Viktoryia
Health

"THE WHEEL OF WELL-BEING"

WHAT IS YOUR DOSE OF SELF- CARE?

"Thank you to all the beautiful, amazing women who have inspired me. You are UNIQUE and SPECIAL in any form and shape. Join me on this journey to a better healthier beautiful you with some self-care ideas and challenges!!!"

With all my love,
Viktoryia

BEAUTIFUL WOMAN

She can deal with stress and carry heavy burdens.
She smiles when she feels like screaming,
and she sings when she feels like crying.
She cries when she's happy and laughs when she's afraid.
Her love is unconditional.
There's only one thing wrong with her.
She forgets what she's worth!

"I am a very lucky girl, who is in love with her job. Passionate about human well-being and enhancing natural beauty starting from within. "

Viktoryia

"THE WHEEL OF WELL-BEING"

What is the "WHEEL OF WELL-BEING " and why ME TIME is so important?

Some of you might be already familiar with the WHEEL OF LIFE which is a great tool to have and from time to time look at, it will help you to understand how balanced and fulfilled your life is in this moment. What about the WHEEL OF WELL-BEING? I believe it's a number one to look at and, actually if you balance that, all other categories on your WHEEL OF LIFE will naturally improve and fall into place!

We often take our health and body for granted and abuse it in many different ways, living in our modern rushed and very demanding world, would you agree? We can be so preoccupied with the problems of everyday life, problems and taking care of other people, family, friends, virtual friends, social media etc… that we forget or pay little attention to the most important person who needs that care and love more than anyone else. It's YOU!

When was the last time you patted yourself on the shoulder and said " Well done, I'm so proud of you! You did great!!! Or told yourself how much you love yourself, how amazing and beautiful you are. When did you last spend time taking care of YOU and your body, giving it all your full attention and care. I'm certain, that the majority of us hardly ever do, sometimes we are even embarrassed to take our clothes off and look at yourself in the mirror, let alone falling in love with yourself. On the first skin consultation I always ask my ladies: "What are they consider to be their best feature and what they like about themselves?" And usually the response I get is a big pause and answer "Nothing" and a long list of what they don't like.

So, why is it so easy to show love, affection, and care for others but not yourself? Putting yourself first and occasionally being selfish are very healthy thing to do. Will you agree? Loving yourself, taking care of yourself isn't a vanity. It is sanity!

Our body is an incredible complex machine, where thousands of parts work together to keep our body functioning at optimum level. The negative effect of emotions, especially about yourself your body, stress, lifestyle and diet can throw the body out of sync and cause "breaking down". Usually it takes an enormous amount of "abuse and neglect" before manifesting signs of malfunction, your body is amazingly resilient!!!

Take as an example your car, if you don't care of it problems start to occur and performance starts to suffer, you may even have to replace it! Your Body needs care too! If you don't look after it, problems start and your performance drops, but *you can't just go to the shop and trade your body in for a new one, so it DOES make sense to treat the body you have with care and love!*

What's stopping you from doing that way?

Exactly, nothing, but Yourself…

Living a healthy lifestyle and taking care of yourself and those one trillion little cells in your body, that work so hard without a day off, gives your body the best possible chance to have a happy healthy life and show the world the best of you.

Be kind and present with yourself - Your Mind and Body.

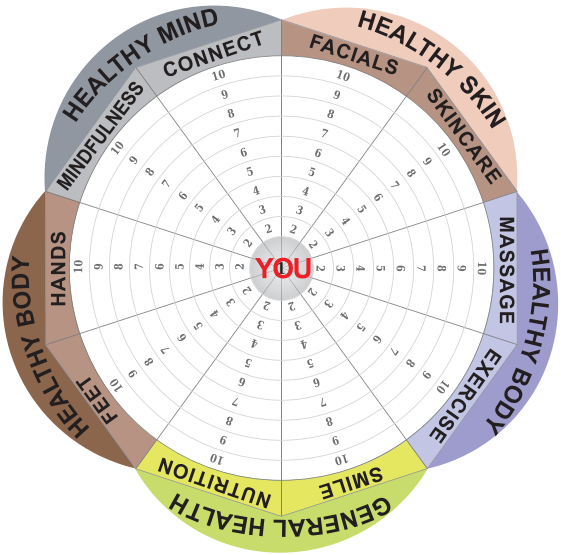
Recharge your batteries.

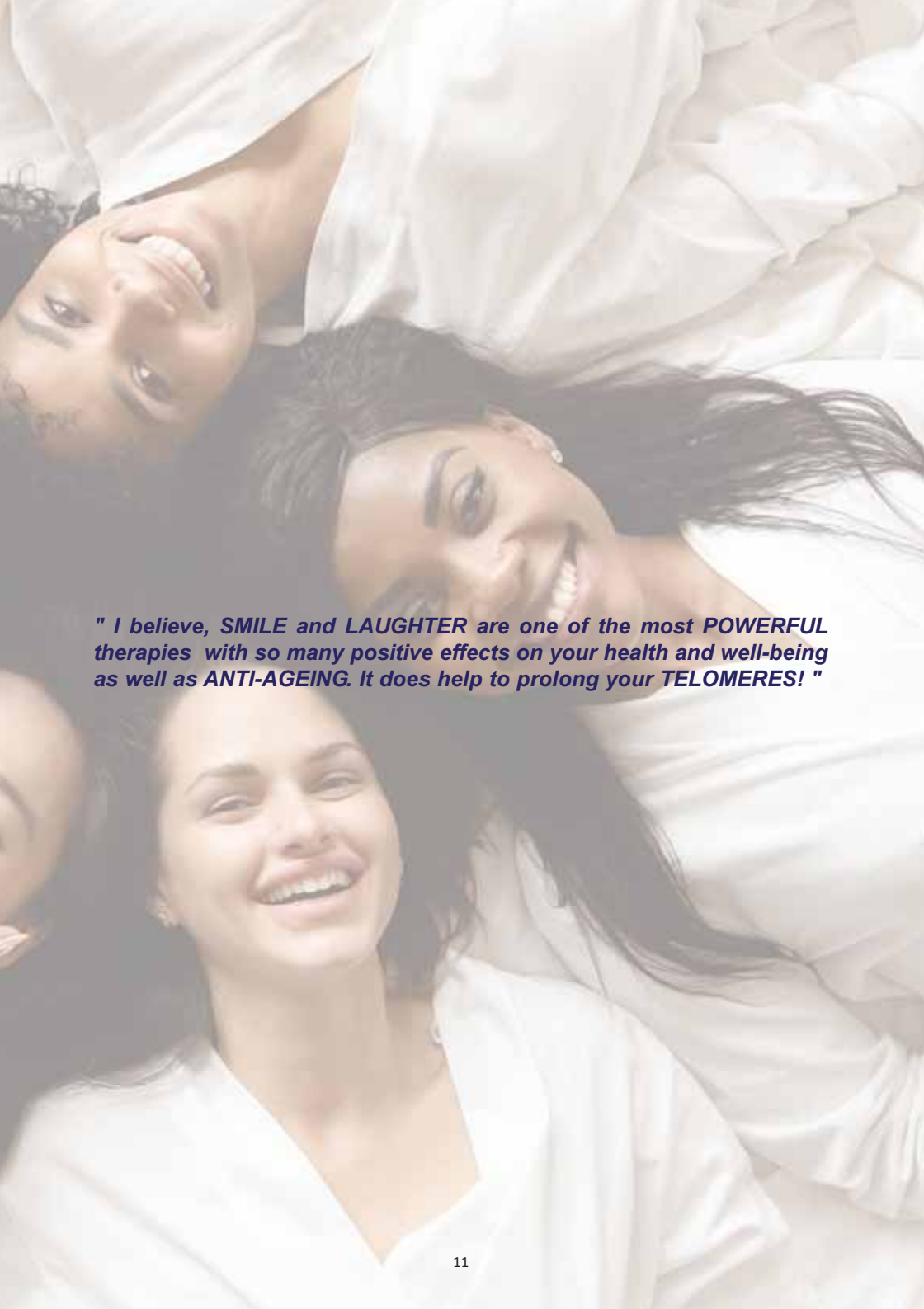
Put yourself top of your TO-DO-LIST every day!

So you can function optimally and be in harmony within!

It is your DUTY to take responsibility for your WELL-BEING!!!

What are you waiting for?
You owe it to yourself. Start NOW!!!





" I believe, SMILE and LAUGHTER are one of the most POWERFUL therapies with so many positive effects on your health and well-being as well as ANTI-AGEING. It does help to prolong your TELOMERES! "

Smile

…and the World will smile back at you. It does sound easy… But is it?
I wanted to start from this simple, but, yet, challenging, at times, task.

How often do we genuinely smile or laugh? And I don't mean smiling when we take selfie or a picture with a friend. No .. Just genuinely smiling and feeling it.

I find, back in times past, we used to smile and laugh more, don't you think?

I can't say life was easier, on the contrary, difficult times, but we seemed to be genuinely HAPPY and appreciating little things we had more.
I personally believe, it's because we actually were PRESENT and living more in a MOMENT than we do now!
And we actually used to BELONG more to OURSELVES than to other people , social media platforms and virtual friends we have never seen in our life. We used to LIVE and enjoy OUR lives and not looking at someone else's , which might not even be real!!! We used to meet up with our friends to smile and to laugh, not just to take selfie with, so you could put it on Instagram, or even worse, have your "best friends" (mobile phones) "joining" the dinner too...
Something to think about really … may be its time to SLOW DOWN, make some changes!!!...

And start BEING PRESENT , CONNECT with REAL PEOPLE and … SMILE more !!!

…Sounds like mission impossible but it actually works…
Despite things not going in the right direction, try to smile through that pain and scream inside you … and you will notice that situation will gradually improve as the day goes on and the Sun will shine through. Just like how happiness can make you smile, smiling can make you happy too.
Smile not only makes you look even more beautiful and increases levels of happy hormones in the body by producing endorphins, it actually has an Anti-aging effect!!!!!!
Smile and feeling happy prolongs your TELOMERES, scientifically proven. Have you ever wondered why some 60 years old people look and feel in the 40th?
As simple as that, positivity, smile and laughter will for sure prolong your telomeres.

