronic hydrator is a Vegan gel-cream packed with antioxidants and vitamins, it's almost like giving your skin something to eat. It smells fruity and fresh and is deeply hydrating, and it locks in the moisture. The skin is plumped and glowing.

[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)

Maria Galland 1000's L' Absolu cream is definitely a brand I would be inviting clients to try this powerful cream contains 24-carat gold with anti-ageing peptides this treatment stimulates collagen promotes, wrinkles are softened, and skin

is smoothed.

[www.mariagalland.com](http://www.mariagalland.com)

Elemis already a great salon and spa brand with products and facials for all skin types. However, one cream that works so well for all skin types, but extra good for dry skins and wrinkles is Pro Collagen Rose Marine cream. After just a few weeks of using this cream wrinkles are less visible, and the skin texture is more toned. So this is a great product for clients to continue the benefits of their Elemis treatment at home.

[www.elemis.com](http://www.elemis.com)

Environs Vita-Antioxidant AVST Moisturiser helps give skin a healthy overall look with a concentration of Vitamin A in the form of Retinyl Palmitate as well as vitamin C and antioxidants. Blemishes are less visible, and the skin has a very even tone. It also helps in keeping the skins natural moisture levels.

[www.environskinicare.com](http://www.environskinicare.com)

Nourish London is another natural brand the Relax Daily moisturiser is a very restorative light cream using ingredients of Organic Lavender oil, Borage, Shea Butter Nilotica makes this a good match for clients with sensitive skin. It's 100 % Vegan and rejuvenates the skin's protective moisture barrier, soothing and calming. A brand worth checking out if you do not already stock.

# A Toast To Your Health

YASOU "a toast to your health" skin care is a Greek-inspired, luxe wellness experience you and your skin will love!



YASOU is a luxe wellness, Greek inspired, skin care line that is natural, EWG verified, unisex, contains certified organics oils and is water-based. All our creams can absorb to the deepest layer of your skin giving you deep hydration, thus we celebrate and honor water!

Our message is one of acceptance for people of all colours, races, gender and religions. We believe there is beauty in all of us. Love Your Skin, Love Your Self. Peace and love to all.

  
"a toast to your health" | skin care

Tel: +1 630 956 4163

Web: [www.yasouskinicare.com](http://www.yasouskinicare.com)

Email: [terry@yasouskinicare.com](mailto:terry@yasouskinicare.com)



Celebrating the 20th year since the launch of award-winning Pro-Collagen Marine Cream, now introducing Pro-Collagen Rose Marine Cream. With the same luxurious cool texture, now a new soothing anti-ageing cream Incorporating over 20 varieties of roses. A clinically proven to reduce the look of fine lines; and gives skin a firmer more toned look in within a very short space of time.

[www.elemis.com](http://www.elemis.com)

Vegan and GMO free. The skin is nourished, toned, and tightened overnight. Deep wrinkles are visibly reduced, the whole face looks more relaxed, and has an overall more youthful look.

[www.ahava.com](http://www.ahava.com)



Hyaluronic acid with natural cotton treatment ampoules are the perfect addition to the more mature persons skincare regimen. Skin is softened and has the benefit of being protected from external pollutants. Works well for all skin types.

[www.monuskin.co.uk](http://www.monuskin.co.uk)



A powerful, deeply moisturising blend. Fine lines appear softer. The skin looks and feels soft and hydrated. Non-greasy, and the complexion is left with a natural matt finish.

[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)



Vegan and cruelty free. A light gentle day moisturiser that absorbs fast. Works for all skin types, for both women and men. Deeply hydrating. Skin feels super soft and moisture rich, without being greasy.

[upcirclebeauty.com](http://upcirclebeauty.com)



Deeply hydrating and plumping. Using the Hyaluronic Power Complex developed by Clarins Laboratories helps boost the skin's natural self-hydration mechanisms. The skin is left with a radiant glow with a matt finish.

[www.clarins.co.uk](http://www.clarins.co.uk)

# Cleansing

A gentle creamy cleansing lotion and enzyme treatment. Works well for congested, dehydrated and uneven skin tones will love this product. Organic Papaya extract, exfoliates, and nourishes the skin with antioxidant Dandelion to give you a radiant, healthy-looking complexion.

[rhugwildbeauty.com](http://rhugwildbeauty.com)



For oily, mature or congested skin, Skinceuticals's Glycolic renewal cleanser, is a formula that delivers Glycolic to exfoliate, smooth and even out skin tone. Skin is toned, refreshed and hydrated.

[www.skinceuticals.co.uk](http://www.skinceuticals.co.uk)



A mineral rich charcoal clay dual action cleanser, that deeply cleanses, purifies and rebalances uneven skin tone, especially good for oily, acne prone complexions.

[www.dermalogica.com](http://www.dermalogica.com)

A lightweight luxurious facial cleansing oil with fatty acids, and Vitamin E that deeply cleanses, and nourishes the skin, and enhances cell regeneration. Pink Indigo promotes a healthy glow, and the oil transforms from a pretty pink to an emulsified milk when in contact with water.

[www.evolvebeauty.co.uk](http://www.evolvebeauty.co.uk)





# REWILD YOUR SKIN

esse

The world's first facial  
treatment to rewild the  
skin with live probiotics

The Esse Live Probiotic Experience is a bespoke, hands-on facial which offers 5 billion living probiotic bacteria with expert massages and active ingredients to lift, define and sculpt.



The treatment is crafted to boost collagen production, reduce inflammation and restore the skin's ecosystem.

The new bio-clinical science based Esse Live Probiotic Experience uses prebiotics, probiotics and organic ingredients for in-clinic microbiome intervention. This deeply hydrates, soothes and renews the skin, shifting the microbiome to a new normal, reducing inflammation and slowing down the ageing process.

Reinvigorate your spa with microbiome skincare. Contact us today - [info@esseskincare.co.uk](mailto:info@esseskincare.co.uk) to join our dynamic community of professionals.

[www.esseskincare.co.uk](http://www.esseskincare.co.uk)



# Moisture

Wake up with a firmer, smoother-looking complexion with visible bounce-back. This next generation night cream target the areas of the face where stress shows the most with Drone Peptide Technology. Harnessing a powerful blend of Padina Pavonica, Chlorella and Wild Indigo Oligosaccharides, Pro-Collagen Overnight Matrix's revolutionary formula creates a protective matrix to seal in hydration and works throughout the night to help restore the natural balance to stressed-looking skin. It dramatically improves the look of fine lines and wrinkles for a youthful, radiant appearance in the morning. A revolutionary night cream that leaves skin looking firmer, smoother and less creased appearance with visible bounce-back.

[www.elemis.com](http://www.elemis.com)



A unique rich, rosy textured formula with a subtle floral aroma. A blend of Collagen-boosting peptide with a patented active ingredient derived from Damask rose. Night cream enriched with Peony extract, to firm the facial contour and gives face a more toned look.

[www.payot.com](http://www.payot.com)



Works well for all skin types. Organic Siberian Ginseng root extract protects, Anti-pollution 92%. A powerful detoxifying, gentle light yet luxurious cream that is not greasy, and absorbs into the skin: Skin looks and feels more youthful with a healthy radiance.

[www.sothys.fr](http://www.sothys.fr)



Enriched with Hyaluronic acid, organic leaf of life extract and organic Alpin Willow herb, deeply hydrates and plumps the skin, The Hyaluronic Power Complex developed by Clarins Laboratories helps boost the skin's natural self-hydration mechanisms and preserve its moisture reserves. Has mattifying texture skin has a luminous glow.

[www.clarins.co.uk](http://www.clarins.co.uk)





Introducing the Derma 2.0® range. 100% Made in Italy.



The Derma 2.0® product line allows practitioners to treat all types of imperfections: superficial and deep wrinkles, irregular skin texture, acne, spots, photoaging, stretch marks and scars. The key concept of the entire Derma 2.0® line is to return to the use of formulations containing active ingredients with scientifically proven properties that allow for concrete results.

Derma 2.0® has long been dedicated to assisting professionals in aesthetics and beauty at the highest levels, in Italy and around the world.

Meticulously selected raw materials and high-level post-production checks, make the Derma 2.0® range perfect for all professionals in aesthetics and beauty who are looking for quick, efficient and safe solutions.

All Derma 2.0® line products are rigorously formulated and produced in complete respect for the environment, without any testing on animals, free of synthetic antioxidants such as BHT and BHA, aluminum salts, aggressive SLS and SLES surfactants and 100% made in Italy.

Available at [fyaestheticboutique.co.uk](http://fyaestheticboutique.co.uk)

*fyaab*



# Six of the best

## SERUMS

### EMINENCE ORGANICS KOMBUCHA MICROBIOME LUMINOSITY SERUM

Kombucha, white tea, Ginger and Jasmine together with microbiome-friendly pre, pro and postbiotics make this lightweight gel serum give immediate results. The complexion has a glowing radiance. Works for all skin types. Skin has a visible even tone after just one application.



[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)

### VOYA VITAMIN C ANTI-OXIDANT SERUM

This citrus scented, super-penetrative serum is lightweight and organically formulated with a fruit and seaweed antioxidant complex. It contains the powerful active L-VCG Ascorbyl Glucoside which is a stable form of Vitamin C. Rich in antioxidants, it offers protection against environmental damage caused by free radicals that can contribute to appearance of fine lines and wrinkles. It also contains Sodium Hyaluronate to hydrate the skin and lock in moisture, while fighting the loss of firmness. Your skin will look smoother, brighter, and more radiant.



[www.voya.ie](http://www.voya.ie)

## ELEMIS DYNAMIC RESURFACING SERUM



Reduces the look of pores and uneven texture. Skin is smoothed and softened. A blend of 4 flower Alpha Hydroxy Acids, Selastin and patented Tri-Enzyme Technology, the cooling formula gently yet effectively resurfaces the skin's surface whilst helping to reduce the appearance of uneven tone, texture and wrinkles. Skin is left looking super smooth, bright and more even.

[www.elemis.com](http://www.elemis.com)

## UPCIRCLE FACE SERUM WITH COFFEE EXTRACT



[upcirclebeauty.com](http://upcirclebeauty.com)

## YON-KA SERUM C20 VITAMIN C



Enriched with organic Apricot oil, sweet Orange essential oil and Yon-Ka Quintessence, Serum C20 enhances the skin without leaving a greasy finish and works well for all skin types, including sensitive. Whether used as a treatment or in your home care beauty skincare regime you will see a visible difference in the skin within 5 days.

