

## BEAUTY ADVICE COLUMN

*Supplied by Kellie & Buckso from  
Ghost Hair & Beauty, Kilburn*

### **Q: Should I use makeup primer?**

A: Yes, this acts as a barrier between the skin and makeup so colours will stay true.

### **Q: How can I avoid premature aging?**

A: Sun protection is your first line of defence. Exfoliation helps to remove dulling skin cells. Emollients such as Shea Butter will help to maintain soft, smooth, pliable skin and act as a lubricant to help reduce moisture loss while improving appearance.

It has been scientifically proven that Vitamin A helps inhibit collagen breakdown while stimulating collagen production.

### **Q: What can I do about acne breakouts?**

A: Excellent skin care and hygiene are vitally important to remove the excess oils and bacteria that are associated with acne. Cleanse, tone and moisturise thoroughly. Lifestyle changes can often improve your skin. Try to reduce stress, drink plenty of water and limit your intake of caffeine and nicotine. Always remember never to pick or squeeze pimples, as you'll be left with an even bigger blemish and a scar to remember it by!

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

## STRESSED? ANXIOUS? TENSE?

However you describe it, it's an unpleasant feeling that affects both body and mind. Stress is now recognised as becoming one of the biggest problems we, as human beings are having to deal with in the 21st century.

It can prevent you from enjoying life to the full and from being focused on the things that are important to you.

Hypnotherapy can be very successful in both changing the way you feel and regaining control of how you react to situations and/or people.

**Every session is tailored to your specific needs and goals.**

**Want to feel great?  
Calm and in control?  
Got any questions?**

If you are ready to make the change,

call Sally on  
01773 764272 or

email [info@derbysshirehypnotherapy.co.uk](mailto:info@derbysshirehypnotherapy.co.uk)