A little bit of science … What are telomers? Think of your shoelace tips. The longer the protective tips at the ends of the laces, the less likely the shoelace will fray. In terms of chromosomes, the longer the telomers, the less likely there will be any alarms going off in cells or fusions of chromosomes. Fusions trigger chromosome instability and DNA breakage, which are catastrophic events for the cell.
Telomeres shorten with each cell division, help determine how fast your cells age and when they die, depending on how quickly they wear down. According to the scientific research it is proved that telomeres can lengthen. Means ageing can be accelerated or slowed and even reversed.

We all get older, but how we age and how we live until our last day is up to us.

Look after your telomers now - SMILE - BE PRESENT - CONNECT - LIVE better and more fully now and in your later years!

Having a bad day? A few ideas to make you SMILE !

1. Meet up with an old friend and share good stories and laughter.
2. Listen to music that reminds you of your past
3. Spread a bit of good news to a loved one/friend. Making someone else happy - always a good feel.
4. Dance like no one is watching.
5. Do something that will make someone else laugh/smile.
6. Have some comfort food. Chocolate always does the trick.
7. Get into bed with freshly washed sheets. Nice.
8. Go through your old pairs of jeans and handbags you might find a little treasure like a ten pound note.
9. Go through your old photographs, especially from your childhood.
10. Watch a funny video online, I personally love the cute animals ones. Always provides positive vibes.
11. Watch a feel good comedy. My number one choice - "Only Fools and Horses". Absolutely love it. Call me old fashioned if you like!
12. Enjoy a book that makes you feel HAPPY!

WHEN WE ARE HAPPY WE SMILE,
WHEN WE SMILE, IT MAKES US HAPPY !!!

Did you know:
"Jeanne Calment was one of the longest-living women on record. When she was eighty five, she took up the sport of fencing. When she turned one hundred, she walked around her home-town in France, thanking the people who'd wished her a happy birthday. Calments relish for life captures what we all want: a life that is healthy right up to the very end. Isn't that incredible? "

"As we know human TOUCH is healing and its a free medicine. But touch applied with KNOWLEDGE is priceless"

MASSAGE

Why do we tend to wait until we get that unbearable pain and need to go and see a specialist?
Regular massage treatments are as important, as brushing your teeth. Prevention is always better than cure.
Massage is a very powerful treatment. And at times underestimated. Its not just to treat aches and pains. It gives so much more on psychological and physiological level.
We, therapists, get our hands not only on muscles and connective tissues, we also work on the nervous system. Massage brings enhanced circulation and awareness to our bodies and literally wakes us up. Remember Mind and Body - connected.

Benefits of massage are endless. To name a few:

Massage is commonly used to induce general relaxation, so that any tension or strain experienced in the rush of daily life can be eased and eliminated.

Massage promotes a feeling of calmness and serenity, and its particularly beneficial to people who may suffer from depression and anxiety.

Plus, it is a great therapy to help with headaches, hypertension (high blood pressure), sinusitis, insomnia etc.

The stimulation of nerves and blood affects the internal organs as well as helping to balance the lymphatic and cardio systems.

Massage is number one therapy to go for if you are under STRESS. Touch is very powerful and healing. It helps to stimulate your happy hormones and balance your nervous system.

There are different types of massage, you are probably already familiar with:

Swedish Massage - can be both relaxing and energising, Swedish massage is one of the most commonly offered massage techniques. It's sometimes called a classic massage. The technique aims to promote relaxation by releasing muscle tension.. Swedish massage is gentler than deep tissue massage and better suited for people interested in relaxation and tension relief.

Deep Tissue Massage - uses many of the same stroking and kneading movements as Swedish massage, but there's far more pressure. This pressure can sometimes be painful. In order to reach the deep muscle tissue, a therapist will massage layer by layer of muscle, applying more and more pressure and employing special techniques with the fingers, fists, and maybe even elbows to reach and stretch that deep tissue. This type of massage facilitates healing by releasing contracted areas of muscle and tissue. It can help increase blood flow to the soft tissues and may help to reduce inflammation.

Sports Massage - you don't have to be a professional athlete to gain the benefits of sports massage. You're most likely to feel the benefits of sports massage as a non-athlete if you are suffering from any injury or pain that is specific to one part of the body. You may have a pulled hamstring, for example, and sports massage therapy would certainly help with this!

Hot Stone Massage - A hot stone massage is used to help you relax and ease tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat. Anyone who is experiencing muscle tension and pain, insomnia, or stress may benefit from a hot stone massage. If you have a chronic condition that causes pain, talk to your GP to see if a hot stone massage is a good option for you.

Lymphatic Drainage Massage - Lymph drainage massage has become a popular form of massage due to its potential health benefits. This specialized approach focuses on the lymphatic system which is part of the immune system. This type of massage aims to help the body maintain proper blood circulation, body fluid balance, and immune functions.

There are different types of Lymphatic Drainage Massage - manual and using specialised **Pressotherapy** devices. I personally love and use **BODY BALLANCER®**

The Body Ballancer® uses patent protected inflating compression garments to apply a gentle or firm massage. Each garment contains 24 individual air chambers that overlap to apply fluent compression strokes that target every inch of the treated area.

This massage motion, with its specific direction of flow from the base of the limb to the torso, increases circulation and gently but thoroughly decongests the problem areas of hips, thighs, buttocks (Ballancer® pants) and upper arms (Ballancer® jacket).

The Body Ballancer® action accelerates the removal of waste products and excess fluid via the lymphatic system, reducing the appearance of cellulite, improving skin tone, and reducing volume in areas affected by excess fluid retention whilst Its gentle, rhythmic action promotes relaxation whilst boosting immune system function.

PEMF - another amazing body therapy I love and recommend to my clients, as a stand alone treatment or incorporated into Reflexology, Massage and even a Facial. Also, it's great to have PEMF device at home, (available at www.newmed.co.uk, you will receive 5% discount if you apply code VIKTORYIA5) . BIOMAG LUMINA system, which is the oldest and most frequently used brand of the Pulsed Magnetic Systems and, in my opinion, the best by far.

A little introduction about magnetic therapy and how it works in general.

As you know Water, Food, Sunlight and Oxygen are required for life but there is a Fifth ELEMENT OF HEALTH which is vital. The Earth's magnetic field. These frequencies are absolutely necessary for the human body.

Pulsed magnetic field acts on the cell membrane permeability i.e. improves and accelerates metabolism, blood circulation and oxygen supply. The magnetic field passes through the entire body and therefore affects each cell of your body.

The low-frequency pulsed magnetic field penetrates the human body without any harmful side effects, but the system should never be used, of course, if contra-indications apply!

There are to name a few benefits PEMF can help with:

- eliminate pain and inflammation naturally
- deep rejuvenating sleep
- increase your energy level and vitality
- feel younger, stronger, more flexible
- keep your bones and muscles strong and healthy
- help your body with healing and regeneration
- improve circulation and heart health
- help with depression and anxiety
- plus many more...

PEMF therapy not only energizes your physical body , but also harmonises your mind and emotions. It stimulates the release of happy hormones and neuro peptides. This helps YOU to be more at peace, creative, healthy, productive and better able to handle all the stresses that life throws your way. It is the future alternative medicine in my opinion!!!!

To keep that post massage/PEMF feeling and benefits always follow the aftercare:

DRINK PLENTY OF WATER

It's your best post-massage friend. During massage built-up toxins are released and to help your kidneys to eliminate those from the system.

AVOID ALCOHOL AND CAFFEINE

for at least 12 hours after the massage. As both of them are very diuretic and dehydrating. It wont help body to eliminate the toxins.

STAY RELAXED

When you get back home after your treatment - Don't rush back out into your normal life. Relax. Listen to some relaxing music, light candles , meditate or just simply read a favourite book.

NO EXERCISE

for 12-24 hours after the treatment. Getting back to high impact activity straight after your massage will simply undo the good post-massage feeling and can activate the trigger points your therapist has been working on and the pain you had in the first place will come back.

BUT

DO NOT STAY STILL !!!

Motion is a lotion to your joints and muscles.Move around, go for gentle walk. Do gentle stretches in a few hours after the massage!

DON'T OVERINDULGE

*Eat something light and healthy. Best avoid sugars, carb*s and heavy meals after a massage treatment.

HEALING CRISES

Headaches, soreness and feeling sluggish, thirsty and increased urination are normal after-effects of a good massage, especially if you have had a Deep Tissue or Sports Massage. It will get worse before it gets better! Its just those toxins are making their way out of your system.

To soothe sore muscles, use an ice pack or
have a bath with Dead sea salts or Epson Salts.

To help with headache - drink plenty of WATER.
Always speak to your therapist if you are unsure of something and are worried how you feel.

Be kind to your body, listen to it!
BOOK yourself for a MASSAGE.

Your BODY will only THANK YOU for that!

Did you know:

"Massage is the most ancient type of therapy. In 5BC in ancient Greece, Hippocrates recommended massage to maintain health, using oils after a perfumed bath daily. Greek physicians were well used to treat people who suffered from pain and stiffness in their joints. The relaxation and healing powers of massage have been well documented over the past 5,000 years. A 60 minute massage is equivalent to 7 hours sleep to your body. Healthy touch reduces the heart rate and lower your blood pressure. There are approximately 5 million touch receptors in our skin, 3000 in a finger tip. NASA research led to the discovery that the lack of the earth's magnetic field was making astronauts unwell and drained of their energy. These fields have always been critical to the earth and everything in it.NASA decided that it was time to add pulsating electromagnetic fields to the space capsules. Once NASA did so, this was no longer a problem."

"Every FACE has a STORY to tell…Our life experiences,
emotions shape not only our body but our face. Our outer
"shell" is truly a MIRROR of who YOU are inside."

FACIAL TREATMENT

If you ever have been for one, you already know that facials are very therapeutic.

Besides benefits like:

- Rejuvenating
- Hydrating
- Refreshing
- Healing
- Improving skin tone, texture and appearance

Facials can also relieve mental fatigue, headaches, stress, depression etc. Our face is a product of our genetics, our environment, life experiences. It literally shows who you are, where you have been and where you are going. All our emotions are printed on our faces. It reflects everything you have gone through in life. If you feel stressed or depressed for example, your face will show that.