[www.yonka.co.uk](http://www.yonka.co.uk)

## DERMALOGICA DYNAMIC SKIN RETINOL SERUM

A serum that visibly reduces the signs of skin ageing. Your therapist will advise you on the use of this product. Contains retinol, a form of Vitamin A. Perfect for oily, combination skin types. Smooths fine lines. If client is pregnant or breastfeeding, please ask them to consult a physician before using.



[www.dermalogica.co.uk](http://www.dermalogica.co.uk)

*spring*treatment

Mindfulness meditation  
close eyes  
breathe and set  
intention

MEDITATION

Of course, there is a little more to this type of meditation, but here a quick version. Client to lay in a comfortable position facing upwards with eyes closed. Breathe deeply and let go of tension. Once relaxed be open to whatever pops into the mind. Now set intention, continuing breathing deeply, and remain in this relaxed space for as long as is comfortable.

# reviewed

PORTMARNOCK HOTEL & GOLF LINKS, IRELAND





## PORTMARNOCK HOTEL & GOLF LINKS, PORTMARNOCK, IRELAND

While taking a relaxing walk on the north Dublin coast along the 5km-long silver sandy beach, and in the distance in view of Lambay Island you get the feeling you are in the middle of nowhere. However, Portmarnock Hotel & Golf Links is just 13km from Dublin city centre and 10km from Dublin Airport. Bus 32 stops outside, and Portmarnock Dart station is 4km away. So you have the best of both worlds bustling Dublin city centre or tranquillity and relaxation.

The hotel's original building was built in the early 19th century. It was the home of the Jameson distilling family. Now in 2023 the Jameson Bar, with its wonderful oak panelling, sash windows and a signature whiskey cocktail makes it the perfect place to enjoy an intimate drink with friends, or a place to have a private event.

The ambience is warm and welcoming. The SPA at Portmarnock also feels intimate, yet it does have a bright and airy atmosphere. The Elemis and VOYA brands are The SPA's preference, there are lots of luxury treatments to select from, everything from detox to pure relaxation. If that gives you an appetite, you could pop into the relaxing Seaview Lounge for a refreshment or a scrumptious afternoon tea. All produce is fresh and handcrafted onsite.

If you are more of the outdoors type then head to the golf course, Portmarnock Golf Links was developed in 1995. The location is everything you could imagine overlooking the sandy beaches you can take in fresh sea air and stunning views. Portmarnock Links is an 18-hole course spread across 203 acres. The course has played host to professional and amateur events including the 2008 and 2009 Ladies Irish Open and the 2021 Irish Challenge, a prestigious golf tournament on the Challenge Tour.

Recent investments included upgraded machinery, extensive upgrades of the course, the creation of a short game area, riveting of traditional links pot bunkers, grass pathway and enhancements that make full use of the dunes and natural terrain that provide a layout that will please the most ardent of links purists. The elevated tees and greens, blind approaches and doglegs. Portmarnock Hotel & Golf Links are also pleased to announce plans for a significant renovation to our championship golf links. The introduction of six new green complexes and three new tee complexes will mark the beginning of an exciting new phase of investment for the resort. With the appointment of REGOLF Design, DAR Golf Construction and Aquaturf Solutions, the team are set to execute a multi-million euro upgrading and maintenance project with work being completed in late spring 2023. Portmarnock Hotel & Golf Links is also doing its bit for the environment by setting up a unique 'honeybee hotel' on its lush grounds, managed by the property's very own Links Superintendent Fintan Brennan. The hotel's Marketing Executive Aoife Horgan said the picturesque property provided the perfect habitat for bees to thrive in, adding that they were buzzing with excitement to be able to do their bit to halt climate change by supporting our winged pollinators and protecting nature.

Portmarnock Hotel & Golf Links really is a great place to come and visit to relax with a spa treatment, play golf or just unwind and enjoy the wonderful food, ambience and surroundings.







# making perfect scents

THE DEMAND FOR AROMATHERAPY THERAPIES ARE RAPIDLY GROWING, DUE TO THE MANY HEALTH AND WELLBEING BENEFITS.

# M

any Aromatherapy company founders all agree that the ongoing success of Aromatherapy medical and beauty benefits, relies upon more and more medical and scientific research. Various medical institutes worldwide confirm that new Aromatherapy benefits are unfolding and there seems no end to the benefits. As we are already aware Aromatherapy currently helps in some cases instead of chemical sedatives to relax and calm both mind and body. Other benefits range from lowering blood pressure, reduces stress, increases mental acuity and can be used as an aphrodisiac. Apart from results-based testing, Aromatherapy has and is one of the fastest growing of all complimentary therapies and used as a legitimate part of holistic healing.

Not only is Aromatherapy growing in strength in terms of medical appreciation, but it has seen even faster growing results in the business sector. In addition to healthcare sectors, Aromatherapy is now mainstream being used in industrial environments and business offices to promote health and wellbeing.

The beauty industry is of course now very well-tuned into all the wonderful health and beauty factors that incorporating Aromatherapy products and treatments into their business's.

*Cassandra Saunders*



A mix on Lime peel, Bergamot, Coconut, sweet Almond oils, and rich in minerals. An energising salt scrub to invigorate the mind and body.

[www.elemis.com](http://www.elemis.com)



With a fresh floral aroma, creates a calming atmosphere. Ideal to be used on the more sensitive skins. This soothing Rose essential oil can be used to help balance moisture levels in the skin.

[www.monuskin.co.uk](http://www.monuskin.co.uk)



Handmade massage oils by Bath House are each created with natural, vegan ingredients. 'Sometimes you just need simplicity', discover a perfect balance of oils that deliver incredible therapeutic results. Four beautiful blends are ready for you to try. Rose Absolute Massage Oil 100ml - £35.00

[thebathhouseshop.co.uk](http://thebathhouseshop.co.uk)



When used as a therapeutic massage oil, Lime Oil can help reduce pain in muscles and joints, defend against viral infections and rebuild energy levels.

[www.tisserand.com](http://www.tisserand.com)

Premium Quality Rose Oil (Rosa Damascena); obtained of fresh rose petals. Uplifting and comforting, you can use few drops of rose oil in hot bath. Perfect for scent for treatment rooms.

[radiateyourlove.com](http://radiateyourlove.com)



A luxurious shower gel that both moisturises and energises the mind and body. A mix of Rose, Geranium and Palmarosa essential oils, to stimulate the senses. The oil with a relaxing scent turns into milk.

[www.aromatherapyassociates.com](http://www.aromatherapyassociates.com)



# Haruharu™ **WONDER**



## Not getting results from your daily skincare products?

Most products on the market today prioritise perfume over results. Introducing Haruharu WONDER: the South Korean all-natural skincare range that actually works. Nourishment is key in K-Beauty. Giving skin the chance to nourish itself helps promote hydration and replenishment, especially when anti-ageing is something you want to combat.

FYAB are delighted to partner with Haruharu WONDER to offer this range to our customers looking to find products that help improve skin complexion and promote cell regeneration. Not many people know about Haruharu. The WONDER range truly is one of the best-kept secrets in Korean Beauty.

Haruharu WONDER's products contain only natural, plant-powered ingredients with clinically proven benefits. By omitting toxic additives and chemicals and utilizing the science of freshly blended formulas, Haruharu advocate that there are better, sustainable solutions for your skin.

Experience the highest quality hyaluronic acid and other 95% naturally derived ingredients, including the star ingredient, fermented black rice. Free of harmful chemicals, vegan-friendly and cruelty-free.

From mists, creams and serums to cleansers and toners, Haruharu has something for you!

Perfect for both your daily routine and use in clinic.

Available at [fyaestheticboutique.co.uk](http://fyaestheticboutique.co.uk)  
[haruharuwonder.co.uk](http://haruharuwonder.co.uk)

*fyaab*





Sustainable and made in the UK. 3 wick large candle. Available in 3 fragrances Orange Clove & Cinnamon - A smooth traditional aroma, Patchouli and Cedarwood - A warming deep aroma with a sweet earthiness. Rosemary & Thyme - Fresh and herbaceous with a sweet and slight medicinal aroma. Each candle can burn for 70 hours. No added colourings. Glass is fully recyclable.

[ne oils.com](http://ne oils.com)



Nourishing helping to absorb nutrients, vitamins and minerals. Supports the digestive system and stimulates gastric secretions. Great for using in a vapouriser when in recovery from illness e.g. chronic fatigue. Useful astringent for oily skins.

[www.nhrorganicoils.com](http://www.nhrorganicoils.com)



Shea butter with Provence Lavender essential oil. Deeply hydrating, nourishing and protecting, especially in the Winter months when hands are prone to dryness.

[www.espaskincare.com](http://www.espaskincare.com)



Vegan with Seaweed, Aloe Vera this lightweight gel deeply moisturises, hydrates, and energises the skin. Sensitives skins will also benefit from the soothing and calming effect, redness and blemishes will be reduced.

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)



This multi-use lotion wellbeing lotion that calms sunburns and insect bites. It also purifies and detoxifies the skin while regenerating and refreshing.

[www.yonka.co.uk](http://www.yonka.co.uk)

Mostly used in sports massages, and rubs. Black Pepper Essential oil helps improve circulation and ease digestive issues. The oil is warming and energises the body.

[www.amphora-aromatics.com](http://www.amphora-aromatics.com)



# BATH HOUSE

## ARTISANS OF NATURAL BEAUTY

Discover a uniquely British brand, making natural, vegan skincare from sustainable ingredients.



**A beautiful life shouldn't cost the earth.** Bath House skin-friendly formulations are planet-friendly too, using plastic-free bottles, jars and tubes, and many can be refilled time and time again.

**Stores** in Kirkby Lonsdale, Ambleside, Bowness, Knutsford, Ilkley and York **Online** at [www.thebathhouseshop.co.uk](http://www.thebathhouseshop.co.uk)

A Vegan foot cream is based on DERMUD™ a leave on Dead Sea mud complex. A soothing, rejuvenating cream. Is deeply hydrating for rough, dry feet.

[ahava.com](http://ahava.com)



A gentle hand wash using a blend of Sunflower Oil, Coconut Oil, Glycerine and pure essential oils of Lavender and Rose Geranium. 97% certified organic ingredients and fragranced using pure essential oils.

