

...and super-soft to the touch. For more information, call 0870 034 2566.

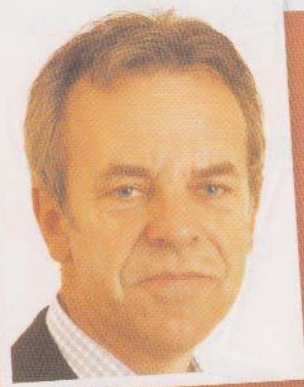
Face

THE FACTS

WE SHARE THE INSIDE TRACK ON THE VERY LATEST BEAUTY SOLUTIONS

PROBLEM I can't help but feel I am continuously buying products that I think will benefit my skin, which only prove to be a big disappointment or make matters worse. To be honest, I'm not really sure what skin type I have. Where can I find out?

SOLUTION Boots has teamed up with Vichy laboratories and La Roche-Posay to offer free skin health consultations accredited by the British Skin Foundation. The scientifically developed Dermo-Analyzer measures skin hydration, age and sensitivity levels to determine your skin profile. Throughout the month of March, Vichy, in association with Boots, will be running an educational roadshow that will travel to 15 shopping centres in the UK. To find your closest participating store, visit vichyconsult.co.uk



FIGHTING THE FLAB?
DR PATRICK BOWLER
ADVISES...

SHED THOSE POUNDS!

A walk down any high street shows that the obesity epidemic requires urgent attention. Problems with weight and body shape are very common and often result in a lifelong battle and poor health. Conditions associated with obesity such as high blood pressure, diabetes and high cholesterol can lead on to more serious illnesses.

In my clinic we have introduced a medically supervised regime called Alizonne Therapy, which combines blood tests and accurate computerised measurements of body composition with a high-protein diet and nutritional advice. Ultrasound skin treatments target fat cells and tighten loose skin. The weight loss achieved is up to a remarkable 6-12kg

per month with incredible client testimonials. Visit alizonne.co.uk for more details.

There are now a number of non-surgical fat-reducing treatments. Smart-lipo can be an excellent treatment for small areas of fat that will not move despite diet and exercise. New technology now enables larger areas to be zapped. You can walk in and walk out, have the procedure under local anaesthetic, and be back to normal within a week. That's amazing progress!

Finally a word about so-called 'flab jabs'. These fat-reducing injections are only available on prescription and – a word of warning – I think they work best for reducing chins and jowls rather than body contouring.