



Treatment of the month... Non-surgical bingo-wing treatment

There's no doubt that Caci treatments are an acquired taste. You get sticky pads placed along the muscles that you want to 're-educate' to be firmer, which are attached to wires that take a small electrical current from the Caci machine and deliver it into the muscle. For the beginner's slimming cycle, there are 10 levels of intensity. The initial level feels like tickling on the skin; the higher you go, the more it feels like the wires are connected to one of the inner circles of Hell where Satanic offspring squeeze you tight. However, the demonic children are soon gone and you can relax. For a second! Then the evil sprogs are back again. During treatment, therapist Liesl gives you a relaxing massage and this nearly silences the devils spawn. After just two treatments my stomach felt flatter and bingo-wings, whilst still flapping for England, were more defined.

A 30-minute treatment costs £40 from Karine Jackson Hair & Beauty. Telephone 020 7836 0300 for details.

“Try rubbing grimy nails with a lemon quarter for clean tips”

FACE FIX

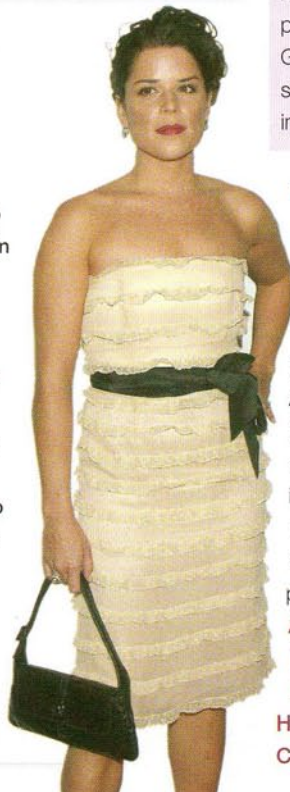
For a fabulous face mask, mix 2 tsp gram flour, 2 tsp water and half tsp honey. Apply all over the face, leave for 15 minutes and remove with a damp cloth.



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

CURLY SUE

The time has come to pack up your straighteners and follow in the footsteps of fashionista Neve Campbell who has recently revamped her locks with an organic perm. To keep her curls in tip top condition, Neve uses Tara Smith C Curls natural and organic haircare range. “I use C Curls shampoo and conditioner for shiny, soft and defined curls,” she says. “Every time I wash my hair it leaves it in the most beautiful condition.” Get your hands on the range at your nearest Tesco or visit tarasmith.co.uk



Q&A

THE BEAUTY AND THE BRAIN DOCTORS



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

Q I am recently divorced and supporting two teenagers alone, which means I can't afford to splash out on skincare. I wouldn't mind but my complexion has changed from being clean and clear to red and painful! What do I do?

A Stress and lack of sleep can wreak havoc on the skin but red, painful skin can often be a sign of rosacea, a skin condition with a genetic basis that is exacerbated by stress, certain foods (spicy foods and alcohol), and lack of sleep. There are prescription products that help but, if you want to stay natural, over-the-counter creams and cleansers can make a difference and don't have to be expensive. Try a cleanser with glycolic acid and a chemical-free sun block with titanium dioxide, which has been found to reduce redness. Lastly, use a cream with azelaic acid, a wheat by-product can reduce redness and even out skin tone. All these products can be found at your local chemist. Just as important, find ways to reduce your stress level. Take up yoga, paying particular attention to the breath work. Get out into nature. Your situation is inherently stressful, but managing your response should improve your skin and your overall health.

Win new ayurvedic beauty

Luxury brand Tri-Dosha is to launch a new Ayurvedic skincare range this year to suit vata, pitta and kapha skin types. The range will include a cleanser, masks, moisturisers, eye gel, balm and facial oil made from traditional Ayurvedic plant and herb combinations. One lucky reader can get their hands on a brand new Tri-Dosha giftset worth £32! For more information on this exciting brand visit tri-dosha.co.uk. To enter, write your name, address and contact number on a postcard addressed to:

Ayurvedic beauty, Natural Health, 25 Phoenix Court, Hawkins Road, Colchester C02 8JY