[www.cornwallsoapbox.co.uk](http://www.cornwallsoapbox.co.uk)



Create the feeling of being in nature, breathe deeply and relax. Pink Pepper with Ho Wood, and Cypress oils with enhance relaxation, and give a feeling of calm.

[www.aromatherapyassociates.com](http://www.aromatherapyassociates.com)



KEEP YOUR CLIENTS COMING BACK



## Timely launches mental health training for Beauty Therapists and Hairdressers to help support clients

In an exclusive partnership, Timely Business Management Software, an EverCommerce solution, and Tom Chapman, founder of **The Lions Barber Collective**, have developed a four-pillar mental health training Virtual Masterclass to give beauty and hair professionals the tools needed to support clients facing mental health struggles.

Timely has launched the first of its kind Virtual Masterclass in partnership with Tom Chapman focusing on Mental Health Awareness, making it the first booking tool industry-wide to incorporate educational certification into its product offering.

Two years in the making, the course provides Business Owners and their team members with the skills required to

continual learning on topics like mental health, leadership and communication, then we know we're giving back to the industry in the best way possible. What we hope is that this Masterclass gives attendees the confidence to become the bridge between the clients they treat, and the organisations that are available," said Tamara. "As we know, professionals working in the hair and beauty industry are in an incredibly privileged position of trust and intimacy.

They often share raw and real stories with us about their lives and the people around them, which sometimes can be difficult to facilitate. With Tom Chapman as a facilitator on this Masterclass guiding us through these often sensitive conversations, we're excited to be able to offer this much needed content!"



recognise the signs and listen with empathy by teaching professionals how to help clients in need and the correct help. Designed not to diagnose, advise or prescribe, but instead to create a safer, more understanding environment at work and in the salon, this Masterclass teaches respect, sensitivity and understanding to hair and beauty professionals those who are treating clients navigating tough times.

This important piece of work has been led by EverCommerce's Head of Strategic Partnerships for Timely, Tamara Reid, who has been responsible for bridging the gap between technology and the professional hair and beauty industry.

"Here at Timely, we're passionate about helping hair and beauty therapists provide an exceptional client experience, and if we can empower professionals to do that through

Timely partner Tom Chapman of The Lions Barber Collective, said "72% of those who take their lives have had no contact with mental health services in the 12 months before they die, but they have probably had a haircut or beauty treatment. The hair, barber and beauty industry infrastructure is incredible, we are on every high street from villages to cities serving the communities. We don't want to turn them into doctors or therapists, far from it, the idea is that we can bridge the gap between the communities we serve and the resources available."

The Mental Health Masterclass is a two-hour training course which takes the learner through four pillars of awareness; Recognise, Ask, Listen and Help and is available online to all hair and beauty professionals - Timely customer or not. The Masterclass can be accessed through all devices with an internet connection at [www.gettimely.com/mental-health-masterclass](http://www.gettimely.com/mental-health-masterclass).





# SPA4

INTELLIGENCE IN WELLNESS SOLUTIONS

Renew  
*your energies*



Photo credit: © Michael Huber | www.huber-fotografie.at

## MINERAL STEAM BATH

The **Mineral steam bath** is truly a fountain of health and will be enthusiastically received by guests. Minerals which are vital for human health are used in the mineral cabin in a very special way. In intervals an intensive infusion of valuable minerals and trace elements is injected into the cabin. Each of these valuable minerals and trace elements has a crucial role and significance for the human body. Each infusion is supported by a special light and aromatherapy program. Between each step in the treatment cycle, a revitalizing and refreshing spray is used to protect guests against overheating, and this is also a powerful stimulant for the immune system.

[www.spa4.at](http://www.spa4.at)







SKILLING YOUR STAFF IS GOOD FOR YOUR BUSINESS AND GOOD FOR YOUR CLIENTS AND ESPECIALLY GOOD FOR YOUR TEAM.

# staying ahead



**W**e know from personal experience how frantic the life of a Salon/Spa owner can be. Keeping up to date with new treatments and always finding time to make that demanding client feel extra special. Skilling your staff is good for your business and good for your clients and especially good for your team. Training can improve business performance, profit and staff morale. Demonstrating to your team that you value them enough to invest in them, improves loyalty and staff retention. In turn, retention is a saving to you.

# LCBT.

The Level 3 Diploma in Digital Marketing aims to provide you with the opportunity to develop skills and understanding to work either in a marketing role, communications role or as a key person responsible for digital media. The course also provides you with skills to use social media to enhance your own business prospects and customer reach.

[www.lcbt.co.uk](http://www.lcbt.co.uk)



This one-day training allows you to acquire or deepen your knowledge of the structure of the foot and of the nails. A yellowing nail? White spots? Cracked heels or dry feet? Learn the how to properly address these concerns with your clients by following the advice of a podiatrist.

[www.bastiengonzalez.com](http://www.bastiengonzalez.com)

## CHAMPNEYS BEAUTY COLLEGE

Gaining a qualification from Champneys College gives your career a certain cachet that sets you apart. You can study full or part time. You can top up existing skills or learn new ones from scratch. You can choose from a wide range of Beauty Therapy Diplomas and Continuing Professional Development (CPD), giving yourself everything you need to get ahead on your beauty therapy career pathway.

[www.champneyscollege.com](http://www.champneyscollege.com)



On successful completion of the course graduates will receive a nationally recognised qualification and a certificate from Skills for Education Group Awards which enables them to gain insurance to practice as a reflexologist working with the general public.

[www.templeacademyreflexology.co.uk](http://www.templeacademyreflexology.co.uk)



Study sports massage qualification in London at OriGym's very own dedicated learning venue which is fully equipped with both gym apparatus and sports massage rooms to ensure your learning in the most optimal environment.

[origympersonaltrainercourses.co.uk](http://origympersonaltrainercourses.co.uk)

The London School of Massage is the UK's largest and most successful school of complementary therapies, training a wide range of professional diploma courses such as Massage, Sports Massage, Aromatherapy, Reflexology as well as post graduate CPD courses such as Deep Tissues Massage, Lymphatic Massage and Pregnancy massage. It is Accredited by leading awarding bodies like ITEC and VTCT as well as CMA, FHT, Think Tree, IGCT and IICT.



[www.londonschoolofmassage.co.uk](http://www.londonschoolofmassage.co.uk)



### Spa Education Academy

Whether you are aspiring to be a spa manager or an experienced Spa Director, we provide you with degree level qualifications to develop your skills, confidence, be more productive in your role and compete in the ever more competitive environment.

[www.spaeducationacademy.com](http://www.spaeducationacademy.com)

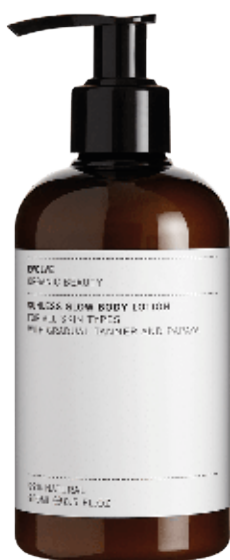
## SIMPLY ORGANIC®

Oway scalp treatment training. Help clients in an Organic way who are suffering from hair loss, psoriasis/eczema, dandruff or an excessively oily scalp. State-of-the-art Trichology tools and biodynamic botanical scalp treatments.

[www.simplyorganicbeauty.com](http://www.simplyorganicbeauty.com)

# EVOLVE ORGANIC BEAUTY

*Be part of the beauty evolution*



Over 30 years' experience using green science and the power of plants over synthetic alternatives. Our mission is to be the greenest beauty brand out there by integrating the greenest packaging materials and making it easy to recycle and reuse our packaging wherever possible. We believe that our natural and organic ingredients are healthier for skin and we use them wherever possible.



Another positive is that because therapists are being trained on your time, they see that you value them enough to invest in them. A good company is seen as one that retrains and moves forward keeping up to date on all that is available rather than standing still and resting on their laurels, while their competitors' business grows and grows.

The beauty and wellbeing industry is a rapidly growing industry and with all the new technology and therapies it has intensified the competition, and that is another reason why it really is so important now more than ever to revise skills, knowledge and expertise.

When it comes to training it is vital to do as much research as possible beforehand, to be sure you are paying for something that will enhance your therapists, you, your business and more importantly your clients, existing and new. As offering more than your existing treatment menu will create new business. There are hundreds of training venues across the country, offering everything from full time courses that can take months to complete, to courses that can be completed in just half a day. Some courses are offered by companies that only train using their own product, others concentrate on a specific skill area. This sector is expanding to many diverse treatments, including wellbeing, a sector that is growing faster than any other area in the industry. Then of course

there are the comprehensive general courses that cover everything you may want to know about the beauty industry business sector.

Many therapists decide to become a specialist in their chosen field, such as massage, hair removal, specific make up techniques, skincare and many other fields. Your therapists will already be qualified in a few of these areas. So when you are thinking about adding to the portfolio of your business, whichever courses you choose, be sure there is a recognized qualification at the end of the course, and that it is the right one for you.

Where to start and how do you go about finding the right company for your business needs? It can be very simple. Firstly, you need to be sure of what you actually want to add to the therapist's portfolio and your business. Look at what you are currently offering, and then look at some of your competitors, raise your game, sometimes it is far better to go all out, instead of a short term course, which in itself depending on the type of treatment can add revenue to your business and attract new clients. You may decide that a longer course and a higher level of qualification will attract a different type of new client. So you just need to decide on the type of new clients that you would like to attract, that will fit in with your existing treatment menu.

# THIS SEASON'S Wellbeing FOR YOU

PRODUCTS, TREATMENTS AND NEW TRENDS



The feeling of wellbeing starts at home. Surround yourself with calming, soothing fragrances. A discovery box of Bath House miniature room diffusers gives you choice for the different spaces you inhabit. Made with clean, natural carrier

oils and beautiful scents. Home Fragrance Discovery Sets, includes 4 x 60ml room diffusers - £50.00

[thebathhouseshop.co.uk](http://thebathhouseshop.co.uk)

Vegan gluten and nut free. This rich masque with a mix of Ginger and pre, pro and postbiotics. Works for all skin types. The skin's moisture barrier is enhanced, and the skin looks and feels hydrated and calm.



[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)

A natural wax, with soy and bees wax. Create a warm atmosphere in massage treatment rooms Cedarwood, losing yourself as a timeless story evolves with whispers of spicy Clove and warming Whiskey – a mysterious, complex and captivating fragrance.

