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welcoming your clients

A

s a salon or spa owner, one of the critical factors in providing an exceptional client experience is creating the right atmosphere. The ambiance of your facility plays a crucial role in setting the tone for relaxation, rejuvenation and overall wellbeing. By carefully curating the environment, you can make a lasting impression on your clients and ensure they feel welcome, comfortable, and pampered.

IMPORTANCE OF CREATING THE PERFECT ATMOSPHERE

Running a successful salon or spa is about more than just providing excellent services and treatments. Creating the right atmosphere is crucial in ensuring your clients a memorable and enjoyable experience. First impressions matter; when clients enter your salon or spa, they should immediately feel a sense of tranquillity and serenity. Creating right atmosphere sets the tone for relaxation, putting clients at ease and preparing them for a blissful experience. Consider soft lighting, soothing colours, and calming music that helps create a peaceful environment. Comfortable seating areas, gentle scents, and a clutter-free space further enhance the overall ambiance, allowing clients to unwind when they arrive. Your salon or spa's atmosphere should align with your brand identity and services. Whether you aim for a luxurious and upscale experience or a more casual and friendly environment, it's essential to reflect this in your décor, furnishings, and overall ambiance. Consistency in your branding helps clients recognise and connect with your business, reinforcing a positive and memorable experience each time they visit. Creating the right atmosphere goes beyond aesthetics; it involves catering to the senses and addressing your client's needs. Pay attention to temperature control, ensuring it is comfortable for clients and staff. Soft, clean linens and plush towels add a touch of luxury. Thoughtful details such as offering a selection of beverages or small snacks can enhance the overall experience and make clients feel valued and cared for. Privacy is essential in a salon or spa setting. Providing designated areas for clients to change, offering private treatment rooms, and maintaining a respectful noise level all contribute to tranquillity and exclusivity. This ensures clients can fully relax and enjoy their treatments without disturbances or distractions. The little details can make a big difference in creating a welcoming atmosphere. Pay attention to cleanliness and hygiene, ensuring your salon or spa is always immaculate. Consider incorporating elements such as plants or water features to add a touch of serenity. Thoughtfully selecting scents, such as calming essential oils, can enhance the sensory experience. Your staff members are an integral part of the overall atmosphere. From receptionists to therapists, having a friendly and professional team creates a warm and welcoming environment. Ensure your staff is well-trained, knowledgeable, and attentive to clients' needs. Encourage them to engage in friendly conversations, offer personalised recommendations, and provide high customer service to create a positive and inviting atmosphere. Creating the right atmosphere in the salon and spa industry is essential for attracting and retaining clients. It sets the stage for relaxation, reflects your brand identity, and enhances the client experience.

HOW CAN YOU MAINTAIN A WELCOMING ATMOSPHERE AT YOUR SPA?

Here are some essential tips to help you create the perfect atmosphere to welcome clients into your salon or spa; opt for soft, warm lighting that creates a calming and soothing

effect. Use a combination of natural light, dimmable fixtures, and strategically placed accent lights to create a tranquil ambiance. Avoid harsh, fluorescent lighting, which can be unflattering and disrupt the relaxation experience. Choose a colour scheme that reflects your salon or spa's desired mood and theme. Soft, muted tones like pastels or earthy hues can create a serene atmosphere, while bold colours can add a touch of vibrancy. Incorporate tasteful and minimalistic décor elements that align with your brand aesthetic, such as artwork, plants, or sculptures, to enhance the visual appeal and create a welcoming environment. Invest in comfortable and stylish furnishings to ensure your clients can relax and unwind during their visit. Choose plush seating, cozy couches, and ergonomic chairs that provide ample support. Add soft cushions, throws, or blankets to enhance comfort and create a relaxed atmosphere. Music can influence mood and create a sense of tranquillity. Choose instrumental tracks, soft melodies, or ambient sounds that promote relaxation. Ensure the volume is set at a soothing level, allowing clients to enjoy the music without overpowering their senses. Scent plays a significant role in creating a memorable experience. Consider incorporating aromatherapy diffusers or scented candles with natural fragrances, such as lavender, eucalyptus, or citrus, known for their calming and uplifting properties. However, ensure scents are manageable and appeal to many clients. Create separate spaces or dividers to ensure privacy for clients during their treatments. This allows them to immerse themselves in the experience without distractions fully. Consider using curtains, partitions, or screens to designate private areas and maintain a peaceful atmosphere. A clean and well-organised salon or spa is essential to create a positive impression and make clients feel comfortable. Ensure all areas are regularly cleaned, including treatment rooms, waiting areas, and restroom facilities. Keep supplies neatly organised and clutter-free to maintain order and professionalism. Pay attention to small details that can make a big difference in the client experience. Provide fresh, scented towels or robes, offer a selection of herbal teas or infused water, and consider offering personalised welcome messages or notes to make clients feel valued and appreciated. Remember, creating the perfect atmosphere is an ongoing process that requires constant evaluation and adjustments. Regularly seek feedback from your clients to understand their preferences and make necessary improvements. By prioritising the right ambiance, you can create a haven of relaxation and rejuvenation, ensuring that clients look forward to their visits and feel pampered and satisfied.

DOES SETTING UP THE RIGHT ENVIRONMENT GET YOUR SALES GRAPH HIGH?

Yes! It certainly helps in reaching your financial goals. Creating a welcoming atmosphere is vital to running a successful salon or spa. Beyond providing exceptional services and treatments, the ambiance and overall experience significantly attract and retain customers. When clients walk through the doors of your salon or spa, their initial impression sets the tone for their entire experience. A warm, inviting ambiance immediately puts them at



ease and creates a sense of comfort. It sets the stage for a positive and memorable visit, enhancing their chances of returning and recommending your establishment to others. A welcoming atmosphere establishes a foundation of trust with your clients. They are highly likely to trust your expertise and recommendations when they feel welcomed and valued. This trust translates into increased customer loyalty, as they are more inclined to become repeat customers and engage in additional services and treatments. A loyal customer base is a powerful asset that fuels your sales and contributes to long-term business success. Word-of-mouth marketing is a potent tool in the beauty and wellness industry. Creating a welcoming atmosphere encourages clients to tell their friends, family, and colleagues about their positive experiences. Satisfied customers become enthusiastic brand ambassadors, promoting your salon or spa through personal recommendations and online reviews. This organic marketing can significantly impact your sales, as people trust the opinions and experiences of their peers when choosing a salon or spa. A welcoming atmosphere goes beyond aesthetics; it encompasses the overall customer experience. Pay attention to the small details, such as comfortable seating, soothing music, pleasant scents, and attentive staff. Ensure your team is well-trained, friendly, and genuinely invested in providing excellent service. By creating an enjoyable and relaxing environment, you enhance the overall experience for your clients, leaving them feeling pampered, rejuvenated, and eager to return. In today's cut-

throat competition, standing out from the crowd is crucial. A welcoming atmosphere can be a significant differentiator for your salon or spa. By prioritising the client experience and creating an environment that exudes warmth and hospitality, you distinguish yourself from competitors who may focus solely on services. Clients are more likely to choose an establishment that offers top-notch treatments and a memorable and inviting ambiance.

A welcoming atmosphere opens doors to up-selling and cross-selling opportunities. When clients feel comfortable, and at ease, they are more receptive to suggestions for additional services or products that complement their needs. Educate your team on effectively communicating and recommending relevant offerings, enhancing the overall customer experience while increasing sales revenue.

CONCLUSION

Investing in a welcoming atmosphere at your salon or spa is a strategic decision that can significantly impact your sales and overall business growth. Creating an inviting and comfortable environment builds trust, fosters customer loyalty, and generates positive word-of-mouth marketing. The enhanced customer experience leads to increased sales, up-selling opportunities, and a competitive edge in the industry. Remember, a warm welcome is not just a greeting, a powerful tool that can transform your salon or spa into a thriving business that attracts and retains satisfied clients.



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Myth: Pumping your mascara brush makes for better application

Seems like a good idea and that you are picking up more product, however more air is being let into the mascara tube, making the mascara dry out sooner than it should. This can lead to dry, flaky lashes and also bacteria in the mascara tube. Instead, twist the mascara wand while inside the tube.

Ensure your salon or spa is running as efficiently as your competitors. A user-friendly salon software compatible with all devices for seamless appointments scheduling and management. Easy and secure payment processing, powerful marketing promotions, product inventory and online store, and much more.

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reviewed

MONTIGO RESORTS SOMERSET AT CHARLTON HOUSE







MONTIGO RESORTS SOMERSET AT CHARLTON HOUSE

Nestled amidst bucolic grounds, Charlton House boasts a harmonious blend of old-world charm and modern elegance. I recently spent a weekend at this country house, hoping it would be the perfect retreat from the hustle and bustle of the city, and luckily, it exceeded my expectations.

Charlton House is part of the Montigo Resorts Group; its portfolio also includes two award-winning spa resorts in Indonesia (Bali and Batam). They're excited to bring their Asian Hospitality expertise to Somerset – to ensure excellence, they've flown in a team of Montigo Spa trainers from Asia. Montigo Resorts Somerset is currently undergoing phase two of its renovation, in which its spa facilities and rooms will be upgraded. Lastly, the resort is dog friendly and will soon launch a pet spa with celebrity dog groomer Kelly Davis, so both pets and owners can enjoy a pampering mini-break.

Stepping through the doors of this stunning country house, I was immediately captivated by its timeless elegance. The grand wood panelling and unique Mulberry furniture whispered tales of bygone eras, while my modern room provided an ideal blend of luxury and comfort. As I settled into my space for the weekend, a Courtyard Room, I was impressed by the beautiful mezzanine bathroom and the private patio space just outside my door. And the best part? My room had exclusive late-night access to the jacuzzi and spa pool! I could already imagine myself unwinding under the stars, enveloped in pure bliss.

That evening, I enjoyed a meal at The Charlton House Restaurant, a formal venue nestled within the botanical conservatory. I enjoyed the Risotto Milanese with parmesan, seared scallops, and saffron strands; this flavour profile was a winning combination! Of course, I had to order the dark chocolate fondant with sour cherry sorbet for dessert, a delicious treat to start my weekend of relaxation.

The following day, Bobo's Bistro was beckoning me with its all-day brunch menu. While the eggs benedict with wood-smoked Canadian bacon was incredibly satisfying, the pan au chocolat paired with a cappuccino left me wanting more – in a good way!

Since the weather was perfect, I knew I wanted to enjoy an early al fresco dinner - and TIIGO BBQ & Bar, set in a lovely walled garden, was exactly what I had in mind. Fresh meats, fish, and vegetables paired with a locally produced artisan cider created a harmony of flavours that danced on my palate. At this point, I was impressed by this property's excellent cuisine options. However, my visit to Charlton House was about more than simply pampering my taste buds; the thermal spa with its bathhouse and therapy treatment rooms was calling my name. As a Charlton House Member, I had the privilege of enjoying premium benefits, including access to the gym and Montigo Spa. After a facial treatment, a dip in the hydrotherapy tub, and some time in the sauna and steam room, I felt like a new person.

I spent the rest of the weekend relishing the estate's bucolic grounds, which gave me a sanctuary for quiet walks, and the sumptuously furnished lounges provided cosy nooks to lose myself in a book or simply savour the moment. Charlton House had thought of everything, ensuring that every aspect of my stay was nothing short of extraordinary. From the delightful dining experiences to the indulgent spa treatments and the warm, welcoming ambience, Charlton House is now on my list of properties I intend to visit over and over again. If you ever find yourself yearning for a perfect blend of luxury, charm, and tranquillity, look no further than Charlton House - a haven of bliss and a truly unforgettable escape.

