

Spring Beauty

As spring is here, now is a good time to take a good look at inner and outer beauty. New Year isn't always the right time, as your body wants to hold onto winter storage and also you don't feel like it! It is well known that you get the body you deserve through your diet, exercise and lifestyle choices, so it is worth considering all this to gain a healthy balance. By reassessing your lifestyle, skin can look fresher and younger, cellulite less disastrous, and you will feel healthier and more alive. You can also lose weight as a bonus! Other lifestyle choices to consider are smoking, excessive drinking and sun-bathing as these are very aging to your skin. I'm not here to preach, believe me! Or tell you to stop, that's not my place.

Come On Girls!

Here are some tips to consider if you feel you have got into bad habits over the winter! Healthy eating does have an impact on the look of your skin, so increase the amount of fruit and vegetables you have daily, reduce caffeine, fizzy drinks and sugar. Choose natural and wholesome food. Drink eight glasses of water a day (herbal tea counts). For those of you suffering from dark circles, the cause can be sluggish circulation and lack of oxygen in the skin, so drinking plenty of liquid could help. If nails are breaking and hair is lack-lustre, taking vitamins and minerals daily will help. Also if you are a smoker this interferes with the absorption of some important vitamins and minerals. Exercising 15 minutes a day or 35 minutes three times a week, will increase



heart rate and metabolism, all good for that look good, feel good factor. If you want more information there are many health and nutrition plans out there. Dr Patrick Holford is one that is well respected in the beauty industry; however, there are many more you can find. If you have fallen off the wagon, some small changes to your lifestyle will help you feel energised inside and out.

Before embarking on any new nutrition or exercise plan you should consult your doctor first to assess any health issues or concerns.

Putting a Spring in Your Step

Here are some extra tips you can try for outer beauty. For those of you off for sunny breaks, choose a minimum sun protection factor of 15. Tan safely, it can take 10 to 15 years for sun damage to show. Spring is the time to reassess your skincare after your winter routine, let your skin be your guide and consult your skincare expert. It's also a good time to embark on waxing, whilst you can cover up your growth! And the more often you have it done before the summer the less hairy, coarse and dark they will be, plus I promise it will be less painful. Lastly your poor feet! It's time to have a Pedicure, get rid of that hard cracked skin. If your nails are dry and yellowing give them a rest from polish till it is time for sandals. Enjoy spring and all that fresh air in your lungs!

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