[www.elemis.com](http://www.elemis.com)



VOYA Serenergise works as a deeply moisturising and fatigue busting body & massage oil blended with Evening Primrose, Hemp Seed and Rosehip oils for their powerful antioxidant and anti-inflammatory qualities. Combined with Laminaria Digitata seaweed extract, this sublime oil will deeply nourish and hydrate your skin, while Bergamot, Ginger and May Chang will work in synergy to help relax the body and mind, making this the perfect organic tonic for active or tired bodies.



[www.voya.ie](http://www.voya.ie)



A natural hand wash and cream that contains natural ingredients - Coco Glucosideto, Vitamin E, Hydrolyzed wheat protein, Sweet Almond oil, Jojoba. Hands are cleansed, nourished, and moisture balance restored, with a lovely fresh aroma.

[www.naturalspafactory.com](http://www.naturalspafactory.com)

Introducing the Ingrown Hair Solution from Harley Waxing, designed to tackle the pesky problem of ingrown hairs. Formulated with natural ingredients, this serum helps to soothe and prevent ingrown hairs. Say goodbye to irritation and hello to smooth, radiant skin.

[harleywaxing.co.uk](http://harleywaxing.co.uk)



Vegan, gluten and nut free. A powerful purifying exfoliating peel that works especially well for problem skin types. Willow bark calms the complexion. The peel visibly reduces and cleanses the pores. There is no irritation or redness after use, and the skin feels clean, silky soft, and has a natural glow.

[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)



Indulge in the warming scent of our chai infused soy wax candle. Carefully crafted to create a scent that's both decadent and comforting. Our chai latte candle has the warming scent of sweet vanilla, cinnamon and nutmeg.

[upcirclebeauty.com](http://upcirclebeauty.com)

Comes in a Leatherette Magnetic Case with Mirror-Palette Protector. 1 x brow colour- 1 x eyeliner - 2 x eye shadows - 2 x lip/ face liners.

[veganbeautyskincare.co.uk](http://veganbeautyskincare.co.uk)



# SPRING WELLNESS & RENEWAL



Matthew Bartell, Founder of Threads & Co, Shares His Spring Additions

**T**hreads & Co on Kensington High Street are jumping into Spring with their wellness awareness month. Throughout the Spring we will be hosting several meditation classes, Sound baths and Life coaching session to help clients feel great on the outside as well as within.

*M*EDITATION & *S*PIRITUAL  
Development classes



📍 THREADS & CO. 256 KENSINGTON HIGH ST. LONDON W8 6ND
📞 0203 903 7272

• Guided meditations	• Crystal & sound healing
• Psychoic development	• Tarot and Oracle cards
• Crystals & herbs	• Manifesting
• Chakra balancing	• Energy cleansing

Are you looking to develop your Spirituality and re-connect with your inner peace? Interested in learning how manifesting works? or even looking to develop your psychic abilities? If so, we look forward to welcoming you to our Spiritual community and development classes. Spaces are limited so please book in advance. £30 per class. For more info on dates and times please contact us.

Come and visit!

0203 169 0020    <https://58element.co.uk>    [info@58element.co.uk](mailto:info@58element.co.uk)



Threads & Co  
256 Kensington High Street  
Kensington  
London W86ND



[www.threadsandco.co.uk](http://www.threadsandco.co.uk)



Works well for dry and normal skins. A rich cream with antioxidants. Hydrates, protects, soothes and moistures. Tired dry skin will notice the benefit almost immediately.

[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)



Formulated with organic Buriti Oil, the balm conditions your skin leaving it feeling smooth and soft. The oily texture transforms into a sumptuous milk when it touches water, rinsing readily away from skin to leave it free from impurities and makeup.

[www.comfortzone.com](http://www.comfortzone.com)

# FIRST ACADEMY



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A blend of Rosehip, Avocado and Jojoba Oils, with Shea, and Cocoa Butter, with infusions of Aloe Vera, Nettle, Horsetail and Burdock, give this body hydrating lotion both super hydrating and nourishing for the skin.

[www.sukinnaturals.co.uk](http://www.sukinnaturals.co.uk)

Made in Turkey using premium Turkish yarns. 600gsm pure cotton white towels with a chunky rib design. Indulge your clients with the extravagant weight and quality of our Brampton towelling range.

[www.richardhaworth.co.uk](http://www.richardhaworth.co.uk)



Organic lip balm scented with rose oil and tinted to leave lips looking full of colour. It is hand crafted using specially selected ingredients to nourish, moisturise and protect the lips throughout the day.

[www.peacewiththewild.co.uk](http://www.peacewiththewild.co.uk)

Aromatherapy and wellness in one luxurious cream. Rich in Omega oils, Olive, Guarana, Fig, Pomegranate, Liquorice, vitamin E and relaxing Mediterranean essential oils of Lavender, Frankincense, Myrrh, Chamomile and Patchouli. Skin feels soothed and silky.

[www.templespa.com](http://www.templespa.com)



A rich body cream formulated with Rice bran oil, organic Cranberry seed oil, and organic Jojoba oil 9% Glycolic acid to encourage the shedding of dead skin cells, and help smooth and soften the look of uneven skin and cellulite.

[www.facetheory.com](http://www.facetheory.com)



## NANCY HAYS



# BEAUTY SECRETS

Chicago-based artist Nancy Hays celebrates the release of her new Celtic single 'Friends For A Day'.

### WHAT IS YOUR BEAUTY NO NO?

Don't go more than 3 days without exercising (unless you are recovering from childbirth or an injury).

### IF YOU COULD ONLY HAVE ONE VEGETABLE FOR A YEAR, WHAT WOULD IT BE?

Broccoli.

### HOW DO YOU RELAX AFTER A LONG BUSY DAY?

I practice guitar and piano and watch something on Netflix like Gilmore Girls, or Virgin River.

### WHAT IS ONE OF YOUR DAILY WELLBEING ACTS FOR YOURSELF?

I have a gratitude journal and I read a daily passage (it's set up for every day in the calendar year) called "Simple Abundance" that motivates me every day to reflect on

what is important and how to get closer to my authentic self.

### YOUR OPINION ON SUSTAINABLE BEAUTY PRODUCTS?

Great. Whatever is best for the planet is best for long term beauty of humans too.

### STRANDED ON A DESERT ISLAND WHAT WOULD BE THE ONE TYPE OF PRODUCT YOU WOULD WANT?

I would want my iPhone so I could contact someone for help and also listen to music-- but beyond that, my guitar, so I could write songs about the experience of being stranded on a desert island!

### BEST BEAUTY ADVICE YOU HAVE BEEN GIVEN?

Get more sleep. I wish I could follow this advice.





# sustainablebeauty

# T

he demand for ethical, sustainable, and vegan beauty, organic and wellbeing products is a rapidly growing industry. The consumers are more aware about the benefits of using naturally and ethically derived ingredients. Sustainable, ethically created cosmetics are just one area of this change towards making consumer choices that also fall in line with their personal beliefs.

Biodegradable, recyclable packaging and being certified as organic and non-toxic, no animal testing and reusable packaging are just a few of the very important aspects that brands should take into consideration. Sustainable beauty and wellbeing is here to stay and many more brands will follow this path.

# O

ur mission is to help to promote sustainability in beauty by creating accessible and attractive eco-friendly, ethical, vegan and organic products with no compromises and to lead the way in adoption of green and eco-friendly packaging materials and set an example within our industry. We aim to help improve working conditions in developing countries where our ingredients are harvested and partner with community projects to raise income levels. To shine a light on the beauty supply chain with increased transparency to boost customer awareness about ethical issues within beauty. We also aim to help our customers achieve the highest levels of wellness by removing toxins from their lifestyle. To offer accessible and affordable toxin free products with no compromises. To share our expertise on the benefits of a natural lifestyle with our customers and inspire them to connect with nature and practise mindfulness and self-care to boost their mental wellness. Our mission as a business is to become regenerative. Regenerative means our impact is not zero, it is actually positive: restorative for the planet and restorative for body and mind. We are looking for ways we can help to restore the natural world and put back more than we take out. This is a huge mission and we are continually taking small steps towards it. We also want to support wellness by creating the purest, most sustainable and most effective beauty products possible for our customers and supporting them in their wellness journeys. Finally, we want to be consciously kind. Each year we release an Impact Report that shows what we have done and achieved to take us towards these goals and the highlights from 2021 include Going Carbon Neutral! We have now measured our entire scope 1, 2 and 3 emissions including our 180 ingredient emissions and offset all of this with Earthly. We switched all of our cartons to grass paper cartons which has saved 75% of CO2 emissions compared to the equivalent Kraft Cartons. Working with our retail partners to offer bulk refill schemes in order to encourage a circular way of using beauty products. We now supply 5L bulk of products in refill schemes with a number of partners. We are also launching our bulk refill products online so our customers can enjoy a circular way of using our products too. We have COSMOS certified organic and natural certification for 38 of our products, and we're continuing to make progress. Looking forward we strive to become better, greener and more sustainable and we have submitted our B Corp application and by early 2022, we are hoping to become a certified B Corp. Certified B Corporations are businesses that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose.

[www.evolvebeauty.co.uk](http://www.evolvebeauty.co.uk)

# M

ONU continues to practise 'clean beauty. They have always eliminated harmful chemicals and never formulated with parabens, phthalates, sulphates, formaldehyde or any synthetic fragrances or colours. Every scent and every texture is achieved working with natural ingredients and each one chosen for a functional purpose. Not only are products cruelty free – so are the ingredients. They test on human volunteers and never animals and have over 40 products in the collection that our 100% vegan. Skincare is manufactured by hand in small batches at the headquarters in Cheltenham, which ensures the carbon footprint is low. The benefit to the customer of handmade skincare means the actives are at their most potent and therefore most effective when applied to the client's skin. Handmade skincare means there are no heavy machines running night and day which avoids overproduction and wastage. All our glass, plastic and aluminium containers are recyclable, the cartons too, are recyclable and made from bleach free board. All paper products sourced from sustainable forests.

[www.monuskin.co.uk](http://www.monuskin.co.uk)

# W

e are proud that all +maskology sheet masks are plastic-free. The masks will degrade in 75 days. +maskology aims to make all of the masks water free in the next 12 months. The sachets are part of a new and exciting plastic recycling programme which aims to repurpose plastic and reduce the idea of waste. All +maskology and +serumology ingredients are sustainably sourced from ethical suppliers. +maskology is proud to be a cruelty-free company recognised by PETA. The range is also registered by the Vegan Society. The company switched to paper tape and paper infill for all of the postage and packaging and is working towards a zero air freight policy to reduce our carbon footprint. In addition the car fleet is 100% electric. The staff follows the waste hierarchy to reduce, reuse, recycle, and recover where possible. To champion sustainability, the brand has moved to an energy provider that sources 100% green energy from solar, wind and hydropower. Additionally, we've adopted over 1 million Honeybees in a bid to improve environmental biodiversity and reverse their decline in England.