THE FOUNDER AND CEO OF BEAUTIFUL DESTINATIONS WILL EXPLORE THE PIVOTAL ROLE THAT MENA DESTINATIONS WILL PLAY IN THE FAST-GROWING WELLNESS TOURISM SECTOR IN COMING YEARS

The Global Wellness Summit (GWS), the leading conference for the \$4.4 trillion business of wellness, is thrilled to announce Jeremy Jauncey, founder and CEO of Beautiful Destinations, as a keynote speaker for its 17th annual event taking place in Doha, Qatar from November 6-9.

Jauncey, a British-born serial entrepreneur, travel writer and social media influencer with millions of followers on Instagram, is a prominent figure in the travel industry. The Financial Times has called him the 'world's most influential traveller' and Fast Company magazine voted Beautiful Destinations one of the most innovative companies in the world, with over 50 million followers on social media. Jauncey also appeared on the cover Conde Nast – Middle East as part of the cover feature: *19 People Changing How We Travel*. *"Jeremy is not only one of the most influential individuals in international travel, but he's also a leading advocate for sustainable travel and, specifically, wellness tourism,"* said Cathy Feliciano-Chon, one of the GWS 2023 co-chairs and founder & managing director of CatchOn, a Finn Partners company. *"He brings a level of understanding of the trends and opportunities within this fast-growing segment and can share his unique perspective on MENA's explosive growth in this sector."*

Jauncey is a frequent speaker at high-profile events, including the World Travel Market, the World Travel & Tourism Council's Global Summit and Skift Global Forum. In addition, Jauncey is a passionate advocate for sustainability and conservation, and is an ambassador for the World Wildlife Fund. He has been asked to speak at

several United Nations events, including the UN World Tourism Organization and the UN Climate Summit.

"Qatar is one of the fastest-growing hospitality markets in the world and is aiming to become one of the world's leading tourism destinations, attracting 6 million visitors by 2030," said Nancy Davis, chief creative officer & executive director. *"Qatar's wellness tourism ambitions make an incredible case study for Summit delegates and Jeremy is uniquely positioned to discuss the opportunities for*

wellness tourism in the MENA region."

Globally, wellness tourism, which was valued at \$720 billion in 2019 and had a pandemic contraction to \$436 billion in 2020, is expected to grow at a rate of 21% annually, a number that is likely to be even higher for the MENA region.

Global Wellness Summit

DOHA, QATAR



Qatar is one of the smallest but mightiest Middle Eastern countries, where cultural authenticity meets hyper-modernity, and is at a transformative time in its history. With its long-term focus on sustainable development and tourism, Qatar has undergone a profound recent reimagining, including major infrastructure, hospitality and cultural projects. Its unique landscape includes a 350-mile-long coastline of beaches and the vast Khor Al Udeid Desert. Downtown Doha is known for its spectacular ultramodern architecture inspired by ancient Islamic design. The Summit's 2023 host sponsor is Doha-based Msheireb Properties and is considered Qatar's leading sustainable property developer. The event itself will take place at Msheireb Downtown Doha, one of the smartest, most sustainable city districts in the world. Summit delegates can also opt for a pre- or post-Summit visit to Zulal Wellness Resort by Chiva-Som, a Msheireb Property development on the northern coast of Qatar that blends Traditional Arabic & Islamic Medicine with holistic health and wellbeing philosophy.

SELECT 2023 SUMMIT SPEAKERS

- Deborah Birx, MD – Former White House Coronavirus Task Force Coordinator
- Cathy Feliciano-Chon – Founder & Managing Director, CatchOn – A Finn Partners Company
- Dr Jonathan Leary – CEO & Founder, Remedy Place
- Anita Mendiratta – Author & Consultant; Special Advisor to Secretary General, United Nations World Tourism Organization
- Freddie Moross – Founder & CEO, Myndstream
- Rebecca Parekh – Co-founder & CEO, The Well
- Kane Sarhan – Co-founder & Chief Creative Officer, The Well
- Simon Shelley – Global Vice President of Programme Partnerships, BBC Studios
- Deyan Sudjic – Architect, Author & Broadcaster

More speakers will be announced in the coming weeks.

HISTORY OF THE GLOBAL WELLNESS SUMMIT

The GWS brings together leaders and visionaries to positively shape the future of the industry with delegates that representing every sector in the wellness economy, including beauty and anti-aging, nutrition and weight loss, tourism, spa, fitness, medicine, complementary and alternative medicine, wellness lifestyle real estate, thermal/mineral springs and workplace wellness.

Each year the three-day event, which is the largest

conference on the business of wellness, is held in a different country and attracts delegates from more than 50 countries. Delegates are among the first to preview the latest research that impacts the wellness economy and attend an inspiring mix of keynotes, presentations, subject-specific panels, roundtables and networking events.

The first Summit took place in New York in 2007. Sixteen years later, the event has travelled to key locations in Europe, the US, Asia, Africa and Latin America. In 2020, the Summit pivoted (like many in person events) to a hybrid model – taking place both virtually and at The Breakers Palm Beach, Florida. In 2022, the Summit will take place in Tel Aviv, Israel (October 31-November 3) and will have both an in-person and virtual component.

The Summit has welcomed many prestigious speakers, from His Holiness, the Dalai Lama to hotel visionary Ian Schrager to the 17th Surgeon General of the United States, Dr Richard Carmona and the former presidents of Switzerland and Costa Rica.

In 2015, the Global Wellness Institute (GWI), a nonprofit educational and research foundation, was formed and has since developed the most frequently cited, in-depth research on the [wellness economy](#).

SPIRIT OF THE SUMMIT

The spirit of the Summit is one of shared purpose rather than individual gain, using the power of ideas to shape the future of the wellness industry.

GWS OBJECTIVES

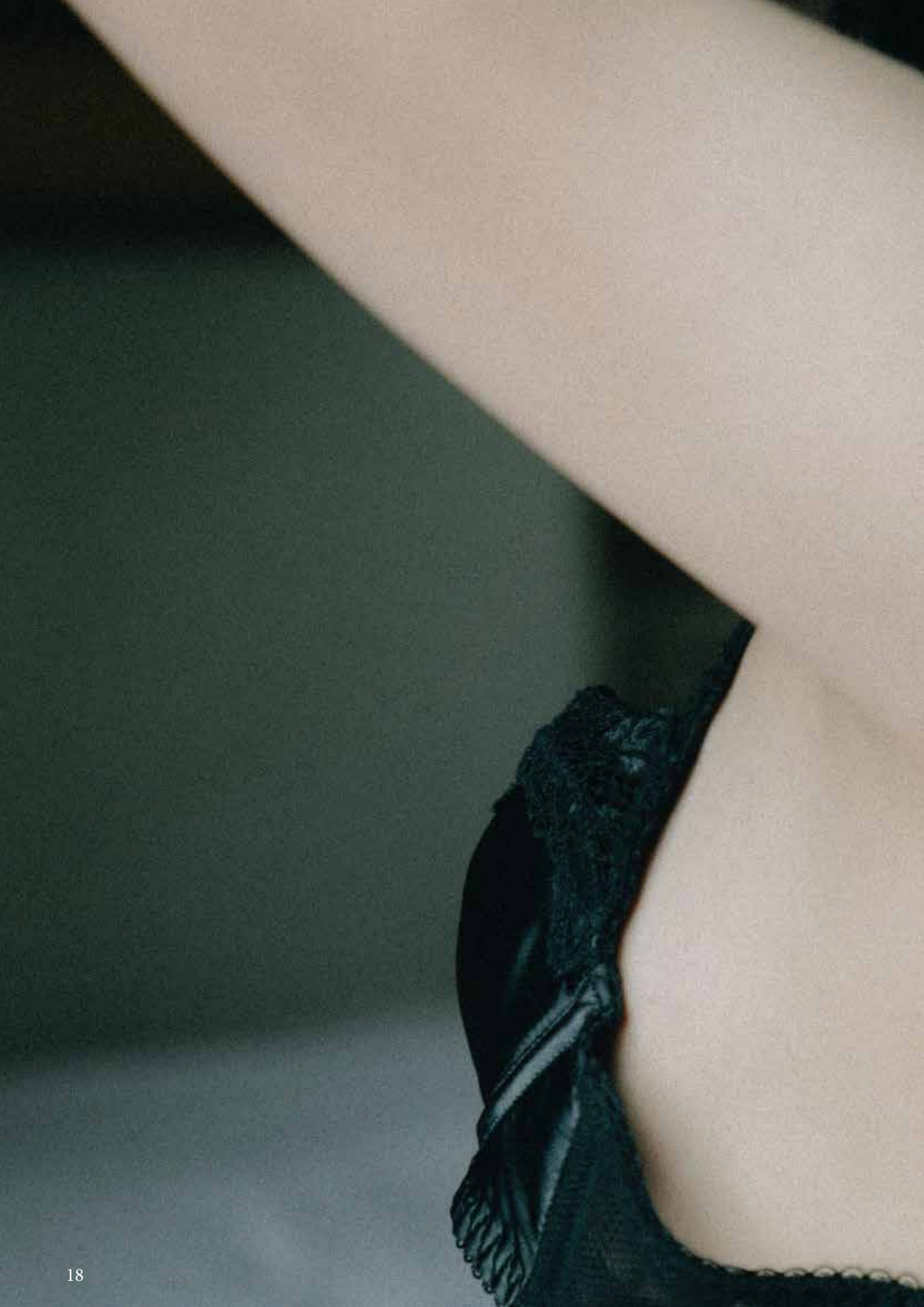
Identify and amplify emerging global wellness trends

1. Cultivate future wellness leaders and foster relationships among key stakeholders
2. Facilitate healthy growth for the industry and its individual sectors
3. Support industry research and encourage innovation globally
4. Inspire a spirit of collaboration to solve shared issues and challenges

Registration for the 2023 Summit is now open. Apply [here](#).



GLOBAL WELLNESS
SUMMIT 2023





breast strokes

MARIA RUSTIGINI KEEPS YOU ABREAST OF THE BEST NATURAL TREATMENTS TO GIVE YOUR CLIENTS BEAUTIFUL, YOUTHFUL, HEALTHY-LOOKING BREASTS.

Although breasts sole design is to produce milk for breast feeding newborns, it is clear that they certainly have more than just milk appeal. Showing just a little cleavage can make a woman look and feel feminine and sexy, or just wearing an outfit that accentuates those perfectly pert curves is an amazing confidence booster. Generally, most women want to increase their size and are willing to do whatever it takes. Where some women choose to go under the surgeon's knife to enhance their assets, many are opting for the more natural approach, one that involves less pain and fewer side effects. Salons and cosmetic houses offering breast enhancement products, and treatments are definitely on the rise, and are making business's lots of profit.



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111skin.com



www.thalgo.co.uk



www.clarins.co.uk



Skincare is treated to a very high spec with high luxury products and tailored facials as well as a thorough daily skincare routine, however this routine usually stops at the chin or neck. But taking the skincare routine all the way to the décolletage (this is the area that encompasses the neck and chest) is key in keeping the skin there healthy and youthful looking. Because the décolletage is as susceptible to environmental aggressors as the face, perhaps even more so as the neck and chest area contains less sebaceous glands, and less melanocytes, which are cells that naturally protect the skin from the sun. So using a natural sunscreen is also another very important factor in keeping this delicate area soft and wrinkle free.

