

REVIVE YOUR SMILE

Yellowing, overlapping and receding gums can add years to our face.

Come and see the dental experts from **Dawood and Tanner Dental Practice** to find out about the very latest procedures for strengthening, restoring whiteness and straightening up your smile.



HAIR THERAPY

Boost hair growth with **Kanta Krupa Natural Hair Therapy**. The Eastern-inspired oil is designed to promote growth and leave the strands looking fuller.

TIP: Massage a few drops of oil into the scalp, covering all the hair. Leave it on for an hour or overnight to let it penetrate. Repeat twice a week for visibly fuller locks.

Visit the *Anti-Ageing Health and Beauty Show* for more advice on hair health.

Around 40 per cent of women suffer from hair thinning after menopause and a decline in female hormones oestrogen and progesterone is usually the culprit.

REBALANCE YOUR HORMONES

As menopause hits, hormone levels begin to decline leading to a host of unpleasant beauty issues such as dry skin, lack of elasticity and thinning hair.

These symptoms can now be warded off with the help of Bio-identical Hormone Replacement Therapy, which involves the use of plant-derived hormones that are chemically identical to those produced by the body.

Visit expert **Marion Gluck** at the show to find out more about getting your hormones checked.

Marion says: *"Healthy ageing is the maintenance of optimal hormonal balance, we age because our hormones decline. By replenishing and balancing hormone levels we can help patients feel healthy, energetic and more in control of our lives."*

For further information, press passes, press releases, interviews and to arrange pre-show treatments please contact:
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FABULOUS

*Mature women
need unique beauty
advice. The Anti-
Ageing Health &
Beauty Show 2014
has it covered...*

SIP YOUR WAY TO YOUNGER SKIN

Try **Collagen Shots** at the Anti-Ageing Health & Beauty Show. The berry flavoured drink is loaded with marine collagen, acai berry, vitamins C and B, plus hydrating hyaluronic acid to smooth lines, plump the skin and slow the signs of ageing.

Our skin needs collagen to promote tone and elasticity. But, after the age of 25, collagen synthesis begins to decline. By the age of 45 collagen levels can fall by as much as 30 per cent.

COSMETIC TREATMENT CHECKLIST

Women in their fifties are more likely to opt for cosmetic surgery to tackle signs of ageing – but choosing where to go is not always easy.

Cosmetic doctor **Tracy Mountford**, who will be speaking at the show, recommends five essential questions to ask your practitioner.

1. Are they General Medical Council registered?
2. Do they have adequate insurance?
3. Ask about the qualifications, training and number of years in practice.
4. Can they show you the outcome of work on other patients?
5. Ask them to explain how the treatment you might be considering works.