[www.maskology.co.uk](http://www.maskology.co.uk)



[theorganicskinco.com](http://theorganicskinco.com)



[www.evolvebeauty.co.uk](http://www.evolvebeauty.co.uk)



[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)



[beautykitchen.co.uk](http://beautykitchen.co.uk)



[www.voya.ie](http://www.voya.ie)



[www.burtsbees.com](http://www.burtsbees.com)



[www.monuskin.co.uk](http://www.monuskin.co.uk)



[www.elemis.com](http://www.elemis.com)

# O

ur partners and farms produce natural, organic and Biodynamic® fruits and vegetables. We plant a tree for every product sold through Forests for the Future™ Rewarding spas who are actively engaged in green practices. Recognized as a green spa on our Spa Locator for customers seeking eco-friendly spas. Products are handmade without severe heating or hydrogenating processes that can affect the nutritional content and potency of natural ingredients. Vitamins are captured in their all-natural fresh base, and seeds, pulps and peels impart regenerative and healing powers that only nature can produce. Free of parabens, animal by-products, propylene glycol, sodium lauryl sulfates, harmful colorants and fragrances, mineral oils, petroleum, and other harsh cosmetic chemicals. All product boxes are recyclable, made from Forest Stewardship Council (FSC) certified material and printed with eco-friendly inks. Wherever possible, we use containers made from recyclable plastic. All packing boxes are reused or recycled. Packing chips are made of 100% biodegradable corn that dissolves harmlessly in water. Eco-friendly software system means less printed invoices. Courier company uses hybrid vehicles. Large shipments are sent on trucks running biodiesel made from recycled household vegetable oil. Products are shipped by air with Lufthansa – the leading airline in the fight against climate change. 92% of employees walk, bike or take public transit to work.

[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)

# U

pCircle Beauty's ultimate mission is to change people's perception of waste and to leave the world better than they found it by transforming ingredients that would otherwise be discarded into natural, organic beauty products. In 2022 alone, UpCircle saved 450 tonnes of used coffee from landfill which means each UpCircle Face Scrub rescues the equivalent of 4 espresso shots. UpCircle also has a refill scheme that prevented 22,000 pieces of packaging from landfill. Their product range doesn't have an "end of life"; it's designed to be fully circular. As a plastic-negative brand, which means they remove more plastic from the environment than they create as an entire business, they're also helping the environment beyond their brand. For every UpCircle product sold, UpCircle contributes a percentage towards vetted impact through their partnership with rePurpose Global which removes nearly 1 million single-use plastic pouches from nature that would otherwise pollute the ocean and endanger wildlife. It's important to them that

everything they do is not only ethical for the environment, but for humans too. This is why their partnership with rePurpose Global not only helps combat plastic pollution but also empowers waste workers with a good wage as well as economic subsidiaries, health insurance, and access to a dignified and inclusive workplace. Good for the environment. Good for the skin. Good for the community. What a good idea.

[www.upcirclebeauty.com](http://www.upcirclebeauty.com)

# E

thique is an entirely plastic-free range. In addition to its compostable packaging, the brand boasts a number of impressive sustainable claims: It's climate-neutral, meaning the carbon emissions caused by the brand have been balanced out by its environmental work elsewhere. It operates honest trading of its ingredients such as coconut oil, to ensure fair pay for workers, less environmental impact, and safe practices in communities. And according to the brand, to date, it has prevented the manufacture and disposal of 10 million plastic bottles – with the aim to rid the world of half a billion plastic bottles by 2030.

[ethique.com](http://ethique.com)

# V

egan by Happy Skin. With products that smell good enough to eat. All products are Vegan and cruelty-free, the brand has six ranges, each focusing on a key ingredient and purpose. The formulas used in this brand are up to 98 per cent natural and, although the packaging is plastic, it is made from an easily recyclable type that is also found in butter tubs and yoghurt containers. It has also pledged to look into making its packaging from at least 50 per cent post-consumer plastic by the end of 2029. The brand donates 1% of its website profits to mental health charities.

[veganbyhappyskin.com](http://veganbyhappyskin.com)

**ELEMIS**  
LONDON

# ELEMIS is proud to be a Certified B Corp



January 2023 - Premium British skincare brand, ELEMIS, is proud to announce its new status as a **Certified B Corp** after almost two years of implementing changes to processes, practices and launching new initiatives across the business.

Celebrating with an exceptional **93 points** (significantly above the required score of 80, showing that large scale businesses can still show sustainable responsibility), ELEMIS joins the 1,000 plus British companies that take people, environment, and profit into consideration in equal measure when making business decisions. Sold in 103 countries, ELEMIS will use their global voice to elevate B Corp awareness around the world to build a better tomorrow.

To certify as a B Corp, performance is analysed across five key areas; governance, workers, community, environment, and customers. B Corp is the most comprehensive sustainability audit available, which doesn't just evaluate products, but also rigorously assesses the whole business to meet high verified standards of social and environmentally responsible practices, transparency, and corporate accountability. The environment, biodiversity, human rights, climate protection, employees, and customers are all top priorities - B Lab says '**business really can be a force for good and we must be the change we seek in the world**'.



[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)



[upcirclebeauty.com](http://upcirclebeauty.com)



[oneoceanbeauty.com](http://oneoceanbeauty.com)



[www.monuskin.co.uk](http://www.monuskin.co.uk)



[www.aveda.com](http://www.aveda.com)



[botanicals.co.uk](http://botanicals.co.uk)



[wearewo.com](http://wearewo.com)



[www.medik8.com](http://www.medik8.com)



# AETHIC

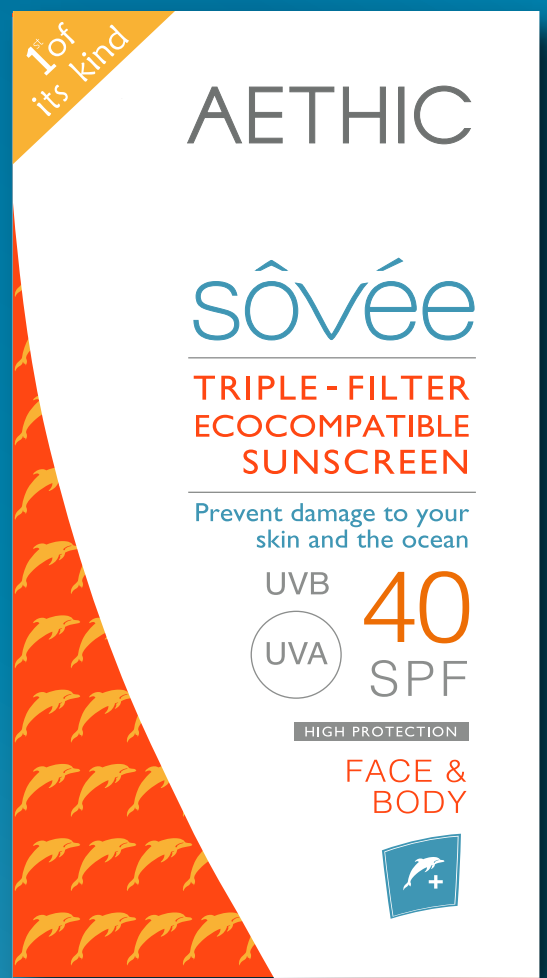
## Protect more. Harm less.

World's only patented  
ecocompatible formula.  
Tested safe on coral, mussels  
and sea urchins by reputable  
marine scientists.



Buy Aethic

[www.aethic.com](http://www.aethic.com)



# LOOKING GOOD





spring  
Poppy Long

[www.yonka.co.uk](http://www.yonka.co.uk)

The Yon-Ka Alpha-Renewing face scrub deeply cleans the skin and removes all traces of all dirt and grime.



[louellabelle.co.uk](http://louellabelle.co.uk)

The Gena Pedi Spa Scrub exfoliates dry skin, to give clients soft, smooth feet with a cooling and refreshing scent of Lavender and Mint.



[www.astonandfincher.co.uk](http://www.astonandfincher.co.uk)

A premium bonded fibre waxing strip suitable for use with all professional depilatory strip waxes.



[www.templespa.com](http://www.templespa.com)

Ingredients like Orange, Nutmeg, Amber and Bergamot make this hand wash luxuriously refreshing.



[www.ellisons.co.uk](http://www.ellisons.co.uk)

Light, durable and powerful, minimising any wrist strain. Built-in cable flex to ensure your hairdryer withstands your busy hair services.



[salonserve.com](http://salonserve.com)

Keeps skin soft and prevents in-growing hairs also great for removing fake tan.



[www.guinet.co.uk](http://www.guinet.co.uk)

Neck and chin firming cream, formulated for the skin on these areas which are thinner and subject to more stretching than other areas.



[www.mitrelinen.co.uk](http://www.mitrelinen.co.uk)

Closed toe Honeycomb slippers. Featuring a stylish and textured outer surface with soft, comfy interior providing superior comfort for your clients.



[thebathhouseshop.co.uk](http://thebathhouseshop.co.uk)

Perfumes define personality; scents should be as unique as you are, so why not reach for an artisan fragrance like Patchouli & Black Pepper by Bath House. Eau De Parfum 100ml - £96.00



[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)

Vegan. Soy, gluten and nut free. A deeply hydration yet gentle body lotion. Quickly absorbs and non-greasy. Skin is nourished and deeply moisturised.



[www.evolvebeauty.co.uk](http://www.evolvebeauty.co.uk)

A light nourishing facial oil, works wonders for the dry mature skin types.



[kosas.com](http://kosas.com)

2-in-1 brow and lash boosting serum with Vegan Keratin giving the appearance of fuller brows and longer lashes.



[stackedskincare.com](http://stackedskincare.com)

De-puff under eyes, and visibly lift and sculpt the facial contours.



[www.tataharperskincare.com](http://www.tataharperskincare.com)

A cleansing & exfoliating treatment that gently exfoliates. Dull skin will be radiant.



[www.gucci.com](http://www.gucci.com)

A lip colour that gives an intense, vivid tone with a matte finish—all in one stroke.