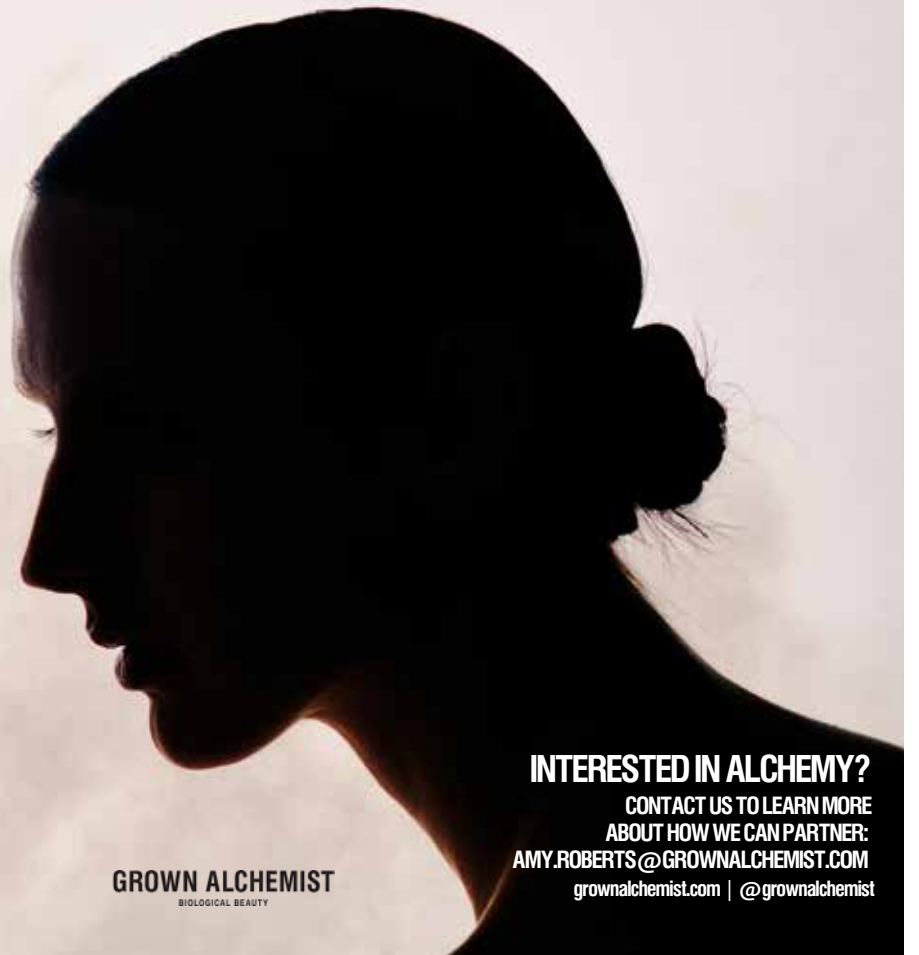
There are also many state of the art salon/spa treatments available everything from, injectable moisturisers, Microneedling, Ultherapy, to Radiofrequency all will help to renew the loss of elasticity, tighten and lift those sagging areas, as well as boosting Collagen production. There are treatments available for every age, and skin type to improve the overall look of the feminine, fragile décolletage area.

Virginia Ratcliffe

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Thermocheck® Breast Thermography

Globally, breast cancer is the most frequently diagnosed cancer in women. It remains the leading cause of death in developed countries and the second cause of cancer deaths after skin cancer in America. As part of the NHS intervention, women between the ages of 47 and 73 are offered mammography screenings with the intention of identifying cancer in its early stages. If the individual has a family history of cancer, then they will be offered screening earlier.

As a twenty-nine-year-old with a family history of cancer, I found out about the clinic Natural Doctor Harley Street which offers Thermocheck® Breast Thermography. It is another option available to women that is effective at detecting abnormal heat patterns to create a thermal picture or video that can indicate infection, inflammation, or other abnormalities in the breast. It appealed to me as it is non-invasive, radiation-free and allows me to monitor my breast health on a regular basis. It also is close to home and can be carried out relatively quickly, with its close accessibility from Bond Street station.

Natural Doctor clinic felt relaxed, and the staff were attentive, talking me through what was involved in the screening process. I was then taken into a room that was temperature-controlled room (18 to 20 degrees Celsius) and I sat in a chair a few feet in front of an ultra-sensitive camera. When I was ready, I removed my bra and top, so my breasts could be screened. The technician guided me into various positions that involved lifting my arms and rotating my body allowing to produce high-resolution, infrared images. I then relaxed for ten minutes cooling before the screening process was repeated for accuracy. It took just over twenty minutes in total and within five days I had my results giving me peace of mind when it comes to the health of my breasts. It is important to note that thermology should by no means replace mammography as a diagnostic tool, but it can provide doctors with more information so they can give a more information about preventative breast health. The accuracy of the results produced by mammography has meant almost a third of tumours have gone undetected and has shown women to have cancer

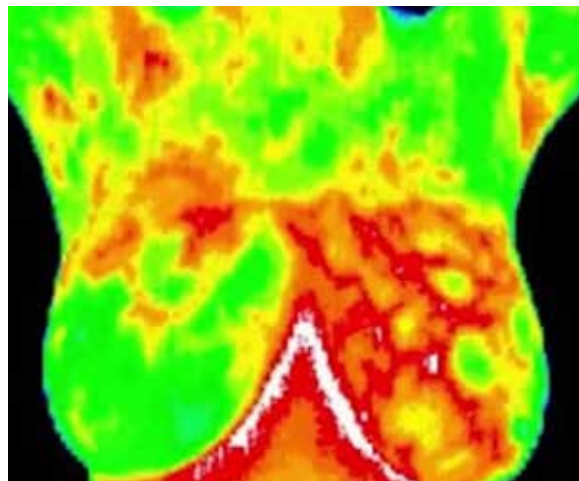
when they have not, leading to unnecessary emotional distress and treatments that could expose them to other diseases later down the line.

Thankfully, research and technology are constantly developing, providing alternative options for women so they can take charge of their health. There are different methods of assessing breast health, and it is important to educate individuals about the benefits and drawbacks of each method so they can make an informed choice.

Breast cancer is a disease that continues to grow globally, and with methods like Thermocheck® thermography available to individuals that allow early detection, survival rates could improve even more. There is no evidence to prove thermography doesn't work and if anything, it provides extra reassurance for those who are worried about their breast health - prevention is always better than a cure!

Benefits of Thermocheck® Breast Thermography

- Non-contact and radiation-free making it a 100% safe and painless method.
- Offers very early detection of changes to breast health.
- It is unique in its capacity to visually record physiological changes and metabolic processes.
- Studies show 90% sensitivity (when properly conducted). This means that where there is an increased risk, Thermocheck® Breast Thermography can correctly identify this in 90% of cases.
- Cancers are associated with increased temperature and abnormal blood vessel patterns.
- Breast Health Thermography can be repeated as often as required given there is no exposure to harmful radiation. It is therefore particularly suited to regular and frequent breast health checks, including post-surgery, during treatment or in cases where a patient does not consent to surgery.
- It is useful for young women for whom mammography is inappropriate due to the greater density of breast tissue and greater sensitivity of their breast tissue to adverse effects of ionising radiation.



Thermocheck®

Natural Doctor Harley Street is a clinic specialising in Thermocheck® Breast Thermography, Bioidentical Hormone Replacement, BioGroHair Restoration and more. If you would like to find out more information or book a consultation, go to thenaturaldoctor.org

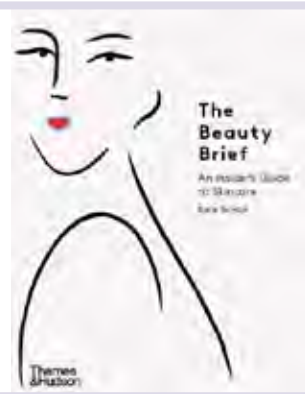


THE BEAUTY BRIEF: AN INSIDERS GUIDE TO SKINCARE

KATIE SERVICE

An easy to digest guide to understand ingredients for everything skincare. Industry secrets, tricks and tips. You will also understand the ingredients, products and procedures to adopt or avoid what you skins does and does not need, whatever your budget.

www.amazon.co.uk



UNSAVORY TRUTH

HOW FOOD COMPANIES SKEW THE SCIENCE OF WHAT WE EAT



MARION NESTLE

UNSAVORY TRUTH: HOW FOOD COMPANIES SKEW THE SCIENCE OF WHAT WE EAT

MARION NESTLE

Interested in food policy and manipulations of food science, this book is for you. Study after study tells us what we should eat, how much, and when. Words like Superfood and natural convince us that we're making the right choice when we buy a product. We count on nutrition science to guide us through the overwhelming choices in our local grocery store and help us make healthy choices. This book reveals how big food companies took over nutrition science-and how we can take it back.

www.amazon.co.uk



EMMA LUCY KNOWLES

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EMMA LUCY KNOWLES

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Nails - Fashion - Technique

Marian Newman

NAILED IT: NAILS. FASHION. TECHNIQUE
MARIAN NEWMAN

Look and learn the step by step backstage techniques, created by this legend manicurist. Learn about the products, and tips on how to create everything from a totally haute couture, chic, weird, or simply a beautiful looking set of nails.

www.waterstones.com

PERSONA
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www.amazon.co.uk





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massage matters

Modern lifestyles involve a significant lack of physical activity, which can lead to adverse consequences for both the body and the mind. A common complaint that presents itself time and time again, not just among clients, but in the general public is back pain.

Although most jobs are physical and naturally can put strain on the back, those who spend most of their working day seated at a desk are also at risk of developing back pain. Sitting for a prolonged period of time without regular intervals can place a lot of strain on the muscles, joints and disks of both the back and neck. Less movement equates to weaker muscles causing the surrounding tissues to become inflexible making simple movements in everyday life such as carrying groceries or gardening more challenging. Chronic stress and anxiety experienced through the faster pace of living don't help as our bodies hold all that extra tension too, which can lead to further issues including inflammation of soft tissues.

In many cases the back pain has a resolution, however, if back pain has built up over time it can be more difficult to fix. Therefore, it must be managed through a combination of medications, lifestyle changes and alternative therapies to enhance quality of life and help prevent further issues.

BENEFITS OF MASSAGE THERAPY

Massage therapy can be an effective way to help alleviate back pain, offering individuals many benefits that can reduce both short-term and chronic pain. Sometimes the problem is in the back itself, however, a lot of the time, back pain is a signal that something elsewhere in the body is off balance. As a therapist, it is important to get to the route of the client's issue, by asking questions and then asking some more questions. Generally, a client doesn't know what type of massage or focus area within the massage will help their case, so by digging deeper, you will grasp what type of lifestyle your client lives and the effect it has on their body.

Just by looking at somebody, you can tell they are carrying 'the weight of the world on their shoulders'. It is no coincidence as the body operates as a single unit, and stress and emotions can accumulate in the body causing muscles supporting the spine to tighten. When this happens, bones can become misaligned affecting the spinal cord and adjacent nerves. Therefore, self-awareness is important, so a minor stressor doesn't become a major stressor.

Massage can help to alleviate back pain, while also providing other wonderful benefits that will most definitely add to quality of life. Some of them include:

- **Stress management:** Massage will help relieve tension that has built up in the muscles over time and lower stress levels by promoting relaxation and releasing endorphins. When stress levels are decreased, it is likely that emotions such as depression and anxiety will also decrease.
- **Increased circulation:** Massage encourages blood flow, delivering more oxygen and nutrients to muscles and tissues. This helps to rid the body of toxins and reduce inflammation, therefore promoting healing and speeding up the recovery process.
- **Improved flexibility:** Massage will reduce stiffness and tension in muscles surrounding bones and joints, while also stimulating the production of synovial fluid, improving the range of motion. What's more, regular massage will help joint mobility and the maintenance of muscle elasticity.
- **Better posture:** Regular massage helps promote relaxation and therefore reinforces healthy and natural movements. Massage can free the muscles that have

shortened or become weak because of bad posture, giving the body a chance to move with less pain and more fluidity.

- **Deeper Sleep:** Massage can shift the body from a sympathetic state (fight or flight) to a parasympathetic state (rest and digest). This makes it easier to drift off and enjoy a quality night of sleep.

WHICH MASSAGE IS BEST FOR BACK PAIN?

There are several types of massage and techniques that can be effective for treating back pain. It depends on the root cause of the pain, the intensity of the pain and the client's preferences. Differentiating between Eastern and Western approaches to massage is important as in the West, the mind and body are viewed as two separate entities whereas, in the East, the body is focused on as one entity.