Facial is the number one treatment to go for, to help to stop negative emotions being printed even deeper into our face. With the right tools, it can be done and even reversed and re- sculptured. One of my favourite facial treatments I offer, for example, includes Sculptural face Lifting Technique, an innovative and renowned technique offered by only a handful of facialists worldwide and I am proud to be one of them. I learnt this new technique with YAKOV GERSHKOVICH, founder of the international school of Sculptural Face lifting. He is the Master of facial manipulation, the world-wide creator and sought-after teacher. His technique is very powerful and its much more than just a facial massage.

I believe, everyone should have regular facial treatments at least four times a year (the change of every season) to help remove the dead skin cells so that new cells can come through and reveal your naturally glowing, younger, healthier look. It creates a perfect canvas for a better absorption of skincare products more effectively.

Home treatment wise….well, YES and NO!!!

Absolute "NO" to self-treating with Plasma Pen and Derma roller/ Derma pen with needles more that 0.3 mm!

(Derma roller as a home treatment should be prescribed and explained how to use by your therapist as a maintenance treatment after your In - clinic treatment. I recommend "Skin Philosophy" 0,25mm derma roller www.skinphilosophy.co.uk or DRS Derma roller 0.3mm https://quinnhairbeauty.com or from Viktoryia Health as I am an official distributor.

You can do so much damage and then it will be much harder for a specialist to help you to correct it. You are not saving money by doing that. Think twice!!!

Absolute "YES" to "feel good", but yet effective, facials at home like:

Steaming - is a great weekly treat to your skin. The moisture helps plump up dry or mature skin, and if you have oily/congested skin the heat gently softens blackheads, so they are easier to remove. Make sure you thoroughly double cleanse and exfoliate your skin prior to steaming.

Create your own facial using the following little mighty gadgets like…

Guasha, jade roller or vacuum massage cups. Who doesn't love those! Small but mighty little tools!

Cryo Balls - cryo therapy at home. Rolling these over the face is so soothing in the morning, will wake you up whilst reducing puffiness and redness, encouraging circulation and draining toxins and its amazing for your "hangover " too. I use those with bio-cellulose Timeless Truth Mask . Absolutely brilliant and enhancing to the treatment!

I recommend Rose Gold Rollers by "Skin Philosophy" www.skinphilosophy.co.uk or the original cryo balls by FRAÎCHEUR PARIS ICE Globes available on www.amazon.co.uk.

E.M.S. Microcurrent devices are brilliant as a home care. I personally use "LIFT" by "Skin Philosophy" as part of my morning routine or with Timeless Truth Mask Bio-cellulose range which works perfectly well together!!! Simple, but very effective gadget to stimulate and recharge your skin cells. It helps to stimulate muscle contractions, circulation, increase oxygen to the area for the firmer healthier glow. It can also help to double absorb active ingredients, which can directly penetrate the skin and make it easier to absorb skincare products.

LED devices - light therapy is a big thing theses days. I love it and incorporate into lots of my treatments. It makes you not only look a "million dollars" but makes you feel that way. That's why it's called a "Happy Light". LED devices are available to purchase for home use. I recommend LED device by **Dermapen world** or you can just rent a professional strength portable **Dermalux Flex** from your local clinic. (I offer Dermalux Flex with complimentary customised serums and a mask for hire as well as offer for sale LED devices mentioned above).

…. And of course the last, but not least, apply your **favourite mask** (use one according to your skin type)!!! Great tool to have and use as a maintenance between your professional facials in the clinic. Little tip: Bio cellulose "Timeless Truth face Masks" are perfect to use with LED. It will enhance the treatment and give your skin a WOW effect!!!

Remember: Whatever you choose, your favourite gadget, or a few, always read instructions and check out for contra-indications. If in doubt, have a consultation with your skin therapist!!!

Healthy skin is our body's first line of defence against illness, bacteria, and disease, so taking care of it is extremely important!!!

If you have a FACIAL in the clinic, always FOLLOW the tailored AFTERCARE ADVICE as given by your therapist!

Before your Facial Treatment…

YOU WILL BE ASKED AND YOU MUST

Always advise your therapist of any upcoming holidays or special events you are planning to go to soon after your facial, so your treatment is tailored according to that!!!

General Facial Aftercare:

- Avoid wearing make-up for at least 6 hours after the treatment
- Drink plenty of water to hydrate the skin and help eliminate the toxins
Do not apply any exfoliating skincare products to a treated area for 72 hours after having a facial
- Do not apply any perfume or perfumed products to treated area within 48 hours of having a facial
- Avoid direct heat, like shower sauna, hot baths, hot tubs
- Do not exercise or use swimming pool for 24 hours
- Avoid Sunbathing (Sunbeds are generally not good)
- Do not apply any self -tanning products to the treated area for 72 hours after your facial treatment.
- Avoid Alcohol for at least 24 hours
(well…a small glass of wine won't do much harm)
- Eat a healthy balanced diet to nourish and boost your skin health from the inside.
- Always use broad spectrum sunscreen SPF 30-50

- Always follow your Therapists advice in terms of your skincare routine as certain skincare products might need to be avoided for sometime i.e. Retinol etc.

Now, that you are equipped with all the information, will you be booking a Facial Treatment anytime soon?

Not only will you look even more beautiful on the outside but feel amazing and happy inside.

Did you know:
"Our ears and nose are made from cartilage. As we age, our nose lengthens and drops downwards, and our ears never stop growing. Ageing causes us to lose bone mass, including the bones in our face, meaning our face really does shrink as we age.
The human face has 43 muscle involved in expressing facial emotions.True happiness is revealed in our eyes; true sadness is revealed in the muscles of our chin. And finally, did you know that your face uses 50% more muscles to frown than to smile? Which is another great reason to save energy and smile more!!!"

"Start your day with a beautiful SMILE and finish with a MASK. You will be surprised how much better you feel afterwards, both inside and out"

There is always time and place for a FACE MASK!!!

Aren't we lucky and spoiled for choice these days when it comes to cosmetics and face masks!

We have such a huge variety of face masks on the market, in different types, creams, gels, clay, powder and sheet masks which are so….. easy to use, literally, take it out of the packet and "slap" it on….. but NO… we still say" don't have time to do it"

Question is ..

…do we really have no time, or is it just our priorities that are "wrong" or Maybe even laziness at times?

Somehow, there is always time for social media….. two hours later after a "scroll of death" looking at other people's lives and forgetting about our own. Those 2 hours can not be returned and there is so much you could have done for YOU in that time, the most important person in the world!!!

I remember from my childhood, when my Mum, being a single Mum, raising 2 kids - my Brother and I, was a super busy woman, doing housework - NO dishwasher, washing machine, microwave and of course NO INTERNET. Everything had to be done by hand. Moreover, managing to bake every weekend, shopping, ironing etc. But, I remember - ALWAYS- and I want to emphasise it, ALWAYS, had time for herself!

And back then, you had to be very creative …. You literally had to make your own mask- out of whatever you had, like strawberries, potato, cucumber, eggs…. Means, even more time required. But, still managed to make that very important ME TIME!

All we have to do these days is open the packet and that's it, really!!!

I love sheet masks. I prefer them to other types. No hassle, no mess…. And I always religiously have one on every Sunday, no matter what or how I feel.

My favourite are Award-Winning "**Timeless Truth Masks**", with a wide range you can choose from depending on your preferences. It is full of natural, beautiful ingredients - minerals, peptides, collagen, vitamins. I personally like the bio-cellulose range! Each mask contains 30 mls of serum which you can massage not only into your face but enough to cover your neck, decolletage and arms.To be honest, even all your body. A tip for you: this mask comes with 2 honeycomb protective sheets it placed in between. I use those to exfoliate my body, Just give your skin a good rub before applying the leftovers of serum and your body cream. Your skin will feel AMAZING after!

LITTLE TIPS for you - these bio range masks can be used with LED devices, ultrasound and E.M.S. gadgets if you have them at home. They will enhance the results of your home facials. SHEET MASK and CRYO BALLS are perfect companions for that morning after!!! They will help to detox and to bring that beauty and glow back to life. You will feel like a new woman!!!

Even if you are complete sceptic to masks, you will love these!

Big bonus of sheet mask is that you can even multi-task, as we, women do, carry on doing other things while you have a mask on, it will stay put!
Some other masks have to be washed off with tepid water, others peeled off by hand. Some of them you leave on for a few minute some of them can be left over night. All face masks always should be selected according to your skin type.

Well, the WEEKEND is coming …

Why not organise a " Mum and Daughter (or even with your partner) Skin Pamper evening.
Have a girlie night in with your friends and a bottle of bubbles!!!! " Pamper MASK and FIZZ night"! They really go well together, scientifically proved, champagne can actually help you to beat those wrinkles!
"Champagne contains anti-oxidants and cellular activators such as organic acids, minerals and vitamins, which are said to help to slow down the ageing process and repair the skin. It is said to guarantee a longer-lasting firmness and a glowing complexion." Daily Mail online

Going on holiday?

Put a few masks in your beauty bag!!! SUN, FROST or AlCOHOL can cause dehydration and dryness to your skin. The Face mask is a great way to replenish the moisture and bring that glow back!!! And last but not least, the mask is a great and easy way to freshen up ,hydrate and de-stress your skin while you are on the plane!!!

Staying over in London with girlfriends?

Take some masks for yourself and your girlfriends to use. They are the Best thing to do - after partying all night. It will help you to detox, hydrate your skin and to look "human" again!

…as I said at the beginning ..there is always time and place for the mask!

So, why not to try it out for yourself and start your day with a SMILE and finish with a face MASK!

Make it as a weekly routine, not just an occasion thing!
YOU are WORTH IT!!!!

Did you know :
"The first facial mask was invented during the 19th century by Madame Rowley. In Ohio, United States. It was called the "toilet mask" or later "face glove", a mask which was made of Indian gum and custom adjusted to the features of the user. It was beneficial for anyone who wanted to bleach, purify, and preserve the complexion of the skin. It was patented in 1875."

"Good SKINCARE is not a luxury,
It is an INVESTMENT in your health".
WHY COMPROMISE?

SKINCARE IS AN INVESTMENT

We don't often think of our skin as an organ, but it is the largest organ and an amazing organ in our body. It weighs about five kilograms and covers an area of about two square meters. The skin is our waterproof outer lining, protecting us from our environment and keeping the outside out and the inside in.

