

## *Make fat vanish with Vanquish*

New to the UK, Vanquish is a revolutionary Czech-made fat-zapping treatment that has been a huge hit in the US since it was unveiled at the American Academy of Dermatology earlier this year.

During the 30-minute, pain-free procedure, the Vanquish device emits focus field radiofrequency to heat the underlying fat cells to 120 degrees, melting them without even touching the skin. Its smart, in-built sensors measures the patient's body fat before customising the amount of energy the device will deliver.

Designed to be used on the abdominals, love handles and back fat, users have seen a reduction of 2-3 inches after a course of four treatments.

Visit the BTL Aesthetics stand at the Anti-Ageing Health & Beauty Show to find out more about the treatment.

*An expanding waistline often comes with getting older. This is common after menopause when body fat tends to shift to the belly area as the change in hormones slows down metabolism.*

## *Don't neglect your nails*

Just like the skin and hair, our nails deteriorate, as we grow older. With age, nails can become thick, brittle and discoloured whilst their growth begins to slow down. Show your nails some love by applying the award-winning Dr Lewinn's Renunail Nail Strengthener, which comes fortified with diamond dust to support the nail matrix, pearl extract to strengthen the keratin and calcium for added protection.

*Drop by the Dr Lewinn's stand for advice on keeping your nails looking healthy and youthful.*



# TURN BACK THE BODY CLOCK

## *Feet First*

Regular pedicures can leave you with pretty looking feet, but few of us consider their internal health. Whether it's sore soles or a painful arch – here's a closer look at what causes foot issues and how to deal with them...

### **Cold feet**

A poor diet and bad lifestyle habits such as smoking can impair circulation to the legs and feet leading to a cold feeling.

### **Pain in the arch**

Most shoes are designed with a flat inner sole, which results in your entire weight bearing down on your instep. This can cause tiny tears in the thick, fibrous band of tissue that reaches from the heel to the toes – the area that supports the muscles and arch of the foot.

### **Sore soles**

Most of us walk around on flat, hard grounds wearing shoes with no arch support. Consequently, our weight falls on our heel and the ball of the foot creating painful muscles.

The solution? Just arrived from the US, the Sole Mates Liquid Orthotic Insoles are designed to increase circulation to the feet and legs, as well as helping to align the foot and ease pain. Made with a glycerine fluid, they don't flatten or wear out like foams or gels can. Instead the fluid is pushed up under the arch of the foot, providing gentle but firm support. The insoles are so ultra thin – they will slip discretely into all types of footwear – from your Louboutins to your Nikes.

*Stop by the Sole Mates stand for advice on foot health.*

*Is your body starting to give away your age? Visit the Anti-Ageing Health & Beauty Show 2014 to discover innovative solutions that can keep you looking youthful all over.*

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## *Skin toner*

Muscle loss comes with age leading to saggy body parts – such as the upper arms and lower belly, which are notoriously hard to tone with exercise. Treat these stubborn spots with Endymed. The FDA approved treatment uses radiofrequency technology to penetrate deep into the skin using controlled and targeted heat to tighten and contour loose and sagging skin.



*Cosmetic physician Dr Sach Mohan will be at The Anti-Ageing Health & Beauty Show to answer questions and demonstrate how Endymed works.*

## *Natural ways to fight body ageing*

*Organic expert Dr Mariano Spiezia will be at The Anti-Ageing Health & Beauty Show to share his advice on beating body ageing, naturally.*



Here are some of his expert tips...

- Upon waking, drink a pint of water at room temperature with few drops of lemon juice to flush out toxins from the tissues, reinforce the body and cleanse your system, leading to healthier skin all over.
- When the skin lacks oxygen it looks tired and lacklustre. Take a brisk 15-minute walk daily and get some time out to concentrate on breathing throughout the day.