[www.theorganicpharmacy.com](http://www.theorganicpharmacy.com)

100% Natural (Ecocert Natural Certified). Clean, accurate line with a natural finish.



[www.mavala.co.uk](http://www.mavala.co.uk)

For sensitive hands a nourishing hand cream enriched with natural Prebiotics. Using a gentle active ingredient skin is moisturised and balanced.



[www.majestictowels.co.uk](http://www.majestictowels.co.uk)

Micro-cotton manufactured using a process that creates twice the volume from cotton yarn. This produces pockets of air which can absorb a lot of moisture.



[www.greenpeople.co.uk](http://www.greenpeople.co.uk)

Conceals and clears spots with natural actives and earth minerals. Suitable for all skin types, even acne-prone skin.



[www.salon-services.com](http://www.salon-services.com)

The Wahl Legend Clipper is built around its durable, powerful V9000 motor which runs cooler so the Legend will keep on cutting continuously throughout the day.





Exquiller is taking the industry by storm with its beautiful syringes, premium needles, minimal swelling and amazing retention. But most importantly, amazing results and very happy clients! Available in Fine, Deep Implant and Sub Q.

#### HYBRID NEXT GENERATION

The Exquiller dermal filler range combines the best of both monophasic and biphasic properties to achieve an extremely smooth product to work with and results that excel. The next generation technology used to create Exquiller ensures the perfect final product. Residual-free, with improved density and elasticity by using an enhanced cross-linking method and an optimised purification process. This makes the gel product stable and consistent. The consistency of the pattern allows for naturally harmonized volume, smooth injection and promotes a stronger support system within the skin structure.

#### HIGH PURITY HYALURONIC ACID

Exquiller uses non-animal based Hyaluronic Acid with high purity and is a completely natural substance optimized to synchronise with human skin tissue.

#### HIGH VISCO-ELASTICITY

Exquiller boasts malleable consistency that creates immediate and long-lasting volume and also allows the product to break down evenly with a natural finish.

#### LOW PHASE ANGLE %

Exquiller has a low percentage of product migration, meaning that once injected the product is more likely to stay close to the injection site with accuracy.

#### BEAUTIFUL SYRINGE DESIGN

Exquiller's ergonomic design of syringe and handle allows you to work your magic with ease with an excellent grip and smooth consistent injection force. Terumo needles included which are the sharpest on the market on average. The Exquiller range is CE certified and thoroughly safety and purity tested to the highest of standards.

Available at [fyaestheticboutique.co.uk](http://fyaestheticboutique.co.uk)  
[exquillerfiller.co.uk](http://exquillerfiller.co.uk)

*fyaab*





## TEENAGE SLEEP

### *IF YOU SLEEP WITH YOUR PHONE, OR USE YOUR COMPUTER OR TV BEFORE BED*

Did you know - these screens emit blue light that activates your brain and interferes with your body's natural sleep cycle. The phone thing is one of the worst-If you get a text or email in the middle of the night — even after you close your eyes — the light can go right through your eyelids and stimulate your nervous system and brain. So you can kiss your deep, restorative sleep good-bye. Ideally, leave your phone outside your room while you sleep. If that's not an option, put it in silent mode with the screen facing down on a surface that's far from your bed. As for TV? Tune out an hour or two before bed to give your brain a chance to rest.

“

*Beauty is in the eye of the beholder*



THE PHYSICAL BENEFITS FROM A BRISK 30-MINUTE DAILY WALK ARE NUMEROUS. SO ARE THE MENTAL HEALTH BENEFITS. WALKING LOWERS STRESS LEVELS BY HAVING A BREAK FROM THE DAILY TRIGGERS AND HELPS ONE TO BECOME MORE RELAXED AND CALM.



**Male beginner grooming advice and treatments offer options for your salon/spa to expand your treatment menu.**

# TEENAGE TIME

*A rapidly growing sector*



Delicious steamed, roasted or grilled, asparagus is a fantastic vegetable. Good alone or as a side dish. Easy and quick to prepare, but there are some cooking techniques to follow for the best asparagus results. Roasting is popular, giving a rich toasted flavour. With roasting the stalks can easily overcook. Better to use thicker stalks and coat with olive oil. To steam Asparagus, use the thin, young stalks and pay attention to the cooking time. A properly steamed asparagus should still be vibrant green and crisp.

A blend of plant oils create this lightweight conditioner. That not only strengthens and thickens the hair volume. But it also protects against hair breakage. The hair is nourished from roots to ends.

[www.aveda.com](http://www.aveda.com)



“

*The sky is full of stars and there is enough room for them all to shine*



Works for everyone every age. A blend of Vitamin A, Wheat Germ Oil and Beeswax, and Vitamin E to soothe, and soften and protect lips against the environmental pollutants. Use alone or apply under lip gloss. Your lips will thank you.

[www.monuskin.co.uk](http://www.monuskin.co.uk)

A cleansing oil infused with an 100% natural plant-based oils to remove dirt, makeup, and impurities. Perfect for balancing out the t-zone. Skin is deeply cleansed and fresh.

[www.elementalherbology.com](http://www.elementalherbology.com)



# TEENAGE TIME

*A rapidly growing sector*

St Tropez's purifying tanning water will give you a natural glow without streaking. Enjoy a tanned look after the Winter months without any effort.

[www.sttropeztan.com](http://www.sttropeztan.com)







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Be part of the world's most important business  
conference for leaders in the multitrillion-dollar  
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# healthy lifestyle



**A**s increasing numbers of people look to natural approaches and products to improve and maintain their health, one of the consistently asked questions when people consider a nutritional regime is “Where do I begin?”

Typical advice from ‘authorities’ is that if we eat a balanced diet there is no specific requirement to additionally supplement our diets. That would be true if we all consumed nutrient-rich balanced diets. Sadly that is far from the case and the results of that are being reflected in accelerating rates of inflammatory and degenerative diseases.

One of the standard responses to the question “where do I begin” is people think that taking a multi-vitamin is all that is necessary. Personally speaking, I believe that this is often a poor choice. There are two things to be considered, firstly it is to ensure we are taking the right nutrients and secondly to ensure that they are being properly absorbed. No supplement will give us optimum benefit if it is not being properly absorbed by our bodies.

## THE DOWNSIDE OF MODERN LIVING

Modern living, in terms of typical diets, high levels of stress and environmental pollution is sadly having an adverse impact on many people's biochemistry and in particular our body's pH balance. If our body pH is deviating even slightly towards acidity it can adversely impact nutrient absorption. This sadly sets the scene, if not corrected, for many health challenges. As a result it is important that we consume adequate amounts of foods that are mineral rich to help to maintain proper body pH balance.

Over the last two decades there has been huge growth in the consumption of green superfood blends, most of which have an alkalisating effect on the body and provide the body with a wealth of nutrients. These green superfood powder blends are combinations of vegetables, grasses, algae and other beneficial plant-based ingredients. The body will utilise the nutrients in this form far better than a synthetic vitamin pill since the body intuitively knows they are food. These concentrated blends have a huge lot to offer everyone as a support to their diet and contribute towards meeting the deficit in not consuming sufficient fruits and vegetables.

## ENJOY THE POWER OF GREENS

It is now over 25 years since US based clinical nutritionist Mark Timon launched the first edition of Green Vibrance powder with 37 different ingredients in it. Green Vibrance Powder still leads the field and has received more awards than any other green food blend. Mark Timon considers it a dynamic product, continually adding new nutrients which research shows to offer therapeutic benefit. Green Vibrance Powder is now on version 18 and has in excess of 70 ingredients in it. It is the daily choice of supplementary nutrition for an increasing number of people that put wellness at the top of their personal agenda.

## MINERAL DEFICIENT SOILS RESULT IN

### MINERAL DEFICIENT FOOD

Mineral deficiency is sadly becoming the normal in many diets. We are reaping the results of decades of intensive farming that has sadly robbed the soil of minerals. If the minerals are not in the soil they are not going to be in our food. Food processing has unfortunately compounded this problem. Additionally, over the last few decades there has also been the consistent warning to reduce salt intake. Of course, it is important to avoid processed table salt; however it is important to consume a good unprocessed sea salt or rock salt. The body needs electrolytes and trace minerals that are found in good salt.

Alkaline minerals are very necessary for the body to help to neutralise excess acidity. Taking plenty of minerals is good for so many aspects of our health including our digestive health. It is also one of the most important things we can do to help maintain the health of our bones. A product such as Revitacell Alkamax is particularly helpful, particularly at times of high stress or when our diets are not ideal.

## WATER - NOT JUST TO FILL THE EMPTY SPACES

Although most people would not consider water to be a nutrient, in my view it should be the Number 1 nutrient for

the body. Water has so many important roles in our body, it is not just there to fill up the spaces between the cells. Research is increasingly showing the vital role good clean water has on wellbeing. We believe that water to support health should have plenty of alkaline minerals in it, have an alkaline pH, have antioxidant properties and be properly structured. This type of water can do a huge lot as the foundation to any nutritional programme.

The use of bioceramics, which are natural minerals formed into ceramic balls, as filter media has created many very cost-effective solutions to give clean health promoting water filter products. However, it is important to ensure absence of toxicity in the filter media. Biocera, who have been leaders in the field are one of the few companies in this field that have the internationally respected NSF certification. Evaluation for certification requires extensive toxicity testing. One of the most popular products in Europe using Biocera filter media is Biocera's Alkaline Jug Filter which is a great introduction to this type of health-giving water.

## GOOD GUT HEALTH - MAKE IT A PRIORITY

Good health does begin in the gut. Consequently we need to ensure that our digestive system is functioning optimally. This can have a far-reaching impact on both physical and mental health. The good bacteria in our 'gut' are often seriously depleted due to excessive antibiotic use and the impact of chemicals in our foods, in our water supply and the wider environment. We need to rebalance the gut microflora to improve our immunity and give us better nutrient absorption.

Progut the Australian based gut health specialists have a unique approach to gut health that can often bring dramatic improvements in wellbeing. They understand that the gut environment is key to good microbial colonisation. There are a number of key issues that need to be addressed to restore balance. They understand that probiotics only work if they intuitively belong in the human digestive system, which most don't.

In conclusion, think carefully about your nutritional support programme. Focus on improving the conditions in your body to ensure better nutrient absorption. Make sure the body is properly hydrated with good water and plenty of minerals. Drink your nutrient laden vegetable superfood powders and just remember your gut is called the second brain. Nourish your body because it is a hugely valuable investment in your quality of life. Without health we are very restricted in what we can achieve or enjoy.