Healthy skin protects us from infection, mechanical damage and radiation. If skin is damaged, this protection is impaired and further damage may occur.

We should be careful not to take it for granted, but to look after it and protect it, if we want to benefit from its protection.

The big variety of products on the market can be quiet confusing, I know…plus as we age, much advice is taken from social media, friends and magazines. And this advice can be conflicting!

If some celebrity is using it, we think that means Its good for me.

Or we buy it because It looks nice, smells lovely or comes in an attractive package.. Sometimes we even don't look at what's on the label!!! We just take it and put it in our shopping basket. Does it sound familiar?

When you do your food shopping, you DO look at ingredients, especially if you have some allergies and intolerances, don't you? Absolutely! You want to avoid any adverse reactions that may worsen your condition.

Why is it so different when it comes to your precious skin?

Its vital to be kind to it and have a good relationship with it, especially if you already suffer from some skin issues. I know , its very easy to get angry and start blaming your skin for not going out or even not having a boyfriend , start scratching it until it bleeds, covering it up with thick layer of make- up you shouldn't be using, or even worse, using tanning products, treating it with harsh chemicals to dry up spots and imperfections etc.

Your skin is not trying to ruin your life!!! Its sending you a message and asking for your help ! It wants you to make changes in your skincare habits and lifestyle!

Remember: you should never self-treat diseased skin, by using this or that cream , you saw advertised on TV etc. You think you have saved money. WELL YOU HAVEN'T!

Everyone's skin may have the same job and the same structure but everyone's skin is different. What is good for one person, doesn't mean it is good for you. My skin might be more sensitive than yours. Mine might react better than yours to particular products or ingredients, and yours might react better than mine to other products or ingredients. There is no universal prescription! Please, remember that!

Proper skin routine is essential!!!

CLEANSING - is vital for keeping your skin healthy. It's a good habit to develop from an early age. There is a wide range of cleansing products on the market, it depends on your skin type, personal preferences and budget. Always cleanse your face both morning and night. Always double cleanse in the evening.

NEVER use face WIPES as they can cause skin irritation and just smear make-up and dirt over your skin. The only wipes I advise my clients to use in an emergency - 99.9% pure water baby wipes.

Avoid using very hot or very cold. Always pat the face dry using a towel.

EXFOLIATION - should be a regular part of your skincare routine. It's essential. It gives an instant improvement to the appearance of skin by removing dry layer of upper skin cells. I do get clients complaining on dullness of the skin and most of the time its because they don't exfoliate at all. How often you need to exfoliate very much depends on your skin type.

TONE - use toner or toning pads which are normally formulated with gentle acids to exfoliate dead skin cells, minimise clogged pores and helps the products you use to penetrate deeper.

SERUM/CREAM - to keep the skin healthy and allow it to function effectively as a barrier. Helps to rebuild and protect the skin. Choose according to your skin type and its needs.

EYE CREAM - the skin around the eyes is thin and delicate compared to the rest of our facial skin.. When applying cream, do not pull or stretch the skin. Use a small amount pea-sized amount. Remember to apply SPF around your eye area. Its vital and very often forgotten about!!!

MASK - I personally love masks and recommend to use them as skin maintenance at home between facial appointments and invasive skin therapies in clinic. Always choose according to your skin type.

SUNSCREEN - a must product in your daily routine. Sunscreen protects against solar radiation, UVA & UVB. There are different types of SPF, which should be chosen according to your skin type and skin issues if you have any.
- *Physical* - *Chemical* - *Mixed*

You should wear SPF all year round !!!

SPF30 should be increased to SPF 50 Spring - Summer times. Remember to re-apply every 2 hours when you are outside.
Best to wear a separate broad spectrum sunscreen with minimum SPF 30 rather than going for cosmetic products that already contains SPF.

ALWAYS wear SPF 50 after some invasive skin treatments in the clinic.
NEVER ignore your Therapists aftercare advice!

If you are unsure about your skin care routine and want some professional advice, never feel uncomfortable to ask your skin therapist! They will be very happy to help!

Prevention is always better and moreover, cheaper than cure.
Be KIND to your SKIN!

Remember you don't spend, you invest into your SKIN!

Did you know:
"That it's only as recent in the 1960s, skin care terms like cleansing, toning and moisturising became a part of everyday life. In the 1970s, cosmetic producers started to put natural ingredients to satisfy customers desires for more organic products. In 1980s, collagen started to be added into cosmetics and face masks for better skin elasticity and Retinol (vit A) was actually discovered in 1913 by an English Biochemist, Frederick Hopkins and first used topically for skin conditions in 1958 and in anti-aging treatments was pioneered in the 1980th, which is these days not only one of the BIGGEST WEAPONS against Ageing but Acne as well."

"FEET are the most fascinating part of the body.
They can tell a lot not only about your HEALTH but a lot about YOU"

FEET

- are the most fascinating part of our body, don't you think?

Feet can reveal a lot about your health and well-being and even personality. Being a Reflexologist I look at feet in a different way and working with feet on a daily basis I can say, that its true not a myth!. And we shouldn't really be surprised about it as everything is recorded in our body down at cellular level.

Mind and Body connection scientifically proved!

But how well do you actually take care of your feet?

They do deserve that TLC from you not only once a month when you have your toes painted. They deserve that love from you every day as your feet take great care of you without a day off and deserve love in return. **Beautiful and well-cared-for feet** not only provide **comfort** but also give you the **confidence** to feel at ease, regardless of the situation.

As little as doing the following will make such a difference:

Give your feet a nice FOOT BATH with Dead Sea salts and special Foot Soaking products, especially when your toenails are thick and difficult to cut. I recommend to use **NAPPA Foot Soak Gel** - Refreshing Sage is a delicate gel that not only cleanses but also cares for the dry skin on feet and heels. The precisely designed formula of the product makes it perfect as the first step in the pedicure treatment. Thanks to the content of lanolin, the product exhibits strong moisturising action. Moreover, it creates a delicate occlusive layer, which prevents excessive water loss and protects the epidermis, very positively affecting its state.Soak feet in the bowl with warm water and a small amount of soaking gel for about 5-10 minutes. Rinse thoroughly and gently dry with a towel.

Dead Sea Salts. I really like Westlab Mineral well-being brand which is readily available from your local chemist or health store. Mix one teaspoon of salt per pint of water and soak for 5 to 10 minutes.

EXFOLIATE and FILE your feet once a week. To help with callus skin and and stimulate new skin cells get to the surface. I want to recommend some of the files I personally use (www.amazon.co.uk) Bio Sana **Pedi-File Foot Dresser** | Rough & Fine Sides | Anti-bacterial Coating by Footcare UK and **ULTIMATE Foot File Hard Skin Remover** - GENUINE MEGAFILE by NYK1 Secrets.

Give them a luxury treatment with a MASK or MOISTURISING SOCKS which you can leave on while you watch your favourite program on TV or even leave it overnight, as easy as that. I use professional brand "**SILCARE**" and "**NAPPA**" products which I personally love and get positive feedback from my clients.

Put your FEET UP! Not only does it feel great. It will help to bring blood back towards your heart and promotes lymphatic circulation.

MASSAGE your feet, while you are applying foot cream before you go to bed. Which will nourish and protect the skin to avoid cracks and dryness and will improve the texture. I love **NAPPA Foot Cream - Exfoliating 30% Urea**.It has a velvety texture based on a mixture of peach kernel oil and lanolin that not only have oiling, nourishing and smoothing properties but also protect the skin and support its regeneration. The addition of glycerine helps to bind water in the epidermis, affecting the maintenance of optimum level of elasticity and hydration, plus it protects against excessive skin dryness. The foot cream contains 30% urea that intensively exfoliates callused skin as well as increases permeability of the horny layer, supporting penetration of active substances deep into the skin. Furthermore, it prevents heels from becoming dry and exhibits soothing effects. The product is characterised by a pleasant, fresh fragrance with a lemon note.

If your heals are already badly cracked and damaged, I recommend to get **Heel balm "Flexitol"**, a medically proven treatment, (available from your local chemist or health store) which contains 25% urea and 1% Dimethicone. Great S.O.S. Treatment for your feet.

While you do that, pay attention to the soles of your feet, between toes, nails and entire body for changes in moles and unusual liaisons.

It's important to check your skin regularly, experts suggest at least once per month.

Look out for the following signs:

Mole changes shape, getting an irregular outline
Moles changes colour- getting darker or multi-shaded
Mole getting bigger
Gets itchy, painful, crusty or inflamed
Skin, nail, mucosal lesion looks or behaving differently to the rest of your skin lesions, moles

It's important to get to know your skin and what is normal for you, so you can easily identify any changes. Consult your GP if you have any of these signs.

As well as…

Avoid "digging out" ingrown toenails, especially if they are infected and sore! If you are suffering from an ingrown toenail, see a chiropodist. Do not self-treat!
Wear shoes that fit you properly. Also alternate which pair of shoes you wear each day.
Wear flip flops at the pool, sauna and in public showers. It will help to reduce the risk of infections caused by a fungus that can get in your toenails.
Trim toenails regularly. Keeping them short will minimise the risk of trauma and injury.

...And last, but not least, pamper them with a visit to a therapist for a professional Pedicure, Thai Foot massage or Reflexology, of which not only your feet benefit from but your Body and Mind in general.

A few facts about REFLEXOLOGY and how it will benefit your health, for a example…

What is REFLEXOLOGY?

It is a holistic healing technique which aims to treat the individual as an entity, incorporating body, mind and spirit. *The art of reflex foot massage must not be confused with basic foot massage. It is a specific pressure technique that works on precise reflex points on the feet which correspond with all body parts.* Because the feet represent a microcosm of the body, all organs, glands and other body parts are laid out in a similar arrangement on your feet. We, reflexologists, do not treat specific conditions and it is not a substitute for medical treatment and care, beware of that. There are different types of reflexology treatments, like Classic Reflexology, Precision and Lymph Drainage one. I personally, incorporate these into my customised Reflexology Treatment, but it is, indeed, an individual preference.

Reflexology feels different to each person..

Generally, I would say, clients feel relaxed and sometimes even fall asleep during the treatment, from my experience.

In order to aid the healing process and to get the maximum benefit from your treatment you are advised to:

Drink plenty of water as this will help the body flush away excess toxins and waste released by the treatment.