Popular forms of Western massage are Swedish massage and deep tissue massage. Swedish massage utilises five strokes to treat superficial muscles, promoting relaxation and increasing circulation. It is perfect for individuals who have tension in their back through to those suffering from pain caused by arthritis. Deep tissue massage uses a firmer pressure reaching deeper layers of muscle and fascia to break down knots that contribute to inflammation. Deep tissue is great for treating people who have sports-related injuries and for treating the majority of those with arthritis.

Eastern massage emphasises holistic health and its influence continues to grow in the Western world as more principles and techniques have become commonplace in the West. A popular massage that is used in the East to address back pain and other health conditions is Shiatsu – a form of Japanese bodywork that uses pressing, kneading, soothing, tapping and stretches. It is based on the traditional Chinese medicine of 'qi' which is a vital life force. When this is blocked, it is believed to cause issues in the body that lead to disease, and shiatsu is used to help resolve these blockages so energy can flow freely. Shiatsu massage is often used in corporate environments to give workers a rest bite from their desks and relieve some stress. It is convenient as it can be performed through clothes and is oil-free.

CONCLUSION

The spine is central to most things we do with our body, and yet is often neglected. We all experience back and neck ache to varying degrees without knowing the cause or how we can alleviate and prevent it. Stress, tension and knotting of muscles is what massage therapists feel and work on. The effects of massage are quickly felt, and we can all benefit from this regular back care whether a nurse, driver, office worker, construction worker or in hospitality. The differing stresses and pressures on our spines and backs are added in the gym, practising sports and at home. It sounds like an expense as it is usually not provided by the NHS, however, it will reap big benefits for you, your longevity, mobility, provide you with advice from a therapist and result in a happier you.

Massage may not fix all our problems, but it can make a big difference for those experiencing back pain – a positive step in the right direction.

Madeline Winzer

The Purser Method

OF DEEP TISSUE MASSAGE

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Then you need to think about adding The Purser Method to your treatment menu.

The Purser Method is an internationally recognised deep tissue massage qualification that focuses on the health and wellbeing of the therapist and is designed to increase the pressure for the client whilst decreasing the effort for the therapist, meaning your team can do more massage without the risk of burnout!

Invite Kayleigh to your spa or send your team to Cheltenham for 6 days face-to-face training, or split the course into part online and part face-to-face, depending on what suits you.

Visit pursermethod.co.uk for more details.



A soothing, relaxing and calming massage oil. Deeply hydrating for normal and dry mature skins. Apricot oil blended with Grape seed, Jojoba, and essential oils, also make this lush oil very nourishing for the skin which feels plumped and soft after use.

www.theskinsmith.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



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lifestyle & wellbeing

Helping clients achieve their goals whether that be health, happiness, fulfilment, relaxation or personal balance. Is something your salon/spa should be promoting. As well as highlighting the latest beauty products and treatments.

Offering individual spaces that are calming and relaxing dedicated to one-on-one sessions or personalised classes ranging from Pilates, Yoga, and Meditation fitness and cardio classes. This will enhance your client's health and wellbeing and your business finances.



INVESTORS WANTED

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The company LIVA GROVES SA deals with the production of Extra Virgin Olive Oil rich in polyphenols. It works with more than 600 producers' members of the Aristoil Family (European INTERREG MED Program). He recently acquired a special device (innovation) to preserve the unchanged phenols for long periods of time, in any environmental conditions. Our program envisages the creation of an olive oil production unit with ZERO WASTE and ZERO CO₂ certifications. All waste from the olive mill is used to produce animal feed with health protection. Zero CO₂ emissions are certified for the entire process from field to shelf.

We are looking for investors to be partners with our factory in Greece. For more information, please contact our international partner Olive Fountain Ltd, Mariana, or our UK office.



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A deeply cleansing clay mask removes excess oil and works wonders on blemished areas. A mix of Amazonian White Clay, Oatmeal and Aloe Vera. After use the skins pores are visibly minimised, and skin looks fresh, and brightened. Works well for all skin types.

www.kiehls.co.uk

Wildflower Ultralight Oil. A multi-purpose revitalising, non-greasy dry oil, that absorbs deeply into the skin. Using a blend of Evening Primrose, Primula, Echinacea and Linden Flower. This formula locks in moisture, and deeply nourishes and hydrates, skin, hair and nails.



www.theskinsmith.co.uk

Works for all skin types. Using 99% natural ingredients of Hazelnut oil with Organic sugar crystals. Gently removes dead skin cells and dry flaky skin. This creamy, oily formula exfoliates and tones at the same time. After use the skin feels plumped and super soft.



www.clarins.co.uk

A body brush with a wooden handle made from a sustainable source. Everyday skin brushing promotes circulation, removes dead skin cells, and in general gives the whole body a healthy boost, as well as keeping skin in great condition.



www.templespa.com

Style Aroma

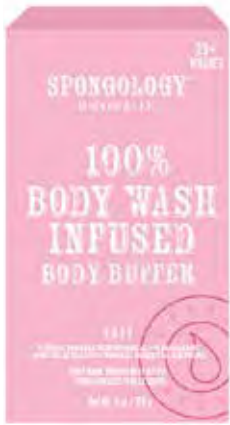
A real power pack effective range using only therapeutic, natural essential oils for when life requires that bit extra or a helping hand.

From the stress of an office deadline to the travails of travel, Style Aroma has it covered.

Style Aroma bringing the energy of sunshine, flowers and herbs to practical use and effect!

www.fragrantearth.com





The Spongellé Spongology Body Buffer Rose cleanses, exfoliates, massages and nourishes the skin, from head to toe. The collection features a unique body wash infused buffers enriched with skin softening ingredients and extracts of Rosehip, Green tea and Hibiscus. Guarantees a minimum of 20+ washes.

www.spongelle.co.uk

The aroma body oil candles warm wax helps to relax tired aching muscles. Using a natural blend Soybean and Coconut oil with Beeswax. Skin is left feeling soothed and nourished.

www.naturalspafactory.com



Biodegradable and suitable for septic tanks. Low foaming and gentle on the skin. Made entirely from eco-friendly natural minerals and plant extracts. Ready-to-use formula makes the solution simple to apply. Bottle can be recycled after use to cut down on plastic waste.

www.mitrelinen.co.uk



Enhance a great night sleep with this relaxing body oil, especially blended for night-time. A mix of 19 essential oils, also includes NEOM'S Perfect Night's Sleep fragrance. Wake up feeling totally refreshed.

www.neomorganics.com



A 100% natural essential blend of Tangerine, Bergamot, Lavender, Petitgrain, May Chang and Ylang Ylang. Enhances relaxation for mind, bid and soul. Vegan, GMO-free, cruelty-free, sustainably sourced.

www.absolute-aromas.com

Infused with Clary Sage, Lavender, Cedarwood and other soothing natural ingredients, this natural body wash calms and nourishes the skin. The bioactive botanicals are rich in Vitamins E, C and antioxidants skin feels so clean and the skin has a natural radiant look and feel. to give skin a fresh, healthy glow.

grownalchemist.com



Naturally caffeine-free and nutrient-rich. A mix of sweet Honey bush with Rooibos two South African shrubs that are perfect together, these shrubs only grow in the Cederberg Mountain region of South Africa and are harvested and prepared in the same way as regular tea.

www.teapigs.co.uk



Recycling your salon waste now with Recycle My Salon. This kit is available to salons to recycle aluminium colour tubes, foils, aerosols, and cans. 5 x bins - 1 x reusable lid - 25 x recycling sacks. Once the bin is full scan the QR code to arrange a collection.

www.salonsdirect.com

reviewed

AIRE ANCIENT BATHS, LONDON







AIRE ANCIENT BATHS, LONDON

Aire Ancient Baths opened their first thermal bath in Seville in 2004 in a stunning sixteenth-century palace, and since has added seven more thermal baths to their international collection. After approximately 300 public baths in Spain were vanishing, cofounder Armando Prados wanted to recapture the traditional ritual of healing the body through water.

Aire offers a unique experience, and with all the luxury spas in London, I can safely say Aire Ancient Baths sits at the top of my list if I want a spa experience which allows me to switch off and indulge my senses.

After coffee in the piazza of Covent Garden, I leave the tourists to watch the street performers and head down the cobbled street to the quieter world of Aire Ancient Baths. My companion, my mum, is waiting and already happy with anticipation.

On entering the townhouse, I notice the design detail and setting. It is the former home of JM Barrie and Peter Pan was written here which is very apt for this place of rejuvenation.

We are welcomed by a friendly receptionist who ushers us in, and we are guided down a winding staircase to a nicely appointed changing room and given towels and shoes as we prepare for a few hours of exploration and relaxation.

The baths are a beautiful space with lit pools of water, high ceilings, exposed brickwork, and the scent of orange blossom. There is a feeling of intimacy heightened by candlelight and time ceases to exist when wandering through the seven pools, each offering their own benefits to rejuvenate both mind and body.

Inspired by Ancient Rome, Greek and Ottoman civilisations, there is something for everyone. Experience a massage with jets in the Balneum, feel weightless in the Flotarium as gentle music flows through your ears, reach the height of summer in the Vaporium, or if you are feeling daring, take a dunk in the Frigidarium. There is also a unique signature treatment available where guests can bathe in a Venetian well bath full of red wine infused with antioxidants.

When it is time for our massage, we head up to the massage rooms, introduced to our therapists and offered the choice of Venus or Mars oil. On this occasion, I opt for the Mars oil due to the presence of Rosemary which is known for its energising properties. Lying face down, hot basalt stones are placed on my back which is my main area of tension, and from there I let my mind go as I almost fall asleep during the hour massage – it is wonderful.

After we change back into swimwear, we enjoy iced juice in one of the crevices of the baths before making our way back to the Balneum where we sit for a further twenty minutes making the most of the jets. When our experience comes to an end, the changing room provides everything we need from L'Occitane products to hairdryers and straighteners. We are fully pampered and ready for a late lunch in Covent Garden.

Aire Ancient Baths provides the perfect escape from a city that demands your attention. Whether you are a tourist looking to discover a secret gem, a writer looking for some newfound inspiration, or an investment banker seeking a moment of peace, check out what packages are on offer and feel your stress dissolve as you are transported back in time.





autumnskin

Perfect looking skin starts from within. Autumn will be upon us, the temperature will drop, and it may already feel colder, and soon the central heating will be switched on in homes and workplaces. We will also be wrapping up to keep warm. Central heating and warmer clothes also encourage our bodies to lose water. Staying hydrated is key if wanting to have a perfect complexion. Drinking between 3 and 4 litres a day should do the trick, along with all the other Autumn skincare essentials.

In the Autumn the skin can become dull, lacklustre and dehydrated. Exfoliation twice a week will increase cellular regeneration and remove dead skin cells that can prevent the absorption of moisturisers, oils and serums. Always be sure to exfoliate with a wet/damp skin. One of my favourites is Evolve Beauty's Rose Quartz Facial Polish.

www.evolvebeauty.co.uk

Skin on hands do not produce as much natural oil as the rest of the body, so in the colder weather it's important to really protect and pamper the hands, because the hands are more prone to dryness. Gloves can help to protect, however a deeply hydrating cream will help hands to stay soft and moisturised. One of my favourites is Yonka's Creme Mains Vitalite Hand Cream.

www.yonka.co.uk

A must is to moisturise daily with a non-comedogenic, water-based moisturiser - this will help maintain a healthy skin barrier and prevent dry skin. You can never over moisturise especially in the colder weather. I have many favourites, but for Autumn I like to include Rhug Wild Beauty's Protecting Day Cream with Blue Tansy oil.

rhugwildbeauty.com

When temperatures drop, and the skin starts to produce less oil start using a cream or oil based cleanser, because it is more gentle and will prevent the skin from becoming dry. One of my favourites is Eminence Organics Lemon Cleanser.

www.theskinsmith.co.uk

There is one part of your summer skincare routine that should remain. It's essential that an SPF is part of your skincare regime during the colder months as the sun's UV rays are just as harmful (remember, the radiation from the sun can penetrate through windows). One of my favourites is Aethic's SPF 25 Sunscreen Reef-Safe.

aethic.com

Autumn is the most important time to care of feet, clients should be encouraged to have regular pedicures. Most will have been wearing open sandals, and now they will soon be hidden away in socks and boots for the next several months, the feet will usually be dehydrated from the hot weather, so moisture is key. So when they are looking to get back into open shoes the feet will be hydrated and silky soft. One of my favourites is Templespa's Sole Balm.

www.templespa.com

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Instantly **quench**
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Reduces surface
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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.