## ABOUT THE AUTHOR

*This article was written by Roddy MacDonald, Founder of Water for Health Ltd, a UK-based importer and supplier of quality hydration and nutrition products. Water for Health believe that many of our current alarming levels of disease could be avoided by changes in nutrition and lifestyle.*

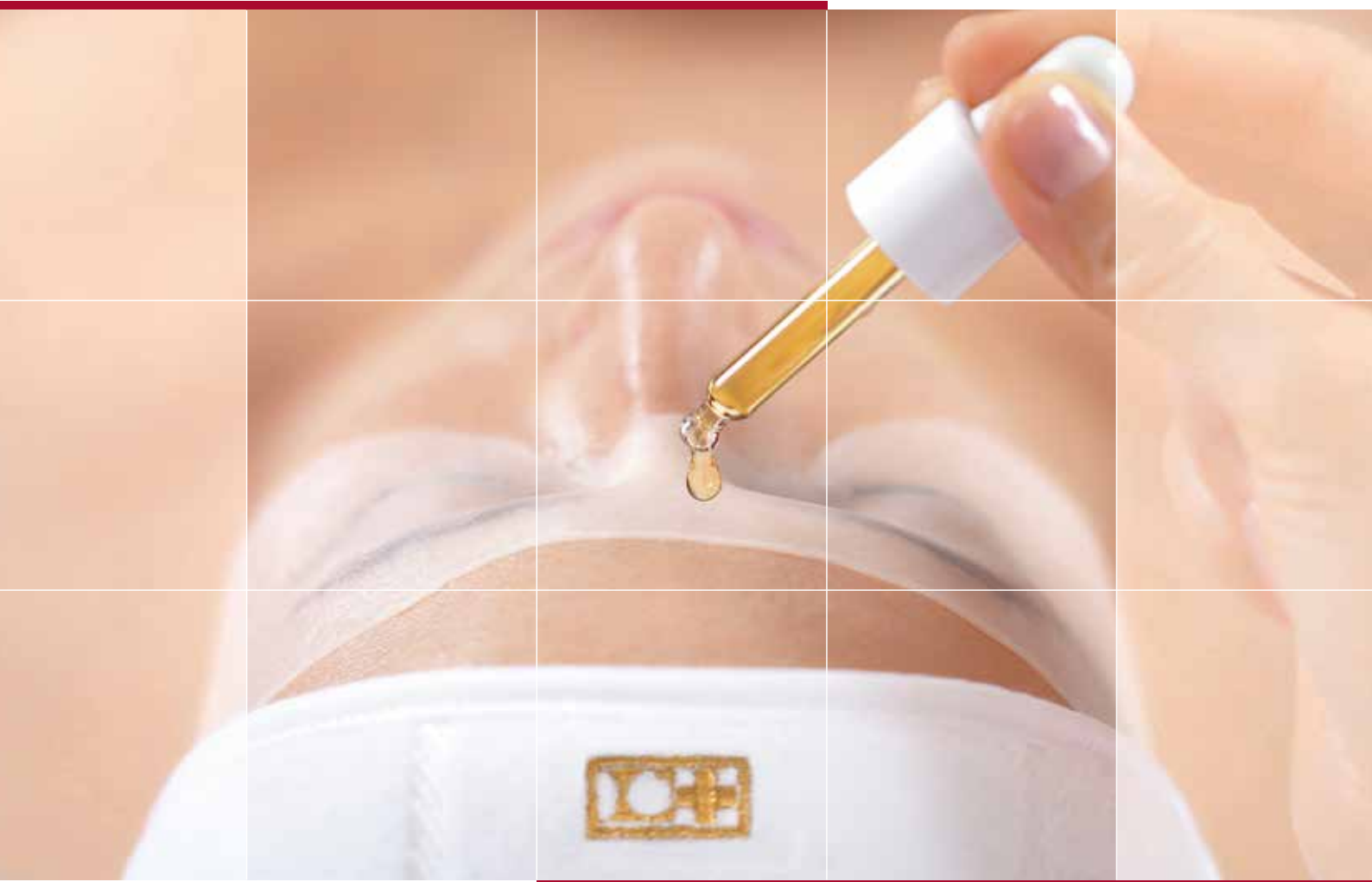
The  
**SwissCellSpa™**  
EXPERIENCE

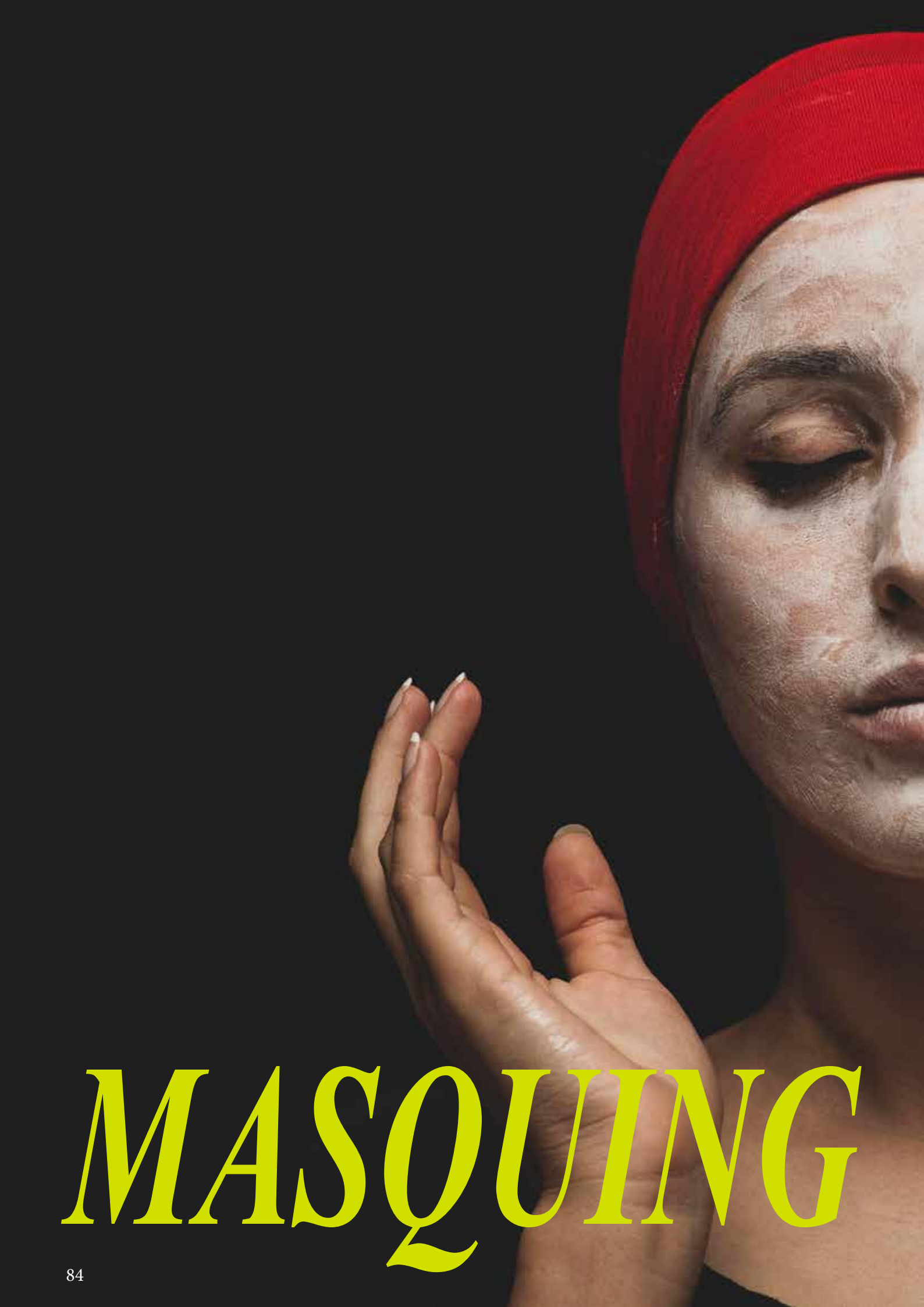
**The SwissCellSpa Experience – The excellence of Cellcosmet and Cellmen skincare in a moment of revitalising well-being**

Cellcosmet and Cellmen form an exclusive world in which beauty and science dovetail to perfection, offering high-performance skin revitalisation solutions using the latest Swiss skincare science.

Our scientists capture the power of CytoPep™ Cellular Extracts - a blend of Collagen, Fibronectin, Actin and Keratin - structural skin proteins in our advanced formulas. They improve skin's elasticity, intensely revitalise skin, boosting its functions whilst preventing signs of ageing. They include an innovative Postbiotics Complex, based on the latest research on microbiome science, to reveal the complexion's true radiance whilst reinforcing the skin barrier function against external elements.

Created to be used in personalised beauty rituals, or as an exquisite sensory experience that can be enjoyed in a spa or salon. Certified specialists trained in The SwissCellSpa Experience create unique tailor-made skincare protocols for our luxury spa partners.





# *MASQUING*



*UP*

Handmade in the UK. Works well for the dull, dry and congested complexions. A mineral rich silky mask with a cocktail of goodies including Rhug honey, White clay, Plum and Apricot oils, with Organic Hemp seed, make this mask both detoxifying and hydrating. A fresh aroma this mask makes you feel like you are having a very special treatment.

[rhugwildbeauty.com](http://rhugwildbeauty.com)



A blend of Olives, Passionfruit, Organic Sweet Orange and Organic Almond Oils giving a boost of Vitamin C. This mask protects against free radicals and helps increase collagen production levels. After just 1 application the complexion looks radiant with a firmer toned look. Good for all skin types especially good for the sensitive skins who will find this mask calming.

[maskology.co.uk](http://maskology.co.uk)

**FACIAL MASQUES  
ARE ONE OF THE  
EASIEST WAYS TO GET  
HEALTHY AND SUPPLE  
SKIN WITHIN A FEW  
MINUTES**

Dull, dry skin is no match for Eminence Kombucha Microbiome Leave-On Masque. This rich, slow-absorbing, soothing, deeply hydrating masque brings new life to tired, dull complexions. It works well for all skin types. With both pro and postbiotics the skin is also protected and the moisture levels are balanced. After just application the skin feels softer and plumped.