Avoid eating a heavy meal for up to 2 hours after reflexology. A light snack is fine.

Avoid stimulants such as coffee/tea. If these can't be avoided, please, compensate by having an extra glass of water.

Avoid alcohol and smoking for up to 24 hours.

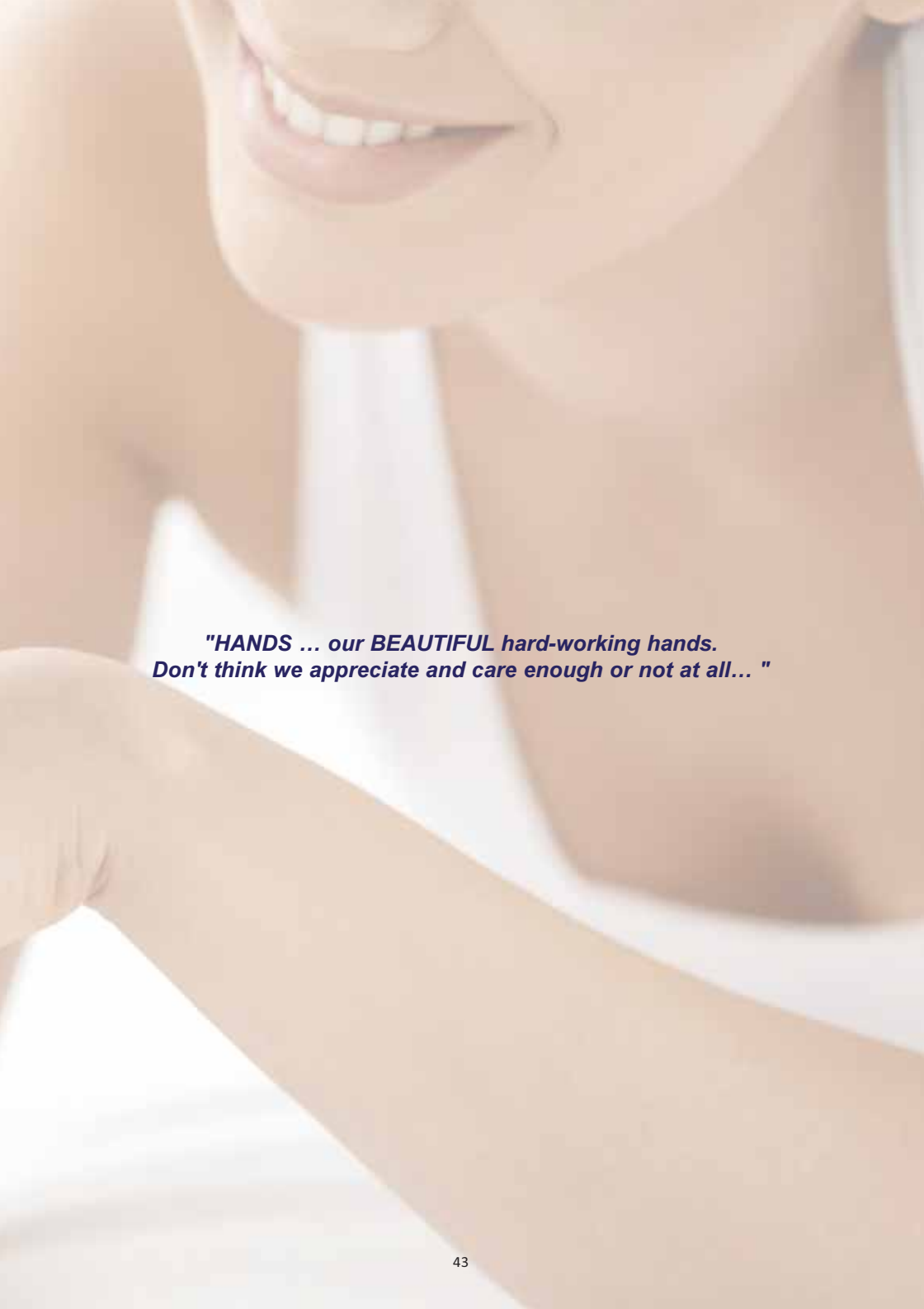
Rest and relax after the treatment.

You will feel very relaxed after a treatment, however sometimes either during or after a treatment you may feel exceptionally tired, dizzy, nauseous, emotional, have a headache or general aches and pains, disturbed sleep or deeper sleep and the need to urinate more frequently. Although you may not experience any of these reactions you should be aware that they might occur.
These reactions are normal and are called a "healing crisis" where the body is reacting to the flushing away of toxins and re-balancing itself.

However if you faint, vomit or have diarrhoea please seek medical advice!!!

Love your feet! Love yourself!

Did you know:
"There are approximately 8,000 nerves in the feet - that's more per square centimetres than any place else on the body. Rarely are two feet on a person the same size. Feet are largest at the end of the day. Toenails grow more slowly than fingernails - approximately 1mm per month. It takes 5-6 months to grow an entirely new toenail."



"HANDS … our BEAUTIFUL hard-working hands.
Don't think we appreciate and care enough or not at all… "

HANDS

They go through a lot during the day. Cooking, washing up, writing, housework etc. How would we manage without them? They are, for sure, one of the most important parts of the body. Most of the time we do take them for granted and don't give a lot or sometimes nothing at all in return.

It's so easily can be fitted into our busy and "no time" lives.

- To nourish and moisturise your skin takes literally seconds by applying your favourite hand cream.

- EXOFOLIATE!!! Let's be honest, majority of us don't do it enough or don't do it at all. We do exfoliate our face and body, and we must do the same to our hands. To help to shed off that old skin cells sitting on top and stopping new cells to come up to the surface. And It literally takes no time.

I recommend **So ROSE! So GOLD! Collection** by **"Silcare".** Their **Hand Scrub Silk Paste in a form of silk hand exfoliating paste**, thanks to the content of such ingredients as fine sugar crystals, Shea butter, and green olive oil, gently exfoliates dead skin cells and provides proper blood circulation. It restores the youthful glow and beautiful tone of skin of hands, making it soft, flexible and well-nourished.

Apply scrub to a slightly damp hands, then gently massage the scrub into the skin in a circular motion using your fingertips. Rinse with lukewarm water. It is recommended to use once or twice a week.

- Pamper your hands with a little MASSAGE by using serum oil or cream while you watch TV or before you go to sleep. Massage will help to stimulate lymph and blood circulation and bring life to your joints and ligaments. They will love you back even more for that.

I love So ROSE! So GOLD! Hand & Nail Oil Serum. It is a multi-purpose hand serum that provides softness, smoothness and healthy look to the skin of your hands, thanks to its rich content. Grape seed oil, argan oil, green olive oil and soybean oil in the product that have moisturising, softening and smoothing properties. The product is intended not only for dry and dehydrated skin but also for skin that is exposed to adverse external factors, such as heavy frost, strong wind, and strong sunlight. It perfectly complements hand care after hand scrub treatment. The delicate and light consistency assures a feeling of comfort without leaving hands sticky and oily.

The velvety **Hand cream** from this range contains hydrolyzed silk and glycerin to help maintain optimal level of moisture and create a protective, smoothing film on the skin. Shea butter and vitamin E nourish and re-generate as well as help the hands to re-gain their youthful look. The floral-fruity fragrance pampers the senses and completes the hand care ritual.

While you give your hands love and affection, pay attention to them (skin colour, nails, etc.) Fingernails do show the state of your health - they can indicate problems such as mineral or vitamin deficiencies, liver trouble, thyroid or anaemia. Some warning signs of deficiencies that show up on your nails may be that they are brittle, pale or spotted.

The colour of the nails and those small "moons" on each nail can identify the quality of oxygen level of the bloodstream and blood circulation. Our bodies always speak to us and give us clues!

Some Tips for healthy strong NAILS and more …

Treating on the outside :

- Keep your nails clean and dry.

- Cut nails straight across. Use sharp nail scissors or clippers. Round the nails slightly at the tips for maximum strength.

- NEVER bite fingernails! If you have this habit already, Apply **bitter-tasting nail polish** to your nails. Available over-the-counter, this safe, but awful-tasting formula will discourage you from biting your nails. **Replace the nail-biting habit with a good habit**. For example, play with a stress ball. This will help keep your hands busy and away from your mouth.

- NEVER use your nails as a tool.

REMEMBER: If your nails; change, swell, or cause pain, see your GP/ dermatologist because these can be signs of serious nail problems. If you have diabetes or poor circulation, it's especially important to seek treatment for any nail problems.

Treating from the inside out….

Hydrolysed Marine Collagen is a unique, essential anti-ageing supplement that targets skin care problems and supports overall skin, hair and connective tissue function throughout the entire body, as well as strengthening nails and helping with gut health, energy and metabolism. It may also promote hair growth and reduce hair loss, thicker and longer eye lashes.
Just one cap full of VitB12 shot Collagen before bed - the ideal time for your body to repair - will allow ingredients to work their magic while you sleep to leave you feeling your absolute best from the inside out.

Only premium ingredients have been used in the development of this product. Marine collagen is the best version by far. It was also essential that there were no harmful ingredients, which is why Stevia (usually found in branded Collagen) was removed as it can cause infertility issues in high doses.