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Available at fyaestheticboutique.co.uk

fyaab





An Organic Ceramide serum that works well for dry, sensitive skins. The serum strengthens the skins barrier. Plant based Squalane oil deeply hydrates, whilst Blue Tansy and Camellia oil calms inflammation, and nourishes.

www.evolvebeauty.co.uk



This ultra refreshingly light SPF moisturiser with Eminence's exclusive Youth Shield Antioxidant Complex makes this moisturiser deeply hydrating, and also helps reduce the signs of breakouts. The skin looks and feels smooth, balanced, and more even toned.

www.theskinsmith.co.uk



A formula to support a functioning skin barrier and reduce break outs. Antioxidant-rich botanicals of Liquorice, Beetroot, Green Mandarin and Evening Primrose oil with prebiotic sugars to help strengthen the elasticity of the skin, deeply moisturising and works very well for the more sensitive skin types.

www.templespa.com

Anon foaming water-soluble gentle cleanser that works for all skin types. Jojoba and Marula oils deeply cleanse, skin is moisturised at the same time.

www.esseskincare.co.uk



Ceramides, Hibiscus and Linseed Polysaccharides boost elasticity, and deeply hydrates tired dry skins. Skin is plumped, toned, and brightened. Skin looks radiant and feels smooth and silky.

www.theorganicpharmacy.com



A nourishing oil-based cream, gives skin an extra protective barrier, rejuvenates and restores the skins radiance. Dull skins will see a healthy glow.

www.clarins.co.uk

evolveorganicbeauty

At Evolve Organic Beauty, our mission has always been to make products that are healthier, greener and kinder to us and the planet and that help to push the boundaries of what is possible to help the beauty industry sustainably evolve. We want to go beyond sustainable to be more than just “less bad” to eventually become regenerative. Regenerative means our impact is not zero, it is actually positive: restorative for the planet and restorative for body and mind.

We have achieved Climate Neutral and Plastic Negative status and have also been awarded B Corp certification showing that we have met rigorous social and environmental standards which represent our commitment to goals outside of shareholder profit.

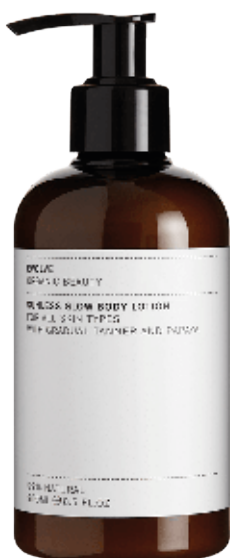
We have committed to reduce our carbon footprint by 50% by 2030 and by 90% by 2050 and we have gone further towards radical transparency by publishing our product-

level carbon footprint on every product page of our website. Added to this, from research across the leading organic UK beauty brands it has become evident that we can now also claim to be the most ethical, sustainable and certified organic UK beauty brand -we’ve found that other beauty brands matched on certain aspects of these credentials but no other beauty brands have comparable breadth of progress across the board.

We make all of our own products, and that means we know what is in them, why each ingredient is included and where every single ingredient comes from. A large number of skincare brands outsource their production to industrial factories. By making ourselves we are able to innovate and avoid toxic standard practices (like cheap chemical fillers or adding tiny ineffective amounts of active ingredients). We know what is in our products, why it is there and where it comes from. This extra level of involvement we have in every element of product creation, from initial ideas through to the finished product, is what makes us stand out from the crowd.

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.





The anti-ageing serum that benefits all skin types. Significantly increases skin's elasticity. Reduces wrinkles and smooths the skin visibly after using once a day for 28 days. Skin drinks this product up like a sponge.

www.theorganicpharmacy.com



Vegans will adore this light, calming, toner. Fermented Oats, Alpine Rose, Liquorice, Beetroot, Green Mandarin, Evening Primrose oil and essential oils, helps replace moisture, and soothes sensitive skins.

www.templespa.com



A mineral rich purifying treatment mask using Organic Plum seed oil, Honey and Yarrow leaf. An award-winning mask that targets dull, dehydrated and congested skin, and helps to fight the visible effects of ageing from free radicals. After just one application the skin looks and feels clearer and glowing.

rhugwildbeauty.com



For cooler months ahead, protect skin using the power of antioxidant rich seaweed. This lightweight cream gently nourishes, balancing natural moisture levels in the skin, promoting a healthy complexion. Apply day and night.

thebathhouseshop.co.uk



A powerful vitamin complex to protect against moisture loss. A blend of Purple Orchid, Noni and Acai help to protect against the signs of skin ageing. After use the skin is more toned and is brighter and has a more youthful appearance.

www.elemis.com

Works for all skin types, especially the more mature. The skin will drink this serum. With plant peptides and collagen enhancing botanicals. Algae extracts help to give the skin a more toned look. Skin looks radiant, rejuvenated, and hydrated.

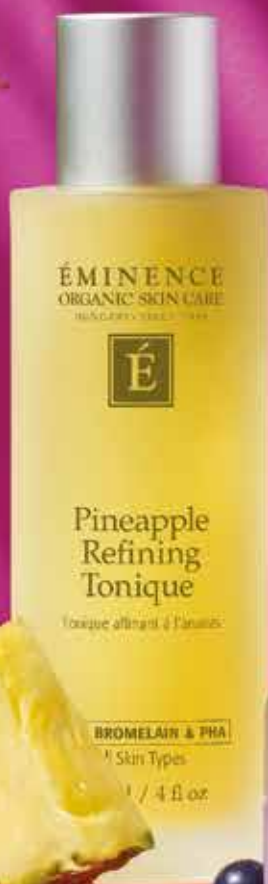
www.theskinsmith.co.uk



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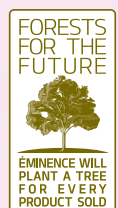


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ORGANIC SKIN CARE
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www.eminenceorganics.com







mensbeauty

Men are now taking a larger share of the beauty market, with over 20 percent of all sales made by men. Studies have shown that 85% of the men between the ages of 18-45 use some form of facial skincare. This market is rapidly growing, including a host of male celebrities all launching personal care brands - including Jared Leto, Idris Elba and Brad Pitt, Travis Barker to name just a few. Launching their own lines, anti-age creams to CBD-infused skincare products. Be sure to offer a good selection of men's treatments and brands.



A Vegan serum that works for all skin types. Eliminates pigmentation, protects against daily free radical damage. The skin is more balanced and is left with a healthy glow.

www.theorganicpharmacy.com



Hair follicles are softened to encourage a smooth comfortable shave, perfect for the more sensitive skins. Gives a good glide for a close shave, also soothing and nourishing. Sandalwood and Coriander Seed oil actives calm and soothe the skin.

grownalchemist.com



Deeply moisturising foot cream that gently exfoliates perfect for dry skin that turns heels, toes and feet around. A powerful blend of essential oils with a mix of botanicals, including Cocoa butter, Honey, Papaya, Olive, Soy and Avocado all intensely moisturising. Peppermint oil & menthol give a refreshing cooling sensation.

www.templespa.com



Style Aromas Muscle Manager spritz is a must have for the person who dances or visits the gym. Pink and Black Pepper, Cinnamon Leaf, Yellow Birch give instant relief. Cooler Gel has a wonderful scent derived from Thyme, Clove Leaf, Lavender this gives an immediate cooling sensation. Easy to use spray or just roll onto temple, wrists and forehead.

www.fragrantearth.com

This dual action gel creates a rich lather, for a close comfortable shave. Made with a concentrated blend of natural extracts and plant oils to leave skin smooth, hydrated and scented with a rich, woody fragrance.

thebathhouseshop.co.uk



Detoxify and re balance the skin, with this gentle foaming facial wash. Natural sugars remove impurities, and gently exfoliate, Organic Aloe Vera softens, Goji Berry extract protect, and the natural fresh hint of Aloe Vera give a subtle aroma.

www.evolvebeauty.co.uk





Men's thickening lightweight paste using Liquorice root extract, Babassu seed oil and Amla (Indian Gooseberry). Gives volume and allows you to create the desired style with flexible, lasting hold and a natural finish.

www.aveda.co.uk



A hydrating toner using flower waters and essential oils to refresh and comfort skin. Deeply hydrating Rose Damascena and Neroli give the skin a beautiful soft smooth finish. With a delicate aroma of Rose Geranium. Skin is left feeling.

www.espaskincare.com

A herbal aluminium free deodorant its main ingredient Zinc Ricinoleate powerfully neutralises body odour. The energising blend of Rosemary, Sage and Eucalyptus essential oils, the deodorant keeps you fresh, dry throughout the day.

www.aesop.com



Both a shampoo and a detoxifying mask. Oily hair types will benefit the most from this product. Using a blend of Kaolin clay and Charcoal, removes impurities from the scalp and hair, leaving it revitalised, clean and full of volume.

www.lorealprofessionnel.co.uk



Certified Organic Seaweed extracts make for the base of this deeply cleansing soap, that when mixed with water works into a lush creamy lather, that cleans, nourished and rejuvenates the skin leaving it feeling velvety soft.

www.voya.ie

Awaken with a healthy tan. While you sleep this overnight self-tan treatment lightweight gel will create a deep tan. A mix of Aloe Vera, Hyaluronic Acid and Black Rose Oil, give deep hydration so the skin is both bronzed and hydrated.

www.jamesreadtan.com







beauty, health & coffee

Today coffee is the second largest worldwide trading commodity. It is also one of the world's most popular drinks. Studies show that coffee drinkers have a much lower risk of several serious diseases, as well as many beauty benefits. However, drinking coffee in excess will be negating some of the benefits due to the large amounts of caffeine consumed. Originating from one small bean taken from tiny trees in Ethiopia around 700AD. The bean has circulated the globe for centuries, being smuggled in and out of countries, and has changed the economy of entire nations. In the 1500's coffee was forbidden, because of its stimulating effect. All of these bans were eventually lifted.

Coffee contains antioxidants, such as polyphenols. These may help to protect against ultraviolet (UV) rays and some signs of aging linked to sun exposure.

When you drink coffee, your brain releases a substance called Brain-Derived Neurotrophic Factor, which supports the powerhouse of your muscles.

Caffeine may be one of the best contenders in the topical fight against cellulite. Aside from its ability to increase circulation – which can ultimately help smooth the appearance of cellulite – the caffeine in coffee has been tied to a lipolytic effect on fat cells (meaning it essentially breaks down fat). One thing to keep in mind here is that caffeine can actually enter your body through the skin, so if you have a sensitivity or high blood pressure, you might want to use a coffee scrub sparingly and check with your doctor.

When it comes to dark circles under the eyes. Studies have shown that topical applications of caffeine increase the microcirculation of blood in the skin, effectively pushing along stagnant blood from dark, tired eyes. However, if you're going to apply coffee as an eye-opener, you may want to do it in the morning, as caffeine can be absorbed into circulation through the skin, possibly affecting sleep.

Scrubbing the face with coffee grounds can help to clear away dead skin cells and unclog the pores. The chlorogenic acids in coffee may also reduce inflammation and protect against some strains of bacteria.

Caffeine stimulates blood flow and widens, or dilates, the blood vessels. This increases blood flow, which can help the skin to naturally tighten. The result may be a reduction in the buildup of fluid under the eyes. Other compounds in coffee, such as chlorogenic acids, may also reduce inflammation around the eyes.

