

On trend

BEAUTY



DISCOVER...

HydraFacial @ Beyond Medispa

The HydraFacial at Beyond Medispa, at Harvey Nichols Manchester, is promoted as being 'the perfect all-in-one procedure using revolutionary non-invasive skin resurfacing technology to exfoliate, extract and rehydrate dull, tired looking skin leaving you smooth, supple and glowing.' As I'm all for a bit of that, I took myself off there to check it out.

Beyond Medispa treatments use medical grade cosmeceuticals with state-of-the-art technology to deliver an experience you cannot recreate at home. This is no pamper-time; this is serious

stuff, designed to make a visible difference that lasts. Clinic manager and therapist Katie started with a cleanse and then moved rapidly into a microdermabrasion, which, while it isn't uncomfortable, is by no means relaxing! The pen-like device she uses simultaneously scrapes the dead upper layers of skin from your face while vacuuming it away and applying a deeply nourishing serum.

A mild chemical peel is then applied (you can build up the strength over subsequent treatments) that tingles like mild sunburn. At the same time, Katie uses the vacuuming/scraping device to address

open and blocked pores, effectively emptying them out and deep, deep cleansing the skin. It's not remotely enjoyable – until you see the results!

As I left I could feel my skin humming with energy and, after a short period to settle down, it's firm, plumped up and glowing from deep within – especially around the eye area, which I can't stop touching...if this is the effect after a single treatment, I want more!

**HydraFacial £120 Beyond Medispa
@ Harvey Nichols Manchester
0161 828 8888**



Ki-hai!

Karate is great for fitness and reducing stress: it increases strength, flexibility, and co-ordination and of course all that shouting and punching allows you to release pent-up frustrations and mental strains, but there is also a great deal of evidence to support the less obvious health benefits, such as improved ability to concentrate and focus. In short, karate is about more than just hitting things! And now Hale Karate Club

has introduced a Ladies Only Beginners Class, proving it's never too late to learn a new sport. Held on Thursdays (11am and 7.30pm) at Bowdon Hockey Club on South Downs Road, it's the perfect opportunity to combine physical exercise with mental exercise.

To learn more email
martincokx@halekarateclub.co.uk

ovarian
cancer **action**

OVARIAN CANCER: THE SYMPTOMS

The four main symptoms of ovarian cancer are:

- Persistent stomach pain
- Persistent bloating or increased stomach size
- Difficulty eating or feeling full quickly
- Needing to urinate more frequently

www.ovarian.org.uk

BE AWARE

Every year March marks Ovarian Cancer Awareness Month. Ovarian cancer isn't as well-known as some other female cancers, yet it is the fifth most common - with more than 7,000 diagnoses in the UK each year. The UK has one of the lowest survival rates in Western Europe, with a woman dying from ovarian cancer every two hours, resulting in 4,300 deaths annually. Even so, treatments for ovarian cancer haven't progressed much in the past 20 years.

Ovarian Cancer Awareness Month is part of a wider campaign to ensure women and GPs know the risk factors, symptoms and treatment options to enable them to take informed and rapid action.



HEAVEN SCENT

Liz Earle, she of the iconic Cleanse & Polish Hot Cloth Cleanser (we heart, deeply) has taken a step to bring the scent of the spa to your home with this gorgeous candle. Imbued with Eucalyptus & Rosemary, it will flood your home with warm, uplifting scent and banish these cold weather blues.

Eucalyptus & Rosemary candle
(40 hours) £40
John Lewis Cheadle & Trafford



OUT, DAMNED SPOT!

Understanding that discolouration is a universal concern for women, Estée Lauder scientists have been dedicated to researching the day/night rhythm of pigmentation and found that nighttime is when dark spots, discolouration and other types of hyperpigmentation are exacerbated.

Their research has led them to release a three-step regimen that, they say, works with your skin's own rhythms.

Enlighten Dark Spot Correcting Night Serum infuses skin with spot reducing and brightening technology to help address skin's nighttime pigmentation response while Enlighten Even Skintone Correcting Creme provides deep comfort and long-lasting moisture and helps skin maintain its natural renewal capabilities. Enlighten Even Effect Skintone Corrector (SPF 30) is designed to provide the first line of defense against daytime damage from UV, irritating pollution and free radicals. To give skin an overall more even effect, it includes colour-correcting pigments that create a more uniform tone.

Enlighten collection from £34.00
House of Fraser Manchester