

# READY TO STOP SMOKING IN JUST 90 MINUTES?

Ready to feel good, breathe easily increase your energy levels and have more money in your pocket?

Advanced hypnotherapeutic methods are available today to bring you freedom from the smoking habit

Sally is a fully qualified Registered Hypnotherapist and a member of the National Council for Hypnotherapy

Want to know more?  
Call for a chat or email for further details



If you are ready to make the change,  
call Sally on  
01773 764272 or  
email [info@derbyshirehypnotherapy.co.uk](mailto:info@derbyshirehypnotherapy.co.uk)

Sally Hellewell Bsc(Hons)O.T.  
Dip.C.Hyp. MNCH  
Clinical Hypnotherapist  
Mundy Street, Heanor  
Derbyshire  
[www.derbyshirehypnotherapy.co.uk](http://www.derbyshirehypnotherapy.co.uk)



# BEAUTY ADVICE COLUMN

Supplied by Kellie & Bucks from  
Ghost Hair & Beauty, Kilburn

## Q: What can I do about my uneven pigmentation?

A: Pigmentation disorders are caused by a myriad of factors, which include sun damage, hormonal imbalance and skin trauma or disease. Of all these causes, sun damage is both the most common – and the most easily prevented! Simply applying a sunscreen with a minimum SPF 15 every day will do a lot to prevent the sun damage that can make your skin's pigment act up.

## Q: What is Rosacea and how is it different from sensitised skin?

A: Rosacea is a skin condition as misunderstood as sensitive skin and as frequently misdiagnosed. In its early stages, Rosacea exhibits the same symptoms as skin sensitisation – redness, blushing and tightness – as well as the same trigger factors. However, the similarity ends there. A disorder of the facial blood vessels, Rosacea is a progressive inflammatory disorder that, when left untreated, can cause burst capillaries, facial swelling and spots on the face that look like acne breakouts. One in twenty people – mostly women – are affected by the misunderstood disease.

For further advice don't hesitate to call  
Ghost on 01332 880609 and ask for  
either Kellie or Bucks