None of the best coffee maker reviews you read will tell you that drinking coffee is a good way to protect yourself from skin cancer. In fact, studies have shown that women who drank three cups of coffee each day had a 21% less chance of developing skin cancer. For men, the risk reduction was 10 percent. Additional research has also shown that caffeine can directly absorb damaging UV rays. This means that it can be applied topically or mixed in sunscreen for enhanced protection.

Drinking a five-ounce cup of coffee has been proven to cause a 30% boost in capillary blood flow according to a Japanese study.



Some of the amazing healthy and beauty benefits of this tiny little bean. Caffeine blocks an inhibitory neurotransmitter in the brain, which causes a stimulant effect. This improves energy levels, mood and various aspects of brain function, not a bad start. Several studies show that caffeine can increase fat burning and boost your metabolic rate. Caffeine can increase adrenaline levels and release fatty acids from your fat tissues. It also leads to significant improvements in physical performance. Multiple studies have linked coffee drinking to lower rates of depression in both men and women. In several studies, the data suggested an inverse relationship between coffee consumption and depression. In other words, heavy coffee drinkers seemed to have the lowest risk (up to 20 percent) of depression. Researchers aren't yet sure how coffee seems to stave off depression, but it is known that caffeine activates neurotransmitters that control mood, including dopamine and serotonin. Coffee contains many very important nutrients, including Riboflavin, Pantothenic acid, Manganese, Potassium, Magnesium and Niacin. Coffee is rich in powerful antioxidants, and many people get more antioxidants from coffee than from fruits and vegetables combined. With all of the wonderful antioxidants, stimulants, and Chlorogenic acid in coffee it makes for a very effective acne-fighting facial scrub. Scrubbing the face with coffee grounds can help to clear away dead skin cells and unclog the pores. Also really good for a body scrub, skin feels squeaky clean, yet silky and not dehydrated. Coffee grounds can also be used to reduce

the appearance of cellulite. 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, 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. Some of the amazing healthy and beauty benefits of this tiny little bean. Caffeine blocks an inhibitory neurotransmitter in your brain, which causes a stimulant effect. This improves energy levels, mood and various aspects of brain function, not a bad start. Several studies show that caffeine can increase fat burning and boost your metabolic rate. Caffeine can increase adrenaline levels and release fatty acids from your fat tissues. It also leads to significant improvements in physical performance. Multiple studies have linked coffee drinking to lower rates of depression in both men and women. In several studies, the data suggested an inverse relationship between coffee consumption and depression. In other words, heavy coffee drinkers seemed to have the lowest risk (up to 20 percent) of depression. Researchers aren't yet sure how coffee seems to stave off depression, but it is known that caffeine activates neurotransmitters that control mood, including dopamine and serotonin.



Rich in antioxidants, natural vitamins, Olive and Grape seed oil create a body lotion that is both moisturising and energising, skin feels alive.

econaturalproducts.co.uk



A deeply lightweight hydrating body cream, with Caffeine and Niacinamide, skin is visibly toned, and dull skin is rejuvenated and feels firmer. Good for all skin types.

biossance.com



100% natural and are made with a vegetable derived Glycerine soap base. It is SLS, SLES and Palm oil free. The natural glycerine forms a luxuriously thick lather that moisturises and cleanses infused with Cocoa essential oil with finely ground Coffee beans that give a gentle exfoliation.

suffolksoap.co.uk



SkinCeuticals' A.G.E. Eye Complex works to keep your skin looking young and fresh using fruit extracts, Peptides, and Proxylane to deeply hydrate the eye.

www.skinceuticals.co.uk



Vegan and 100% plastic free. Made with Arabica coffee grounds sourced from Artisan coffee houses with Shea butter, Lemongrass, Lime and Coconut oils, and Sea salt. Deeply cleanse away dry skin and impurities, and leaves the skin energised and hydrated.

upcirclebeauty.com



A blend of Coffee and antioxidants that boosts both hair and skin. Gentle and detoxifying, the hair has a great shine, the skin is rejuvenated and has a health glow.

naturespell.co.uk





A lip and cheek balm. Coffee seed oil naturally plumps and Coconut oils to hydrate and nourish. Dry cracked lips are deeply hydrated.

www.frankbody.com

Vegan and Organic this face serum with Coffee oil is blend of 100% natural ingredients to rejuvenate the skin with hydration. Infused with Sea Buckthorn, Rosehip and Jojoba oils, working to minimise the appearance of blemishes and purifies the complexion.

upcirclebeauty.com



This natural blend of Peppermint, Cane sugar, Dead Sea salt, Fairtrade Coffee and Coconut oil, make the skin look and feel clean, energised, and soft.

madebycoopers.com



With a fresh herbal aroma. This lush creamy firming body cream leaves the skin feeling toned and energised.

www.thebodyshop.com



A lightweight soothing eye gel. Vitamin C, Ginseng root extract and Niacinamide brighten Coffee seed extract helps circulation waking up the tired eye area.

versedskin.com



Sea salt, and Green Coffee oil gives a protective barrier for the skin from daily environmental pollutants. 100% essential oils of Rosemary, Juniper Berry and Grapefruit, leaves the silky smooth.

www.aromatherapyassociates.com

some of my favourite

THINGS



CO-FOUNDER OF THE ORGANIC PHARMACY MARGO MARRONE SHARES A FEW OF HER FAVOURITES

WHAT MANTRA DO YOU TRY TO LIVE BY?

Always follow and listen to your intuition - it's always right and is one of the most important parts of you.

WHERE DO YOU SEE THE SALON & SPA INDUSTRY IN 5 YEARS' TIME?

I see more and more the industry moving into wellness, biohacks and even functional medicine to offer clients a full service and optimum wellness, like a one stop shop to treat from the inside out.

WHO IS YOUR FAVOURITE AUTHOR?

I have so many it's hard to choose one, but my favourite book for growth is *The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz. Honestly, we should be taught this in school! I recommend it to everyone.

WHAT IS YOUR FOODIE WEAKNESS?

Dates and a dollop of homemade cashew butter.

WHAT IS YOUR MUST HAVE BEAUTY PRODUCT, EXCLUDING YOUR BRAND?

I'd say the Nuface Mini Facial Toning Device – it's so easy to use.

WHAT IS YOUR FAVOURITE COLOUR?

My favourite colour is green.

WHAT IS YOUR FAVOURITE TRAVEL DESTINATION?

At this moment I'd say Amalfi Coast, but I've only been to 24% of the countries in the world so...





aromatherapy

Sandalwood has a long history of religious and traditional use. It is especially favoured by monks of the Far East used in meditation and to promote higher states of consciousness. It is one of the most popular incenses in India, China and Japan, used to clean the atmosphere, ideal for treatment rooms. Bergamot is a natural antibacterial and antiseptic which means it can help support wound healing, dehydrated skin, itching and other types of skin issues. Incorporating these essential oils into salon and spa treatments can really benefit your clients in a more natural way.

Cassandra Saunders



Using 100% Organic Bergamot essential oil and Organic Glycerin. 100% natural certified Organic hand cleanser is anti-viral, cleansing, nourishing. This is a liquid rather than a gel, which makes it greener as you need less per application.

www.evolvebeauty.co.uk



A gel that transforms into a rich creamy lather. Shower, or bathe in this gel that transforms into a lather. With a zesty Peppermint, Anise, Rosewood and Aloe Vera. Cleansing and softening, leaving skin soft and velvety.

www.templespa.com



A refreshing Cologne water using an energising blend of Lemon, Orange, Bergamot zests with Rosemary and Neroli. Freshens and invigorates.

www.fragrantearth.com



The Bergamot aroma is clean and fresh. A clear glycerine soap using a blend of Palm oil, Coconut oil and Castor oil. Deeply moisturising, and deeply. Contains no animal by-products.

www.amphora-aromatics.com

Magic for the dry, mature skin types. A bioactive complex with botanical actives and essential oils, brightens, rejuvenates and tones the skin. Helps elasticity and collagen production. Hydrates and restores the skins protective barrier.

www.aromatherapyassociates.com



A natural Vegan blend of Sandalwood and Black Spruce essential oils, makes for the perfect daily moisturiser to keep skin balanced, hydrated and soft.

www.penny-price.com

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ARTISANS OF NATURAL BEAUTY

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making natural, vegan skincare from
sustainable ingredients.



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Bath House aluminium bottles can be refilled time and time again. Discover our bodycare, handcare and home fragrance collections, perfect for hospitality.

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Online at www.thebathhouseshop.co.uk





A tightening serum that visibly reduces the appearance of fine lines. Deeply hydrates the skin, leaving it feeling silky soft.

www.doterra.com



A Vegan light moisturiser with Bergamot and Chamomile makes this perfect for the oily congested skin types. Soothing for breakouts.

www.amphora-aromatics.com



A blend of Coconut oil and Shea butter. A gently cleansing hand and body soap. Both nourishing and soothing. Skin looks and feels clean, soft and hydrated.

www.tisserand.com



Reviving, essential oils, neroli and sandalwood glide over skin, soothing muscles, helping relaxation, boosting mood and focusing the mind. Made with 100% natural and sustainably sourced, Macadamia, Argan, Camelina seed, Olive and Sweet Almond oils.

thebathhouseshop.co.uk

A relaxation aromatherapy oil. To clear a stuffy, fuzzy head, and helps to give clarity. Ideal if traveling to energise mind and body.

www.templespa.com



Damask Rose, Bush Tomato, Sage and Black Pepper to deeply cleanses and exfoliates the scalp. Silicone free, and with a fresh aroma. Encourages healthy hair follicles, leaves hair soft and silky.

grownalchemist.com



SPA4

INTELLIGENCE IN WELLNESS SOLUTIONS

Pampering *for your feet*



Photo credit: © Splash e Spa Tamara

FOOT REFLEXOLOGY BATH

Our feet are a sensitive and effective point for therapeutic and soothing treatments. The **Foot Reflexology Bath** represents a highly-efficient therapy and a soothing experience that initiates a number of positive effects on the body. The foot basin is equipped with special massage jets, providing 15 minutes of positive stimulation to specific regions of the feet and may be used as an independent foot reflexology therapy or in combination with other spa treatments. The foot reflexology therapy can be combined with special aromatherapy oils which are applied in order to care and protect the skin. Each treatment is followed by a fully automatic change of water. An extensive disinfection of the foot reflexology basin is carried out automatically.

www.spa4.at

LOOKING GOOD

autumn

Poppy Long

www.elemis.com

A gentle exfoliator using cellulose beads, Starflower, Elderberry and Optimega oils deeply cleanse and soften the skin.



www.hermes.com

Hermès has added three soft pinks to their beautifully packaged lipstick line for Autumn, Rose Ombré to Rose Nuit.



www.sisley-paris.com

Sisley triple-oil balm make-up remover and cleanser, with Shea and Macadamia oils, gently removes all make-up and impurities, leaving skin clean and radiant.



www.neomorganics.com

Cocoa and Shea butter, with various essential oils, apply before bed. Hands will be nourished while you sleep and will be soft and hydrated after use.



www.evolvebeauty.co.uk

Alight foamy face wash for normal to dry skin. Natural sugars remove impurities, Aloe Vera soothes, Gogi berry extract & Moringa peptides protect. Skin feels clean and supple.



www.aveda.com

A deeply nourishing strengthening and repairing hair mask. A creamy texture to deeply moisturise. Leaves hair tangle and frizz free.



www.murad.co.uk

Murad's ultra-light, 100% mineral sunscreen protects skin against many types of light damage both inside and outside UVA and UVB. Absorbs fast works for the sensitive skin types.



www.moroccanoil.com

Try a new Autumn look with this temporary colour treatment mask with deep conditioning. Contains nourishing ingredients including an amino acid blend, Apricot Kernel oil and reparative ArganID™.



www.jomalone.com

Jo Malone Fig and Lotus flower cologne. With a figgy aroma, this scent is perfect for the Autumn.



www.clarins.co.uk

Inspired by cryotherapy and Clarins professional spa expertise. An icy-cold, gel-cream mask gives a visible lift effect in 10 minutes, reduces the appearance of pores, giving 24-hour hydration.



www.templespa.com

Using a blend of organic oils including Castor, Almond and Green Coffee to nourish the lip. This natural Coral shade is ideal for all skin tones, and perfect for Autumn.



www.yonka.co.uk

A 3-in-1 cleanser removes make-up. Rinses off with water. Works for all skin types. Skin feels hydrated and clean. The travel size is handy for keeping skin clean wherever you are.



www.clarins.co.uk

Can be worn alone, or top off lipstick. Easy-to-use angled cushion applicator ensures the perfect amount, so no waste. Nourishes, plumps and shines.



www.templespa.com

A lush conditioner that gives great shine, as well as detangling, helps with split ends, and hair is easier to manage.



www.elemis.com

Tea tree is a natural antiseptic. Elemis Tea Tree S.O.S Spray contains deionised therapeutic herbal water providing the easiest and safest way to use nature's own antiseptic on areas of problem skin.