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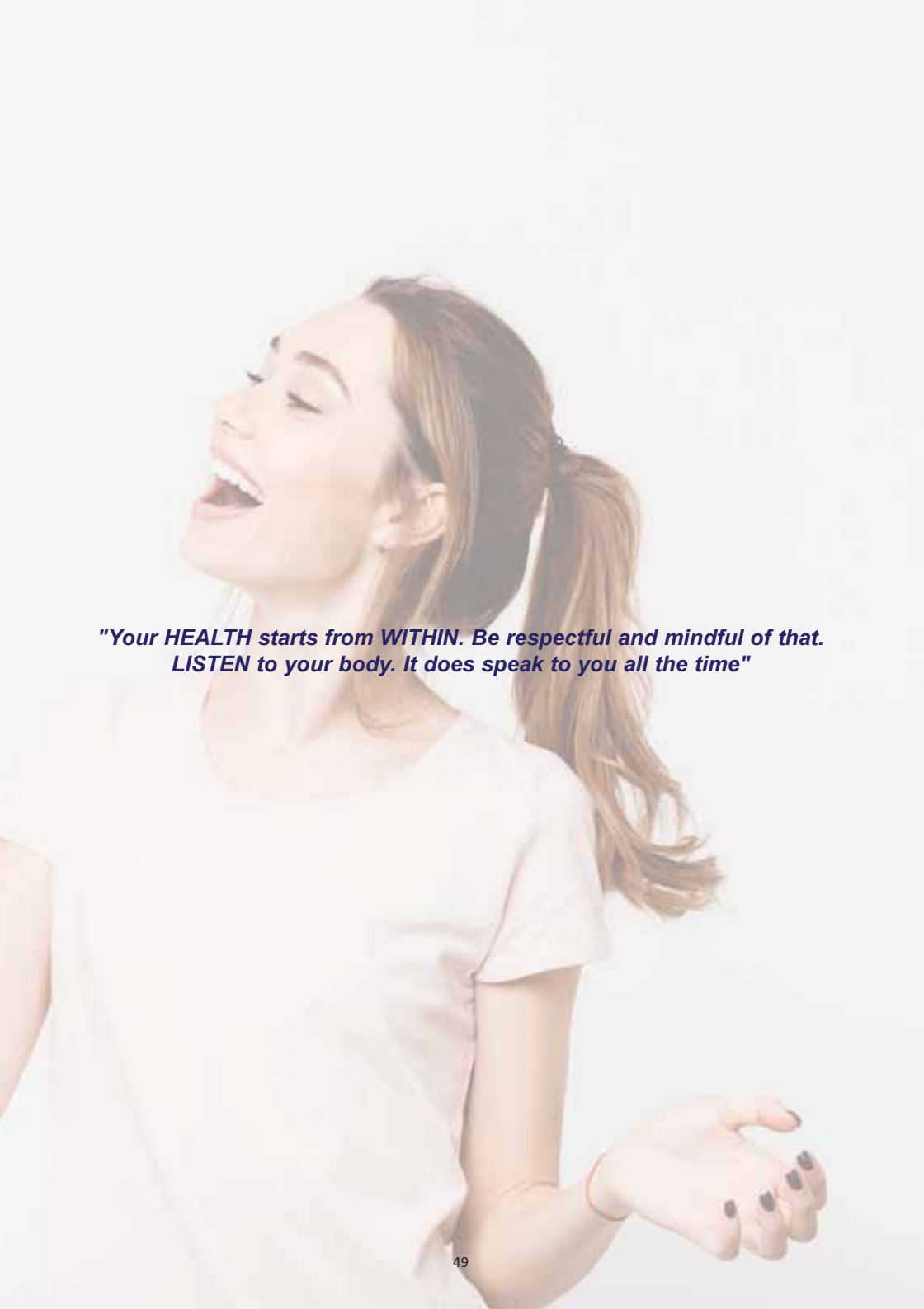
This collagen is the purest and one of the best available. Many of my clients use it regularly and I have fantastic feedback and incredible life-changing results, helping with knee joint issues, brittle nails, hair loss as well as general skin health improvement.

Remember! You have two hands.
One to help YOURSELF, the second to help others!

Did you know:
"There are 27 bones, 29 joints and at least 123 ligaments, 34 muscles, 48 nerves and 30 arteries in the human hand. Fingerprints are a completely unique DNA imprint that is different in every single human being. No two human beings in the world have similar fingerprints. Men tend to have longer ring fingers than index fingers - girls vice versa.

Our fingers are even more sensitive than the eyes-the fingertips have a large number of receptors responsible for sending messages to the brain.

The vein on your ring finger is called Vena Amoris in Latin-it has a direct line with the human heart and is known as the "vein of love". That's why we wear an engagement ring on the left hand's finger!"



"Your HEALTH starts from WITHIN. Be respectful and mindful of that. LISTEN to your body. It does speak to you all the time"

NUTRITION AND SKIN

Is one the most important part of our life,isn't it? The foundation for repair and regeneration of tissue and enables proper bodily functions and more. It determines our energy level, longevity and the state of MIND and BODY.

Inadequate nutritional status can affect your health, as well as appearance. Ridges, spots and other abnormalities of the nails are reflective of certain nutritional deficiencies. Even the shape and proportions of your body may indicate a dysfunction of certain endocrine glands.

Blemishes on the skin can be indicative of pathology deep within, YES, your skin is a direct reflection of what's going on inside of our bodies, its not enough just relying on creams and masks, we need to start from within. Your skin will always give you clues on your health.

Your digestive system plays a huge role in how glowing or dull your skin looks. If the digestive system cannot function properly, for example poor diet, the result ultimately is inflammation, rosacea, acne and other skin issues.

When it comes to skin issues I always recommend to have a SKIN DIARY, write answers down to questions like :

- How old were you when skin issues started first?

- Where did you live?

- What job were you doing?

- Any significant changes in life?

- Level of stress?

- Medication?

- Diet?

- Sleep pattern?

- Exercise?

And when you have flare ups, refer back to questions and go over again. Write down how you feel, not only localised skin issues, I mean generally as well as your energy levels. So you'll be able to figure out for yourself what food energise you and what food make you feel tired. This will help to get to the root of the problem, make changes and see the improvements over a period of time. Good to have photos too. As proof of positive changes. Good motivation enables you to see the progress you are making.

DIET wise , to prevent skin problems and to keep it healthy, you should pay attention to the following:

- Limit alcohol, caffeine, salt, sugar, saturated fats and smoking.

SUGAR - not only badly affects our waistline, but can also do serious damage to our digestive system, which eventually will show up on your face. When consumed it causes blood sugar levels to rise and drop and triggering an inflammation response. INFLAMMATION can cause not only break- outs, but lines and wrinkles by destroying collagen and elastin.

SMOKING - Nicotine causes blood vessels to narrow, reducing oxygen flow and nutrients to skin cells. Repetitive muscle movements contribute to lines around the mouth and eyes. Plus destroys collagen and elastin. Decreases amount of vit C in the body which is essential for beauty and health in general.

- Drink plenty of WATER every day. It is fundamental. Majority of us don't really drink enough. Our body consists of about 70% water. It needs water for almost every function it carries out from regulating body temperature to lubricating joints, it is also your skin and lymphatic systems best friend. It helps to flush toxins out of the body and carry nutrients to the cells.

LITTLE TIP: a glass of warm lemon, ginger or turmeric water first thing in the morning before you have breakfast is a great start of the day. It has alkaline and anti-inflammatory effect on the body. If you find pure water boring, it can be replaced with herbal teas or flavoured with lemon /lime/fresh mint.

Eat Omega-3 fats as contained in seeds and NUTS daily. It's crucial and not most people don't get enough. But, still, don't go too "nuts" on nuts!!!

Have UN-PROCESSED food, as its much healthier. Processed foods lack any beneficial nutrients plus can be loaded with artificial chemicals.

Eat plenty of FRUIT and VEGETABLES, preferably organic. They are rich in vitamins, minerals, fibre, and anti-oxidants.

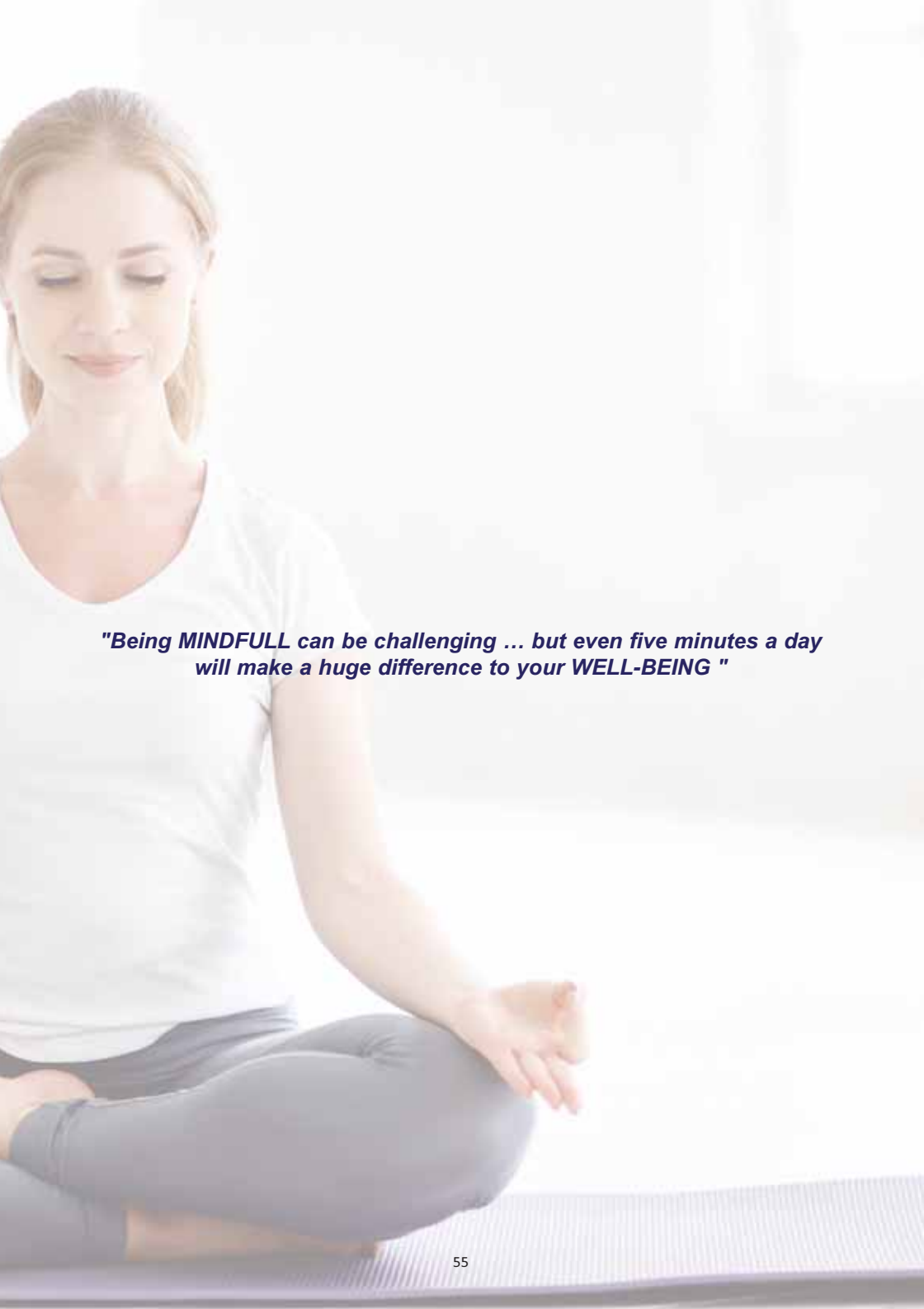
Please note!!! You must see a GP/ healthcare professional to get the all-clear before making some dramatic changes in your diet/lifestyle. It's only guidance and not a universal prescription!!!

