

Get your health back on track with these top tips

'Clearing out all that clutter'

FOR many people the thought of undergoing colonic hydrotherapy could evoke feelings of dread. But Susan underwent a session as part of her detox, and although she was nervous beforehand, she found the treatment so beneficial that she's even booked in for a second appointment. The process involves injecting water, sometimes mixed with herbs or with other liquids, into the colon using special equipment. According to colonic hydrotherapist Deborah Browne, the benefits are plentiful and the treatment can be so relaxing that some of her clients even go to sleep during the procedure.

"A first session typically consists of a thorough consultation regarding diet, bowel movements and general lifestyle," says Deborah, "and the treatment lasts between 35 and 45 minutes, which is followed by another discussion. "It's a strengthening process," she explains, "because it boosts the immune system by getting rid of all the waste. If that waste doesn't come out it sits in the body and compromises it, so a lot of people's systems are toxic. "You find most people get a boost of energy because they've cleared their system out, there's a reduction in bloating and they sleep much better. "It increases their bowel mobility and metabolism too. "Having a healthy bowel will help keep you healthy all over." ■ A first session of colonic hydrotherapy with Deborah costs £65. For more information contact Beauty Within.

WIN

SENTINELLE has teamed up with Beauty Within to offer a free skin analysis, facial and make up session, a free yoga and pilates class, an appointment with a chiroprapist and a personalised colonic, detox and coffee enema programme for one Sentinelle reader.

Two runners up will also be treated to a free skin analysis and make up lesson courtesy of Beauty Within. All you have to do is answer the following question correctly.

Q. Where is Beauty Within based?

AND – readers who cut out this panel and take it along to Lisa at Beauty Within will receive a discount voucher offering 10 per cent off their beauty treatments.

■ Send your answers on a post card to: New Year New You Competition, Features Desk, The Sentinel, Forge Lane, Etruria, Stoke-on-Trent ST1 5SS.

All entries must include your name, address and a day time contact phone number and the closing date is Friday February 12.

The usual Sentinel terms and conditions apply and the editor's decision is final.



Susan during her consultation with Deborah Browne.

Susan's verdict

Susan says that even a few days after her treatment she's still feeling the benefits of her detox day. She said: "I didn't think I'd feel better after the colonic, as I thought it was one of those fad things, but you don't know until you try. I've lost a few pounds. "When I went to have the colonic Debbie said my colon was very dehydrated so the procedure didn't really do what it was supposed to, so I've made

another appointment. Beforehand I was a very good sleeper but I was feeling exhausted when I woke up, and that's all part of your colon not working properly. I certainly feel more refreshed now. As for my skin, I always thought my skin was ok, but Lisa said it was really dehydrated so water must go straight through me! The seaweed and a vitamin C face mask she used were great and even now my skin is still so soft. I'd definitely recommend the treatments I had to others."

New Year's resolutions are easy to make and break! WeightWatchers leader Susan Farrell admits her plans to get healthy have gone by the wayside, so Sentinelle teamed up with Lisa Mills of Beauty Within, fitness instructor Erica Hackett and colonic hydrotherapist Deborah Browne to share their top tips

IT'S a new year, new you – at least that's how it's supposed to be.

For many of us, as February begins, those well-intended resolutions to transform your health are distant memories and plans to get in shape have disappeared.

Susan admits she felt exhausted. Weeks after eating festive food, the 47-year-old mum of two from Shelley Drive, Cheadle, still felt bloated. Having put on five pounds over Christmas she wanted to change, and made a New Year's resolution to get her health back on track.

It's a scenario Lisa, owner of Beauty Within, based at New Inn Lane, Hanford, is all too familiar with.

"I think a lot of people want a quick fix," she explains, "but that doesn't always happen, though often you do need professional advice to help keep you motivated."

Instructor Erica agrees.

"People give up very quickly because they think they aren't losing weight and they're not motivated enough," she adds.

Susan's treatment day began with a thorough skin analysis, which involved a close inspection of her skin and a detailed consultation to ensure she received the treatments most suitable for her skin type.

Lisa says: "With Susan's detox treatment we were trying to kick-start everything as her skin was dehydrated, so I used a vitamin C mask and a hydration formula to pump her skin and take the dead skin cells away.

"We used seaweed which was freeze dried, because it keeps as many of the nutrients as possible this way and those are very similar to the ones found in human skin."

With a fresh new skin, Lisa then treated Susan to a mineral makeover.

"Mineral make-up is a pure make up made of ground up rocks of smaller precious stones," Lisa explains. "It is very natural and full of oxides which are healing for the skin and it doesn't block it up so as to avoid any damage.

"When most people detox they forget about their skin and make up, but working on their skin from the outside means improvements can be seen very quickly in both tone and condition."

Erica adds that following a good

fitness and nutrition programme is equally important if you want your healthy resolutions to work.

She teaches pilates and yoga at Beauty Within, and believes the benefits to people who attend fitness classes regularly are numerous. While attending a first fitness session can be daunting, Erica says those taking the plunge have nothing to fear, and promises, "You'll have more energy, more confidence and feel a lot better within yourself."

With a diploma in nutrition, Erica also says it's a good idea to keep a food diary and write down everything you eat during the course of a day if you want to keep your diet on track.

"In my sessions I look through these with people and help them to cut out all the junk foods like crisps and fizzy drinks as they bloat you up, but it's all about eating in moderation. Sorting your diet out is a good starting point, as a good diet means you'll have more energy."

Lisa's top tips:

1. Drink lots of water.
2. Eat lots of fresh fruits and vegetables rather than processed foods.

3. Follow a good skin care regime tailored to you and stick to it, as the right regime means it won't take long to produce good results.

4. If you're following a detox regime for your body look for products that work with that.

5. Get professional advice to ensure you're using the right products, as it is more cost effective in the long run by saving you from buying things which don't work.

Erica's top tips:

1. Cut out fizzy drinks.
2. Don't snack on junk foods.
3. Always have breakfast, because if you skip it you are more likely to keep snacking all day.

4. If you don't do much exercise, begin by going out for regular short brisk walks and build from that.

5. Try exercising at home, but to keep motivated get help from someone who knows what they are doing and can give you advice.

■ Erica's pilates and yoga sessions cost £4 at Beauty Within and Lisa's detox facials cost £35. A skin analysis and makeup lesson costs £15 which can be redeemed from products bought from Beauty Within. For more information call 01782 659446.



Susan during her facial with Lisa Mills.