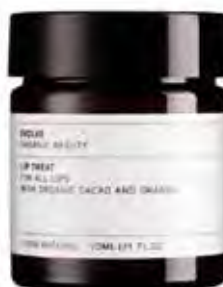
micosmetics.com

A 2 in 1 moisture rich concealer to enhance the brow shape, and the soft contouring pencil highlights and lifts. Hides regrowth and imperfections.



www.evolvebeauty.co.uk

Organic and Vegan. This lip balm is good enough to eat. A delicious blend of Shea and Cocoa butters to nourish dry lips. The aroma is wonderful using an Organic sweet orange essential oil.



www.mavala.co.uk

Mavala's French manicure white. Natural looking nails with just a hint of colour. Long lasting and no worries about matching up the colours with clothing.



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This universal powder works wonders to mattify, blur and enhance your complexion, leaving you with a flawless finish that lasts all day.

Don't miss out on this must have product line - stock our Magic Powder today.



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Black truffles, Cocoa, Shea butter, Champagne, Silk and Gold extracts, Kombuchka, Rose quartz with aromatics of Mimosa, Honey, Vetiver, Cedar and Sandalwood. Pamper, nourish and pamper the skin with this luxurious blend. Skin feels like velvet.



www.templespa.com

ESPA SMOOTH & FIRM BODY BUTTER



A rich body butter that smooths, nourishes and tones, leaving skin feeling soft and supple. Pumpkin seed extract and hydrating Larch help smooth while Argan oil, Rosehip and Vitamin E deeply moisturise.

www.eskincare.com

LIVE IN THE LIGHT COCOA BODY BUTTER



An Organic body butter using natural ingredients Lemongrass, Vetiver and Cocoa. Hydrating and energising. Skin feels like velvet and the aroma is clean and fresh.

liveinthelight.co.uk

NEOM ORGANICS REAL LUXURY MAGNESIUM BODY BUTTER



Real Luxury Magnesium Body Butter is real luxury. Uses a blend of mineral Magnesium, Lavender, Jasmine, Sandalwood, Shea butter, Aloe Vera, Grapeseed and Coconut oil, and many essential oils. Make this a magic potion to relax, soothe, and promote a good solid deep night's sleep. With a light natural floral aroma.

www.neomorganics.com

EVOLVE ORGANIC BEAUTY TROPICAL BLOSSOM BODY BUTTER



Organic Shea butter to nourish and feed the skin with moisture, with natural Coconut Monoi macerated in exotic tropical Gardenia flowers. The skin feels silky, soft, smooth, and the aroma reminds you of a tropical island.

www.evolvebeauty.co.uk

NEAL'S YARD REMEDIES AROMATIC BODY BUTTER

100% Organic a rich blend of Shea and Cocoa butters, Geranium, Lavender and Marjoram essential oils. Skin looks and feels totally pampered and is super soft.



www.nealsyardremedies.com



MAKING



UP



A lightweight beauty balm SPF15 using natural botanicals to prime, protect and perfect. Ayurvedic herb Swertia Chirata helps even pigmentation and enhances the appearance of skin texture. Youth boosting Bakuchiol, a retinol alternative for sensitive skin, helps increase elasticity, boosts collagen and reduces the appearance of fine lines and redness.

[miicosmetics.com](http://miocosmetics.com)



MAGIC POWDER is a mattifying, perfecting and translucent pressed powder that matches any skin tone. Formulated with 93% natural origin ingredients, this is the essential finishing touch for a perfect complexion! Enhances • Blurs • Mattifies • Illuminates • Anti-blue light • Sets Makeup.

www.mavala.co.uk



**A PROFESSIONAL HIGH
END MAKE-UP FINISH,
ALWAYS STARTS WITH A
CLEAN SLATE**

A rainbow of 12 Paintstick colours. These highly pigmented emollient cream colours leave no residue, grease or shine. May be sheered down with a sponge. Compact and convenient, this kit is perfect for the professional therapist on the go.

www.maccosmetics.com



11-piece Vegan Bamboo super soft brush set. All you need when it comes to applying make-up; foundation, blush, eye shadow and contouring. Allows for cruelty free make-up application.

www.peacewiththewild.co.uk



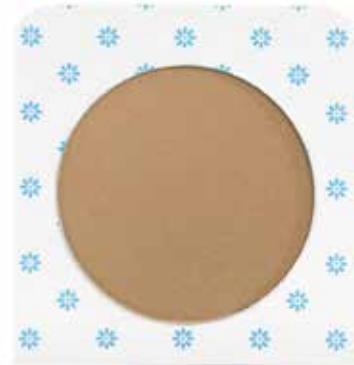


Available in 8 shades perfect for Autumn. Nourishes and protects. Using 93% ingredients of natural origin including Organic natural plant oils - Organic Sweetbriar Rose, Jojoba, Hazelnut oils, Omega-6 & Omega-3 fatty acids. Lips are hydrated, plumped, protected, and look and feel silky.

www.clarins.co.uk

Infused with Hyaluronic Acid and Antioxidants, this silky smooth long-lasting bronzer immediately gives the skin a natural glow. Eco-friendly packaging made from recyclable materials and tree-free paper.

www.theorganicpharmacy.com



USING THE RIGHT TOOLS TO APPLY MAKE-UP IS KEY. GOOD QUALITY BRUSHES ARE A MUST HAVE



Alongside the launch of the new Magic Powder, we have released a kabuki-style brush perfect for soft and uniform application of all powders. The brush is charcoal-infused to help keep it clean and is made with synthetic hair, making it vegan-friendly.

www.mavala.co.uk



Beach stick, perfect for that natural, healthy, radiant glow. A must have to finish off the perfect look.

www.charlottetilbury.com

THIS SEASON'S Wellbeing FOR YOU

PRODUCTS, TREATMENTS AND NEW TRENDS

Introducing Harley Wax's revolutionary Film Wax range - perfect for sensitive skin! With easy-to-melt beads, achieve incredible results. This all-in-one depilatory formula tackles face and body hair as short as 1mm. Embrace the smoothness! t.01984 623 209

harleywaxing.co.uk



Are sauna sessions on hot days additional stress for the body? NO, by alternating between hot and cold, the circulation is strengthened, and so even warm summer days can be mastered much better. In addition, the body is ideally prepared for temperature fluctuations in view of the cooler autumn and winter season.

spa4.at

Bring the scent of nature to your living space, inspiring relaxation, calmness and wellbeing. Made using a natural carrier oil, Climbing Trees is aromatic, fresh, citrusy, with leafy green notes and woody earthy undertones.

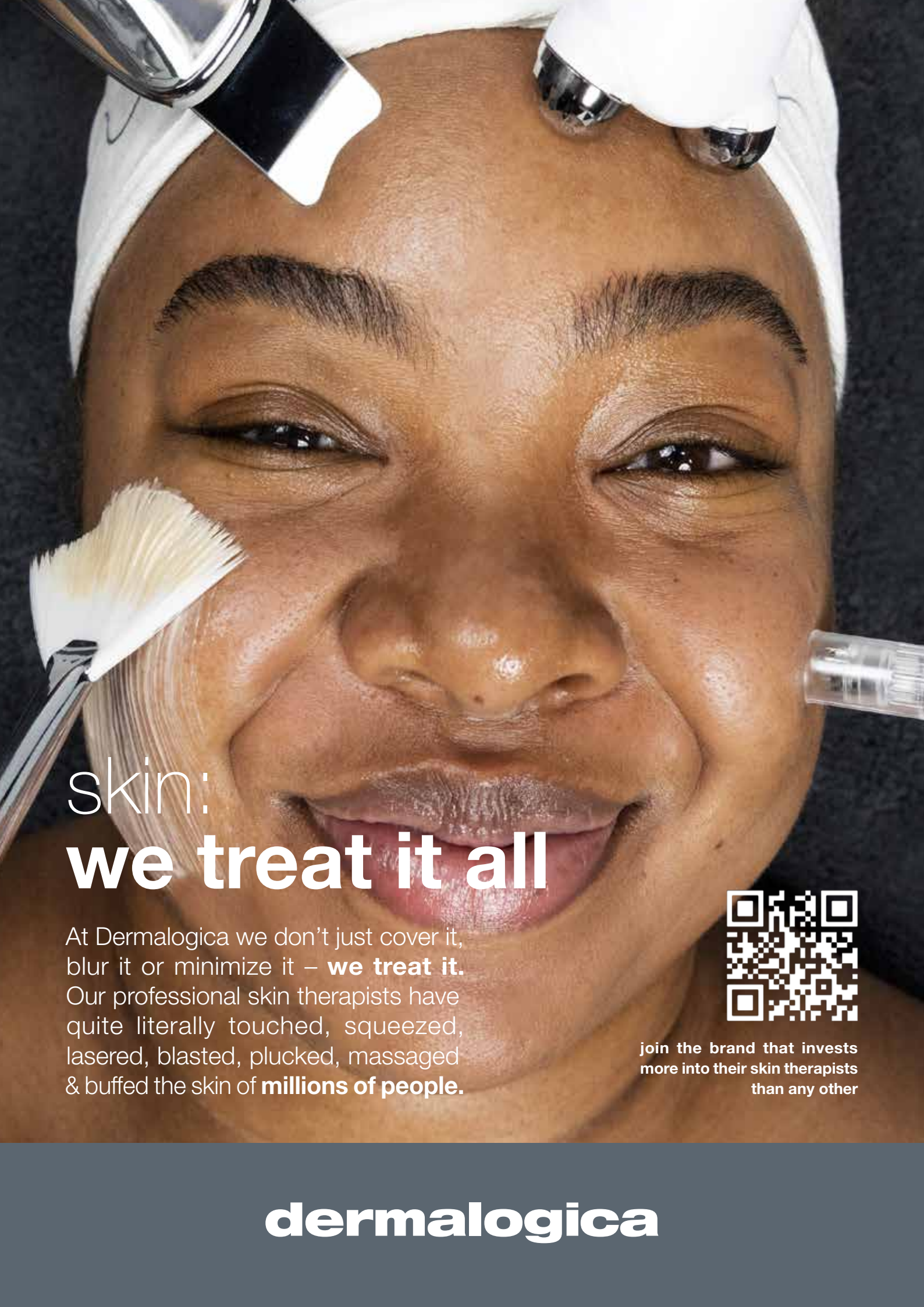
thebathhouseshop.co.uk



An aromatherapy candle using a blend of Lemon, Peppermint, Grapefruit, Ginger and Bergamot essential oils. This aroma will refresh and energise your treatment rooms, and leaves a long-lasting floral aroma. Burns for up to 45 hours.

www.templespa.com





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

Whatever the skin type it will benefit from this deeply hydrating serum. A natural formula using many natural ingredients including Aloe Vera, Honey, Hyaluronic acid. After use the skin is plumped and feels hydrated and smooth.

www.theskinsmith.co.uk



An anti-ageing luxurious nourishing body cream that leaves the skin with an even tone and feeling smooth and rejuvenated. The blend of Mandarin peel, oil, Bioactive botanical oils, leaves the skin with a fresh citrus aroma, and the cream is easily absorbed, and is not greasy or sticky.

grownalchemist.com

A range of massage oils for many massage benefits everything from relaxation, energizing and detoxing. Using rich ingredients of Apricot kernel, Sunflower, Grapeseed, Argan, Rose Hip, Perilla, Poppy and Raspberry with antioxidant Vitamin E. Perfect for massage with excellent slippage and dry oil feel leaving skin soft and supple.

www.fragrantearth.com



Avalon Couches.