The final, most important thing is - have a flexible and balanced diet.
Consistency is the key!!!

There is no point in telling yourself that you'll never eat chocolate, cake or drink alcohol. If you set these restrictions, you most probably will fail as its not realistic for a majority of people. Never focus on "bad" foods you might had in the day. Don't beat yourself up over it, get stressed and feel guilty. Just make sure your diet is 80% and 20% can be your "guilty pleasure" food. Enjoy it!!!

Be KIND and MINDFULL to your BODY.
Learn to listen and understand it. It does speak to you!!!

Did you know:
"Diets really don't work. Adopting a healthy lifestyle is the only way to ensure a lifetime of improved health and well-being. Low fat doesn't mean healthy. Feeding your gut with bacteria is important. "Organic" or "Gluten-free" doesn't mean healthy. Organic sugar is still sugar and gluten-free junk food is still junk food"



"Being MINDFULL can be challenging … but even five minutes a day will make a huge difference to your WELL-BEING "

MINDFULNESS and how it can help with stress and inflammation

What is STRESS to start with? Its not as if you have never experienced it. We all have in one form or another even on a daily basis. The most important thing is not what causes it but your ability to cope with that stress. Everyone has a different capacity to effectively cope and to perform in times of stress.

Robert Sapolsky, author of perhaps the best book on stress psychology "Why Zebras don't get Ulcers", in my opinion and I recommend you to read, uses the examples of zebras being stressed out by lions and baboons being stressed out by each other to illustrate the fact that short-term (acute) periods of stress are vital to survive. From his many examples, we come to learn that whereas acute periods of stress are necessary, a chronically elevated stress response is detrimental to long-term health in a variety of ways.

Researchers have suggested that acute and chronic psychological stress is a primary cause not just of cortisol over-exposure, but also inflammatory diseases, including insulin resistance, diabetes, obesity and heart disease.

Mindfulness and meditation are very effective ways to help with stress, anxiety, depression and can help to prevent them.

WHAT IS MINDFULNESS?

It can be described as a "way of being" or "a way of responding to the world". A form of mental stability that prevents attention from being captured by distractors. Ability to recognise that thoughts are just your thoughts!!!!

And the goal is not to suppress thoughts, but rather to observe them as mental events, while recognising their power.

Our mental and emotional reaction to stressful situations is the key!!!

Our mind continually survey our environment for internal and external threats.

The "flight or fight" reaction is triggered in response to that perceived level of threat.

A healthy stress response means that we can quickly revert to a state of alert but peaceful surveillance.

Mindful breathing meditations seem to be most effective at breaking repetitive negative thinking & increasing optimism about the future:

What if even breathing feels stressful?

Take a ***MINDFUL SIP***, using your favourite tea/coffee.

- Close your eyes

- Use all of your senses to notice the cup in your hands & the drink inside it

- Open your senses to notice what else is around you, especially things that you find comforting

- Invite attention back to the sensations of the drink you have

- Use these sensations as an anchor each time you notice your mind wandering or making judgements

- Bring in gratitude / appreciation for the whole web of people & circumstances that have made your drink possible

- Feel the sense of connection to where you are now, as well as to the web of support that is life

- Open your eyes and get back into your world.

This Mindful Sip meditation can be practiced when you have breakfast or tea break at work or at home. It doesn't take much of your time but it will do you a world of good to your physical health and mental well-being!!!

Thoughts are just thoughts and can be changed!

Did you know:
"Being mindful of our breathing, especially the out-breath, stimulates the Vagus nerve. Improves cognitive function. Reduces depressive symptoms. Activates the parasympathetic nervous system. Has an anti-inflammatory effect on our gut."

"MOTION is a great lotion to your joints, SKIN and an amazing stimulant to your brain. Be ACTIVE today, to live healthy and happy in your later years"

EXERCISE

We all have had one of those moments" I'll start on Monday…" and "Monday" never comes ….We all have been there, including myself… It's not easy to motivate yourself at times, especially when you are feeling flat and low… BUT that's, actually, the best time to do it!

JUST DO IT!

YES !! To stimulate those ENDORPHINES and give them a good BOOST!!!! EXERCISE leads to the production of dopamine and serotonin, which are "feel good" anti-anxiety and anti-depression chemicals which are produced in the brain. It can help to reduce some of the damaging effects of chronic cortisol exposure.

Regular exercise can reduce body fat, build muscle and bone, improve mental and emotional function and stimulate the immune response.

Moreover…

It has age-fighting powers!!!
Yes, lifting weights builds muscles and may also keep skin young.

Resistance training can boost your skins youthful appearance since it increases the production of growth hormone, which is produced by the pituitary gland in your brain, and some studies show that it can aid cell repair. It can also stimulate the fibroblast cells to create more COLLAGEN, something that we lose every year after age 30, which is when physical ageing becomes noticeable.

One of the questions I get asked is if collagen supplements are beneficial to muscle health and joints during training?

The answer is - yes, according to many studies. By taking collagen supplements while you do your training, it helps with:

Muscle mass - Collagen peptide supplements and training promotes muscle mass and strength.

Marine Collagen repairs and builds **connective tissue** for improved elasticity, improves blood vessel quality to help improve circulation, and can help promote **wound healing**.

Skin - general skin health is improved as well as elasticity and texture.

My recommendation - **Hydrolysed Marine Collagen with Hyaluronic Acid and Vitamin C** - 100% Natural Anti-Ageing formula for Skin, Hair, Nails and Joints.
It is the purest and one of the best available collagen supplements.

Another supplement I do recommend for healthy bones, muscle function and healthy immune system is Vitamin D!

Vitamin D is vital in this climate. Our body creates Vitamin D from direct sunlight and we also get some Vitamin D from a small number of foods, including oily fish, red meat and eggs.
You can get Vitamin D the natural way, from the sunlight! As we know, Sunscreen blocks UVB rays the body needs to make Vitamin D. To keep it safe, limit sun exposure without SPF up to 10 min only, it will keep skin safe and will give you your Vitamin D.
A lack of Vitamin D can cause bones to become soft and weak.
Studies have also shown that Vitamin D deficiency can cause weight gain and result in excess belly fat, due to a dip in a hormone that regulates appetite, impairing the brains signal that you are full.
Vitamin D helps to boost the immune system, stave off seasonal affective disorder. It may even substantially cut the risk of breast, colon, prostate, and ovarian cancer and much more.

As we get older, Vitamin D synthesis declines
and more likely you need to take supplemental Vitamin D
- an additional 800 - 1000 IU (mg) daily!!!

I personally use and offer to my clients Vitamin D3 in spray form by Vit B12 Academy.
This convenient, orange flavour spray is formulated to deliver Vitamin D directly into the bloodstream. As we all know Vitamin D3 is dangerous to inject as it is fat soluble, and studies show that administering a spray under the tongue and allowing it to absorb for 15 seconds is just as effective as an injection.

Other essential supplements I would recommend to support exercise are the following:

Magnesium - Exercise accelerates magnesium usage by up to 20%. It's essential to take some supplementation if you are deficient. Also related to lower cortisol levels during exercise.
Q10 + Selenium, to address oxidation, reduce damage of cells, support recovery and aid protection and muscular injury prevention.

KEEP UP WITH YOUR EXERCISE!
BE ACTIVE TODAY TO FIGHT AGE AND LIVE HEALTHY AND HAPPY LIFE IN YOUR LATER YEARS!

Did you know;
"Listening to music while exercising can improve work out performance by 15%. Exercising increases the production of cells that are responsible for learning and memory. Cardiovascular exercise helps create new brain cells. This enhances brainpower and brain activity. If you are someone who has trouble sleeping or staying asleep, then working out is your answer. Exercise helps to clear your head and helps you feel relaxed".

… some more ideas of self-care…

- Put your PHONE on silent mode or turn it OFF completely for a day. Well….I know, it is a challenge and a half. We are holding on to our gadgets for dear life. Reaching out for it … may be too many times … If we leave home without them … OMG! Its the end of the World….

- Take a long, luxurious BATH using dead sea salts/ bath bombs. Isn't it lovely ? Put a face mask to enhance your beauty, while you doing it, even better… so easy … don't you think?

- Pick up a BOOK and spend some time enjoying it. When was the last time you actually did? Good for your BRAIN and not only…. It may take you away on a journey of discovery…may be even discover Yourself. Taking YOU to places you have never been to or dared to be…. Whatever it is … you will get YOUR answers!

- Feeling stressed? Pick up that STRESS BALL and give it a good squeeeeeeeeze. Doesn't it feel GOOD? Just let all those negative emotions out. Keep one in your handbag even … as you never know when that moment will hit you haha. I have started giving a stress ball to all my new clients as part of their "ME TIME" goody bag … and always get a positive feedback .

- DO absolutely NOTHING! Stillness is virtue …doesn't it feel good not do anything and just think of you? Be present .. Be kind to yourself!

- Light beautiful CANDLES ….Enjoy the scent and calmness of the frame. It's therapeutical to watch the fire. There is something about it that …just makes you feel CALM and PEACEFULL!!!

- Get rid off old CLUTTER…. I'd say, even monthly…Old energy will be replaced with good new energy….

- RETAIL THERAPY - well, after de-clutter ….. the best thing to do!!!!! That always works for us, ladies. Doesn't it make you feel AMAZING.