[www.theskinsmith.co.uk](http://www.theskinsmith.co.uk)



VOYA's smooth and comforting Hydra Veil face mask is formulated using the most natural ingredients. Moisture locking, refreshing and repairing, this treatment will leave your skin feeling hydrated, plumped and nourished. The algae-based formula contains a powerful blend of Phytofuse Renew™ and Sea Buckthorn to restore, while extracts of Jojoba and Squalene hydrate and plump the skin.

[www.voya.ie](http://www.voya.ie)





A rich creamy mask with an aroma of Rose and Bergamot. Fine lines are smoothed, and the face has a more energetic look and feel. Its soft to the touch and feels plumper.

[www.yonka.co.uk](http://www.yonka.co.uk)



A purifying mask to clean blocked pores. Formulated with Quora Noni bacteria is stopped in its tracks. White Willow is a natural form of Salicylic Acid, and this can help to increase the skin's cellular renewal. A powerful green mask that really does clean things up, in the most gentle way.

[www.evolvebeauty.co.uk](http://www.evolvebeauty.co.uk)

**THERE ARE MASQUES FOR EVERY SKIN TYPE AND EVERY SKIN PROBLEM**

In just 10 minutes this smoothie textured hydrating mask packed with nourishing nutrient- dense green superfoods, together with brightening fruit acids and sugar-derived prebiotic, balances the skins overall look and tone. The skin is given a radiant glow.

[www.elemis.com](http://www.elemis.com)



Collagen is responsible for skin strength and elasticity and its degradation leads to wrinkles. Our marine collagen is a by-product of the fishing industry. The large collagen molecules form a tightening film on the surface of the skin to smooth fine lines, firm and tone the skin.

[www.monuskin.co.uk](http://www.monuskin.co.uk)

# spring spaelemental



A beautiful Organic Lavender scented body wash to soothe tired muscles and relax the mind, body and soul, with Organic essential oils, and Seaweed extracts. Skin feels nourished and smooth.

[www.voya.ie](http://www.voya.ie)

VOGUE oversized sweatshirt embroidery made of 100% organic cotton.

[www.vogue.co.uk](http://www.vogue.co.uk)

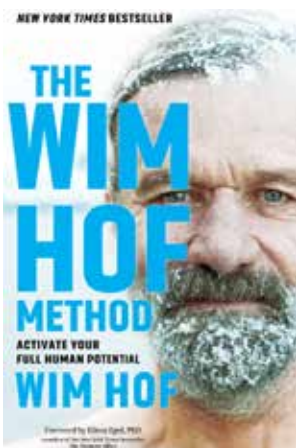


Organic Cocoa and Shea Butters with Rhug Beeswax, Organic Marshmallow Root, Geranium and wild foraged Lemon Balm. Absorbs easily and is not greasy. After massaging into the skin, it feels velvety and hydrated.

[rhugwildbeauty.com](http://rhugwildbeauty.com)

Normal and combination skins will benefit from this facial wash. Using natural sugars and Aloe Vera make this foaming facial wash both re balancing and detoxifying.

[www.evolvebeauty.co.uk](http://www.evolvebeauty.co.uk)

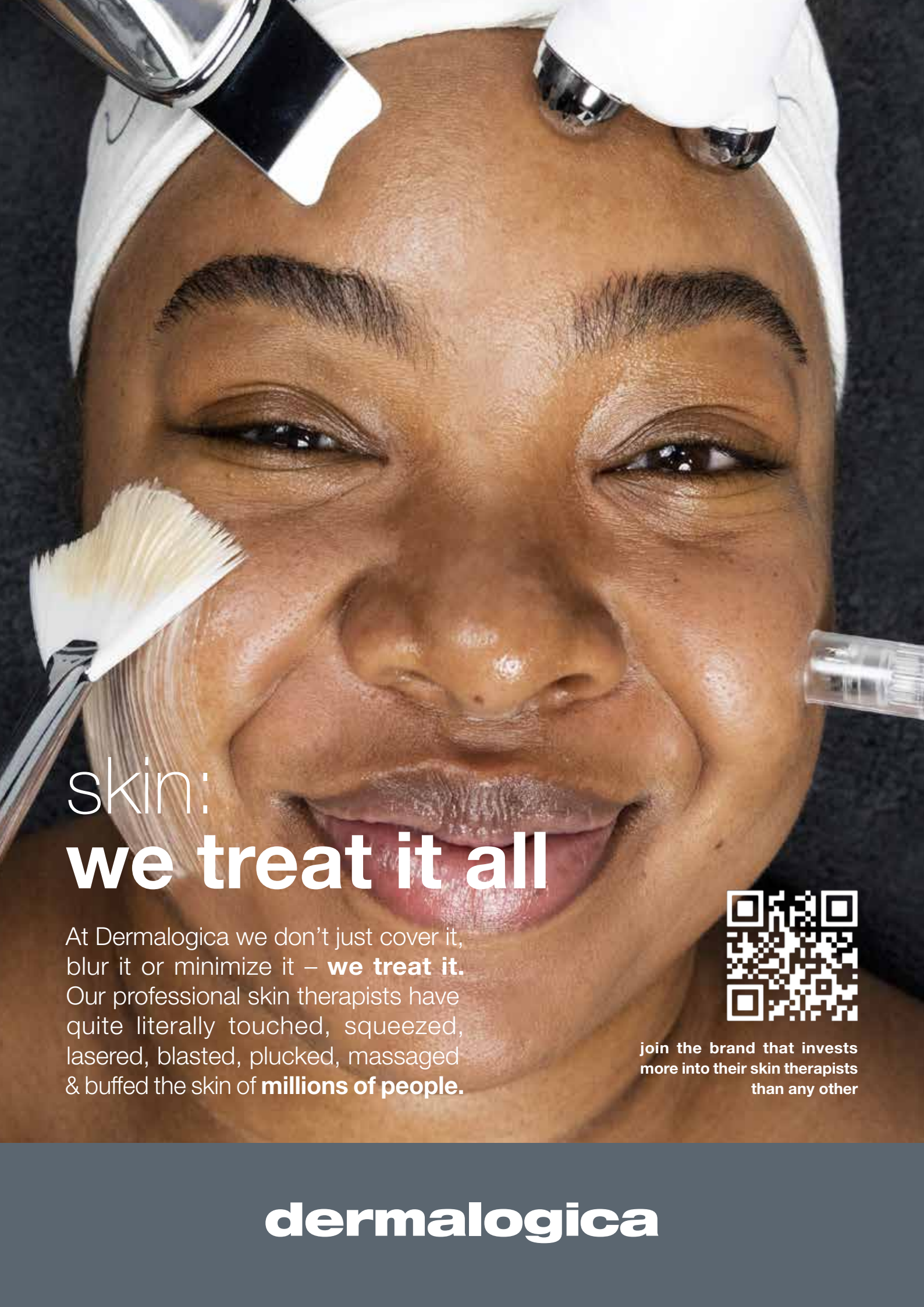


FAMED FOR HIS FEATS OF SUPERHUMAN ENDURANCE, WIM HOF DELIVERS A RIVETING ACCOUNT OF HIS LIFE AND CAREER AS WELL AS PROVIDING AN ACCESSIBLE THREE-PILLAR APPROACH TO EMBRACING CHALLENGES AND DEVELOPING HUMAN POTENTIAL.

[WWW.WATERSTONES.COM](http://WWW.WATERSTONES.COM)

## Myth: Chocolate Causes Acne!

Often blamed for many outbreaks Scientists put this to the test in a study, providing subjects with candy bars, some containing 10 times the typical amount of chocolate, others containing no chocolate. Over a period of one month. At the end of the study, they could find no increase in the amount of acne in one group or another.



skin:  
**we treat it all**

At Dermalogica we don't just cover it, blur it or minimize it – **we treat it.** Our professional skin therapists have quite literally touched, squeezed, lasered, blasted, plucked, massaged & buffed the skin of **millions of people.**



join the brand that invests  
more into their skin therapists  
than any other

**dermalogica**

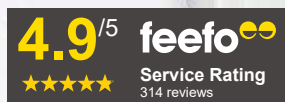
# Is the Water you Drink Promoting Your Wellbeing?

At **Water for Health** we understand the benefits of water for optimum health. We are typically made of 70% water. It is essential to keep our bodies functioning optimally with high levels of energy and a robust immune system that we consume adequate amounts of health promoting water.

Research is increasingly showing that good health giving water is not just water that has contaminants removed. That is of course important, however there are other characteristics that are important for water to be able to support health. Water should be classed as the No 1 nutrient for the body because of its key role in every area of our physiology.

At **Water for Health** we believe there are a number of key properties that water should have to be able to support our hydration and in consequence our health. They are:

1. Be as free as possible of harmful contaminants
2. Have a slightly alkaline pH.
3. Have antioxidant properties
4. Have good structure
5. Possess good energy.



Water should not just be clean *it should be health promoting.*

## A New Approach to Water Treatment in the Home.

**Water for Health** have developed their **Energy Plus** Undersink Filter System to give high levels of pollutant removal in addition to incorporating some of the latest advances in water treatment. This is a unique approach to point of use water treatment giving healthy water on tap for all the family.

The **Energy Plus** is a compact 4 stage filter system that provides excellent quality drinking water on tap. It is easily fitted by someone competent in DIY or by a local plumber. It provides a family with water much cheaper than buying bottled water which does not possess the same properties as the **Energy Plus** gives you. The **Energy Plus** is better for health and better for the environment.

One of the important properties of this filtered water is its antioxidant properties. This important aspect is due to the effects of the special filter media bioceramics releasing molecular hydrogen into the water.

Over the last decade there are over 1,000 research studies published on the effects of molecular hydrogen on human and animal health.



# water for health

Buchanan House, Rossie Place, Auchterarder, Perthshire. PH3 1AJ

## The Important Role of Bioceramics

Bioceramics are compositions of natural mineral crystals formed into small ceramic balls that beneficially change the water passing through the filter. In addition to their release of molecular hydrogen they release small amounts of good minerals into the water and improve its structure. Mineral content and water structure are important for proper hydration.



“Water generates electrical and magnetic energy inside each and every cell of the body - it provides the power to live.”

Dr F. Batmanghelidj in his book Water and Salt.

For more information visit  
[www.water-for-health.co.uk](http://www.water-for-health.co.uk)

or to order today call:  
**+44 (0)1764 662111**

email: [info@water-for-health.co.uk](mailto:info@water-for-health.co.uk)