UK's leading suppliers and manufacturers of fully electric 2, 3 & 5 section treatment tables. Manufactured entirely within the UK, with a 3-year guarantee, a variety of optional extras and a wide operating height range (18"-39"). The ideal addition to any spa or salon.

avalon-couches.co.uk

Works well for all skin types, the cream features 100% natural tanning actives that develop in 4-8 hours into a smooth, streak-free finish. The concentrate features a skin quenching blend of Niacinamide and hyaluronic to hydrate the skin, while nourishing Cherry extract improves the look of the complexion.

sttropheztan.com



This rich aromatherapy hydrating moisturiser is an all-over balm that deeply moisturises the skin. Using extracts of Coriander, Lemon, Nutmeg, a mix of essential oils and vitamin B5. Non greasy and sinks into the skin leaving so sticky residue, and the skin is smooth and hydrated.

www.templespa.com



Silicone free so no product build-up. Plant-based extracts like Damask Rose, Black Pepper, Lavender, Myrtle and Sage. Tomato, Aloe, Provitamin B5 and Sweet Almond oil.

grownalchemist.com

Madelaine Winzer Freelance Health and Wellness Writer

I love using the written word to tell inspiring stories about people, products, and services - that make an impact.

My writing services include:

- Articles and advertorials
- Business and product reviews
- Website copy
- Ghostwriting



madelainewinzer78@gmail.com

A lightweight, soothing and calming serum for the scalp using a blend of Witch Hazel, and Pro Vitamin B5. No Sulphates, Silicones or Parabens. Dry irritated scalps will benefit from this serum, especially when used over a period of time, and a little goes a long way.



monpure.com



A Vegan blend of Seaweed extract, and a blend of nourishing essential oils. With a beautiful aroma of Lime and Mandarin. This liquid soap hand wash is also rich in antioxidants. Gives long lasting hydration and refreshes the hands giving them a smoother look and feel.

www.voya.ie

Pure essential oils, with Pomegranate, Seaweed, and Aloe Vera make this hand and body wash cleansing and soothing. Skin feels silky soft. 100% recyclable packaging.

www.neomorganics.com



100% Natural, Vegan & Cruelty-free. Works for all skin types, but better suited to combination and sensitive skins. Vitamin rich Botanical oils, Mandarin & Chamomile essential oils make this gentle moisturiser both rejuvenating and soothing. Complexion looks radiant.

botanicals.co.uk

Eau des Jardins is both a fragrance and a skin treatment. Refreshing with a wonderful floral aroma using a blend of Rose, Lemon, Spearmint and Patchouli. This product tones and moisturises the skin leaving it feeling soft and supple.

www.clarins.co.uk





A Vegan formula free from all those nasty chemicals. With a fresh scent of Rosemary and Mandarin. Bioactive botanical oils nourish, soften and hydrate skin with Vitamins C and E, fatty acids and triglycerides. This cream is not only nourishing and soothing for the skin, but due to the antioxidants is anti-ageing, and protects the skins natural barrier. Absorbs quickly into the skin and is not greasy skin feels hydrated and velvety.

grownalchemist.com



Works for all skin types. A powerful facial scrub full of natural ingredients. Dead skin cells, and blocked pores vanish. Organic Rose-hip oil, and Organic Hibiscus Extract. Breakout are lessened, and the skin is really nourished, it looks and feels wonderful.

www.evolvebeauty.co.uk

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NO MORE RUNNY NOSE, AND WATERY ITCHY EYES.

www.theorganicpharmacy.com

ADOLESCENT TIME

Wellbeing and beauty answers

A mist with Aloe Vera, extracts of Gardenia, Rose, Fucus and Thyme. Really refreshing and soothing. The skin feels hydrated, and with a renewed freshness.

www.mariobadescu.com



Stop licking your lips. Saliva has enzymes that break down the natural lipid barrier of your lips which cause dryness, soreness and inflammation. Be sure the lip balms have natural ingredients, like shea butter and beeswax.



Pomegranates antioxidant and anti-ageing properties promote healthy skin, prevents sun damage, detoxifies, reduces acne, and helps promote collagen production.

“

You deserve to know you are beautiful even when you think you're not

ADOLESCENT TIME

Wellbeing and beauty answers

Dry lips will be hydrated and softened. Petroleum free citrus lip balm with Shea butter and Sunflower seed oil provides hydration and a shine. Continued use gives lips a full and youthful appearance. Tastes and smells good as well.

www.theskinsmith.co.uk



Peppermint refreshes, the Antioxidant rich blue Matcha rejuvenates the complexion. The treatment removes access oil, and impurities also minimises pores. This exfoliating gel cleanser. has a gentle lather, due to the charcoal this exfoliation also absorbs grime and toxins from pores.

www.theskinsmith.co.uk





CBD-infused balm to soothe tired dehydrated skin, aches and pains. Shea butter, 3% CBD complex, vitamin E and 9 powerful superfood oils, including Hemp, Canola, Rice bran and Apricot nourish and feed the skin. Has an energising scent of Green Mandarin.

www.templespa.com

Vegan friendly this non foaming antioxidant hand and body wash is gentle, yet deeply purifying and hydrating. A blend of vitamins, rich herbs and hydrating Aloe and Calendula. The skin is left feeling squeaky clean, moisturised and silky soft, especially good for the more sensitive skin types.



www.theorganicpharmacy.com

ADOLESCENT TIME

Wellbeing and beauty answers



Blocked pores are most common along the T-zone (forehead, nose and chin) as these areas have more oil glands and suffer most with over-production. Other problems associated with teenage skin are sensitivity and dehydration. Both conditions should not be ignored and are quite often caused by incorrect and over-use of skincare products. Therefore, as well as finding a product range using natural ingredients that are effective enough to fight bacteria within the skin and control oil secretions, a range to calm, soothe and restore balance and comfort back to the skin. The best way forward is to have an initial skin consultation with a qualified therapist. They will advise you on the best treatments, and product range that can also be used at home. Having the correct prescription of products, will help problematic skin conditions, and things can be improved significantly hopefully avoiding the need for medication. Even teenagers who don't appear to suffer with any specific skin concerns will always benefit from getting into the habit of properly caring for their skin from a young age. Developing a proper skincare routine early in life will properly protect and care for the skin and ensure the best possible complexion as the skin ages.

SALON & SPA SOUND BATHS



Sound baths are a relaxing experience taking place in a quiet where clients listen to soothing music, healing vibrations, and/or nature sounds, they may be pre-recorded, tuning forks, Tibetan singing bowls, chimes, or a live instrument. A sound bath reduce stress, including sleep induction, spiritual development, creativity enhancement, and spiritual development. Deep breathing, visualisation, and having positive thought are some of the techniques used. Always remember to wear lose comfortable clothes.

Benefits for all skin types. The kit contains Kalahari Dream Cleansing Oil, Hyaluronic Serum, Daily Renew Facial Cream, plus Plus, 2 x sachet samples. Skin gently yet deeply cleansed, nourished, and rejuvenated. Contains pure organic oils.

www.evolvebeauty.co.uk



Works well for all skin types, but in particular the dry, mature dehydrated skins will really benefit from using this product. Concentrated UltraCell Intensive with CytoPep™ Cellular Extracts (CI 6). In 12 days, the skin texture is finer, more toned and the complexion is radiant. Ideal for giving your skin a true radiance boost. This revitalising concentrate is an intensive elixir for the skin, boosting your beauty ritual.

cellcosmet-cellmen.co.uk



Go to sleep knowing that while you sleep your skin is being nourished. The kit contains a deep cleansing balm, active treatment serum, rejuvenating overnight cream, protecting facial oil, and a muslin face cloth. Skin is plumped and hydrated. Looks fresh and radiant.

rhugwildbeauty.com

Keep the spa experience with you wherever you are. These 8 lovely products will refresh, rejuvenate, and keep you energised, whether you are on the road or in the office environment. A must have.

www.templespa.com





Covid essentials. Immune Boost Day & Night + Antioxidant Hand Wash + Aloe Disinfecting Hand Spray. A gift-kit specifically designed to boost health and immunity.

www.theorganicpharmacy.com

Vegan and cruelty free. Works well for normal and combination skins. A vitamin enriched antioxidant treatment using a blend of Omega oils to give intense hydration. The skin looks even toned, radiant and fine lines a visibly sifter.

www.esseskincare.co.uk



A cleansing balm, that removes make-up as a cleansing oil and hydrates as a cleansing milk. Pro-Collagen Marine Cream with powerful marine and plant actives gives daily moisture. Pro-Collagen Night Cream is a rich cream that gives a radiant complexion, and deeply moisturises.

www.elemis.com



3 super blends for that person who travels a lot. Using a blend of Grapefruit, Sage and Myrrh, this blend rejuvenates. Ideal when travelling in crowded hot situations Spritz on underarm or onto feet or Spritz onto the face and the natural citrus oils will deeply absorb into the skin. Instantly there is a feeling of rejuvenation.

www.fragrantearth.com

autumn gifts & kits

RACHEL DAVIE LEE



BEAUTY SECRETS

Rachel Davie Lee is a British singer living in the British Virgin Islands. Her latest single Found My Way Here is out now.

WHAT IS YOUR BEAUTY NO NO?

Too much sun exposure which is difficult as I currently live in a very hot climate. Luckily I've never enjoyed sunbathing! Also avoiding sulphates and other chemicals in shampoos which for years dried out my curly/frizzy hair. Choice of products has really improved now.

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

I love spinach, either sautéed or as a salad. It's so versatile and can be included in lots of different dishes.

HOW DO YOU RELAX AFTER A LONG BUSY DAY?

A glass of red wine with some music on in the background. I find piano music particularly relaxing, both contemporary and classical compositions.

WHAT IS ONE OF YOUR DAILY WELLBEING ACTS FOR YOURSELF?

I usually start the day with a cup of hot water and lemon. It's hydrating and refreshing and helps to cut through some of the grogginess and morning blues!

WHAT IS THE BEST BEAUTY ADVICE YOU HAVE BEEN GIVEN?

A woman's hair is her crown and glory. This phrase actually has Biblical roots but essentially hair is a very intrinsic part of a woman's beauty and identity, and feeling my best for me starts with treating my hair well and finding a style that suits etc.

WHAT IS YOUR OPINION ON SUSTAINABLE BEAUTY PRODUCTS?

It can only be a good thing for us and the planet. I've phased out products with potential carcinogens and whilst I don't believe in going totally organic, it just feels wholesome and more nurturing to apply products with as simple and natural ingredients as possible.

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

A nice natural based oil that could be used all over body, face and hair to help repair any sun damage!



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CEO, Msheireb
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Chief Medical &
Science Advisor,
ActivePure



**Richard
Carmona, MD**
Chief of Health
Innovations,
Canyon Ranch



**Anjan
Chatterjee, MD**
Professor, Founding
Director of the Penn
Center for
Neuroaesthetics



**Cathy
Felciano-Chon**
Founder &
Managing Director,
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Robert Hammond
President & Chief
Strategy Officer,
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Jeremy Jauncey
Founder & CEO,
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**William
Kapp, MD**
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