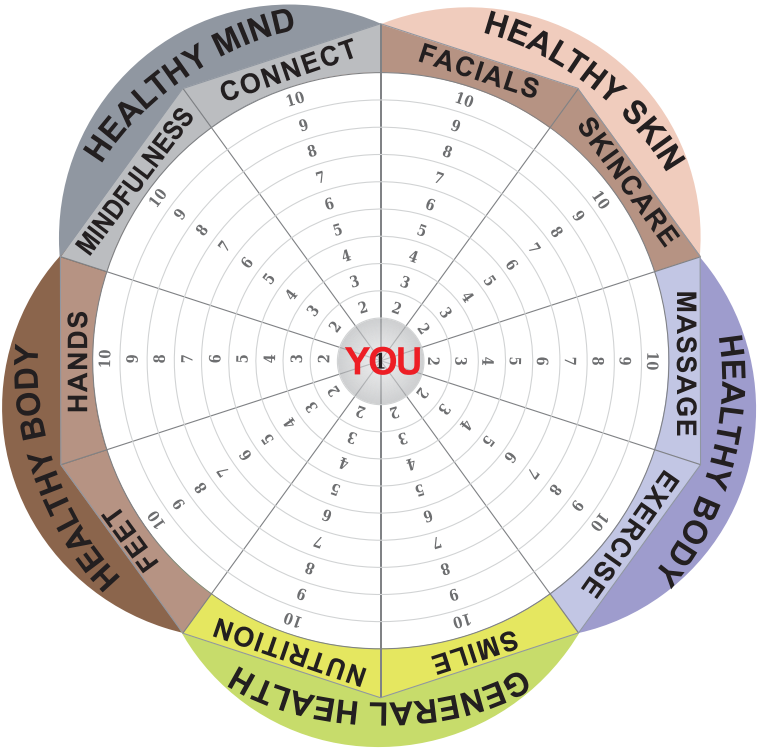
- Go to your FAVOURITE RESTAURANT …It's not an expense, as you might think!! It's a fabulous experience to have, where you can enjoy and feel all your senses … smell, taste !!!

- Watch a SUNrise or SUNset. It's like watching a fire … helps you feel calm and more relaxed…

- Create a list of things you are GRATEFUL for! It will definitely help make you appreciate the things you have, even more!!!

The Wheel of Well-being

(Please, score yourself out of 1 to 10
where you are on "the wheel of well-being" today)



30 DAYS SELF - CARE CHALLENGE

To fall in love
with your inner and outer beauty and uniqueness!

(Everyone, who completes it,
will get a "ME TIME" beauty box with goodies &
50% discount off of one of my treatments)

What are you waiting for?

"Dare to love yourself as if you were a rainbow
with gold at both ends"
Aberjhani

Day 1

"You are beautiful and worthy and totally unique" Emma Stone

Day 2

"The one thing that you have that nobody else has is you" - Neil Gaiman

Day 3

"Self-love is the source of all our other loves"
Pierre Corneille

Day 4

"Go boldly and honestly through the world. Learn to love the fact that there is nobody else quite like you"
Daniel Radcliffe

Day 5

"Don't go through life; grow through life" - Eric Butterworth

Day 6

"The most powerful relationship you will ever have is the relationship with yourself"
Steve Maraboni

Day 7

"Never dull your shine for somebody else" - Tyra Banks

Day 8

"Wanting to be someone else is a waste of the person you are"- Kurt Cobain

Day 9

"Believe you can and you are halfway there" - Theodore Roosevelt

Day 10

"Take the time to love yourself, and everything will be alright" - Zendaya

Day 11

"The only person you are destined to become is the person you decide to be"
Ralph Waldo Emerson

Day 12

"Tension is who you think you should be. Relaxation is who you are" - Chinese proverb

Day 13

"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself" - Thich Nhat Hanh

Day 14

"Success is liking yourself, liking what you do, and liking how you do it" - Maya Angelou

Day 15

"Appear as you are, be as you appear" - Rumi

Day 16

"Invent your world. Surround yourself with people, colour, sounds, and work that nourish you"
Susan Ariel Rainbow Kennedy

Day 17

"Be in love with your life, every detail of it" - Jack Kerouac

Day 18

"It takes courage to grow up and become who you really are " - E.E. Cummings

Day 19

"When we can see ourselves as we truly are and accept ourselves,
we build the necessary foundation for self-love" - Bell Hooks

Day 20

"Talk to yourself like you would to someone you love" - Brene Brown

Day 21

"Keep smiling, because life is beautiful and there so much to smile about" - Marilyn Monroe

Day 22

"We need to do a better job of putting ourselves higher on our own "to do" list"
Michelle Obama

Day 23

"You are never old to set another goal or dream a new dream" - Les Brown

Day 24

"The world only exists in your eyes… You can make it as big or as small as you want"
F.Scott Fitzgerald

Day 25

"You are your best thing" - Toni Morrison

Day 26

"Always be a first-rate version of yourself, instead of a second rate version of somebody else"
Judy Garland

Day 27

"I think its possible for ordinary people to choose to be extraordinary" - Elon Musk

Day 28

"We have to dare to be ourselves, however frightening or strange that self might prove to be"
May Sarton

Day 29

"The key to happiness is being happy by yourself and for yourself" - Ellen DeGeneres

Day 30

"Its not your job to be likable.Its your job to be yourself"
Chimamanda Ngozi Aichie

The Wheel of Well-being

(Please, score yourself out of 1 to 10
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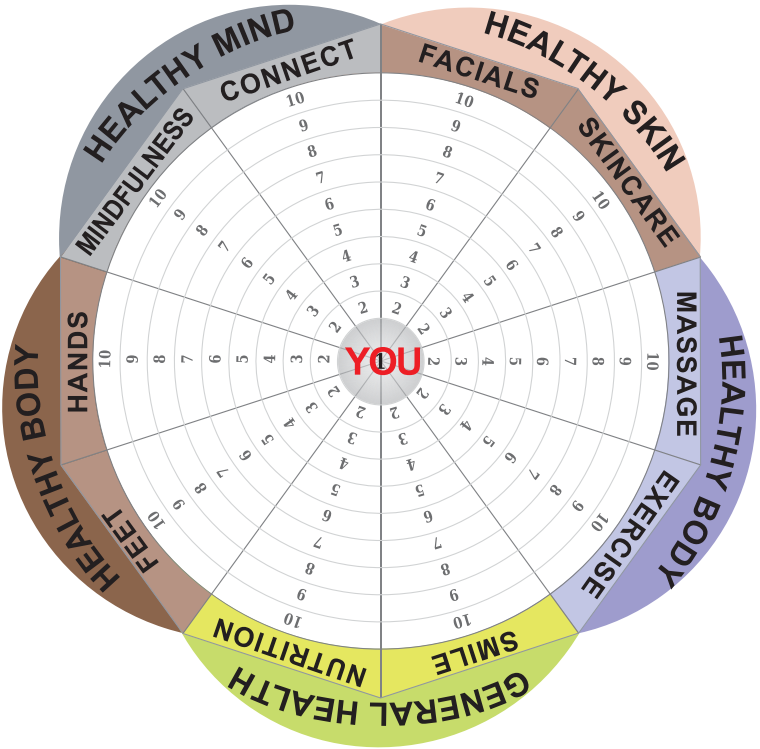

Notes

HEALTHY MIND
CONNECT
MINDFULNESS
HEALTHY SKIN
FACIALS
SKINCARE
HEALTHY BODY
HANDS
FEET
HEALTHY BODY
MASSAGE
EXERCISE
GENERAL HEALTH
NUTRITION
SMILE
YOU

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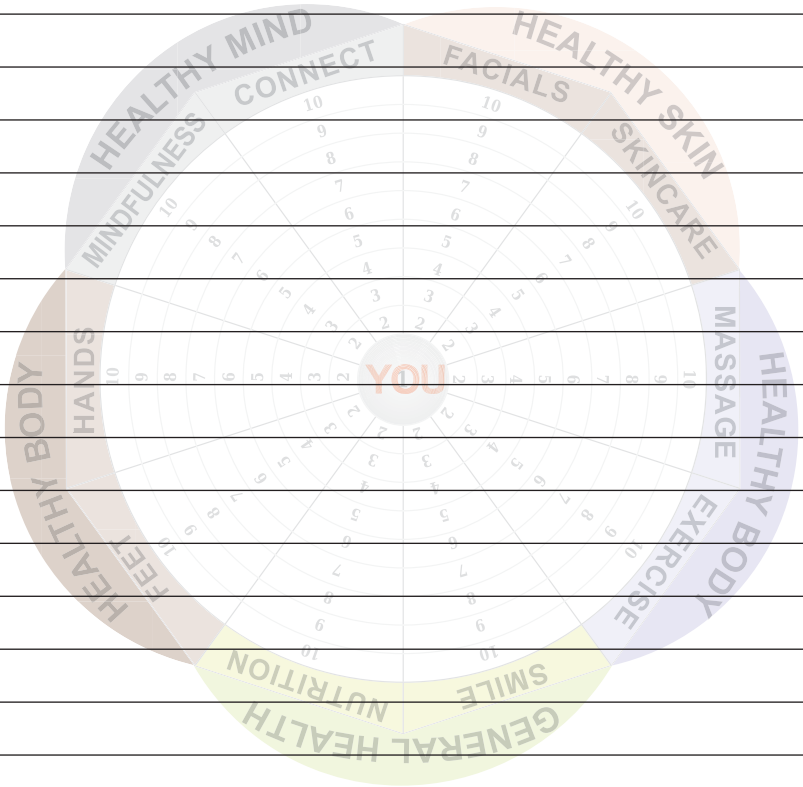
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FINALLY,
LOOK IN THE MIRROR,
GIVE YOURSELF A BIG BEAUTIFUL SMILE
&
SCHEDULE YOUR NEXT "ME TIME" FOR TOMORROW !!!

Enhance your Wheel of Well-being!

Treat your beautiful self, loved ones or someone special with a GIFT VOUCHER for some ME TIME treatments!

Thank you for reading. I hope you found this little booklet informative and it helped you to make some changes, if they were needed, and made you feel even more
AMAZING and BEAUTIFUL!!!

Please, follow me on Facebook/Instagram @viktoryiaselfcare, @viktoryiahealth @viktoryiawellbeing for more self-care ideas/products and treatments. You can also subscribe to Viktoryia Health channel on YOU TUBE and my monthly Newsletters on www.viktoryiahealth.co.uk

Support SMALL BUSINESSES.
By doing that, you are supporting someone's DREAM!!!
Thank you!!!
Viktoryia
xxx