


The Lady People Lifestyle Culture Competitions Recruitment

Dr Murad Facial at Blush and Blow



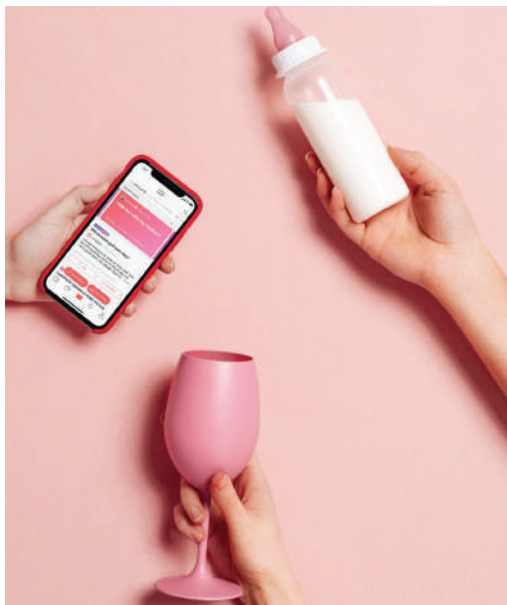
By Annette Kellow

I had heard Dr Murad was a celebrity favourite and I have most definitely seen the creams on the shelves but could his products help me with my combination skin? And who is Dr Murad? Known as 'the father of internal skincare' (sounds quite saintly when put like that!) Dr Howard Murad is recognized as a leading visionary for his scientific innovations which focuses on a total body approach to youth building and overall wellness. His mission and passion is to help people unlock their potential to look younger, to feel younger and to live healthier, happier and more rewarding lives (good to know if you want to snatch a couple of years off your D.O.B).

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 Domestic recruitment service

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 Trainers by Keith Scarrott, £150

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resources **ADVICE**



APPS FOR NEW MUMS

by ANNETTE KELLOW

Being a new mum can often mean wishing you had several extra hours in the day and a set of octopus hands. So when time is precious, the last thing you want is to be fishing around on complicated websites for instant information! Enter the world of time-saving apps - parent hacks at your fingertips, that every new mum needs. From sleeping aids to new mum meet ups or quickly finding a changing place when you're out and about, these apps will give you more time and less stress.

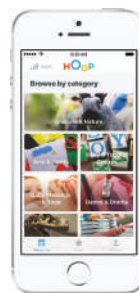
1. SOUND SLEEPER: WHITE NOISE APP
Best for Helping Baby Sleep
How it works: White Noise is a great tool to soothe the fussing babies. Popular sounds include a whirring fan, a heart-beat to mimic the affect of being in the womb or the ever-reliable 'ssh'. If you've ever used Youtube for a free white noise playlist, you'll know when an advert suddenly plays mid-sleep, it's game over! For a less bright screen, use Sound Sleeper: renditions.

2. PEANUT
Best for Meeting new Mums
How it works: Dubbed the Tinder for Mums, Peanut is the favourite to meet other mums near you. With a filter for baby's age and Mum's interests, it swiftly matches you with other 'Peanuts' close by. An app made for connecting within the community - you'll soon be laughing, crying and comparing each other's sleepless nights over a double shot espresso in your local café.



3. CLOUD BABY MONITOR

Best for: Monitoring Baby when sleeping
How it works: Cloud Baby Monitor needs no extra technology as you simply download the app, which works on an ipad and iphone. You link the two for an instant baby monitor wherever you are. Keep one device with your baby and watch live video with crystal clear audio on your other. It can be used at home or as a perfect holiday accessory as you get real time notifications about your baby's noises and movements.



4. HOOP

Best for: Baby and Children Activities near you
How it Works: Stuck for fun things to do with your little one? Then Hoop is the easy access app for you. Find and book activities from newborns to 11 year olds within your local area. You'll never have to watch a re-run of Peppa Pig again!

5. NCT BABY CHANGE

Best for: Finding the nearest Baby Changing Station
How it works: We've all been there, you're having the perfect outing then there is a sudden 'explosion!' Fortunately NCT Baby Change, the emergency godsend, locates the nearest changing facility throughout the U.K which you can quickly and easily access, without a fuss in sight. ☺

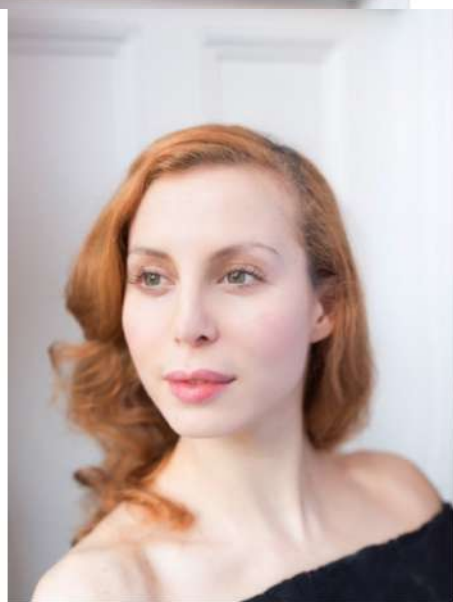


Annette Bette Kellow
Writer- Moving Pictures- Notting Hill

THE BLOG

Does Thermage Work? A Woman With Problem Skin Investigates

25/04/2016 10:31 BST | Updated 22/04/2017 06:12 BST



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Ask any women what her top beauty worry is and you can guarantee ageing is on the top of her list.

Like most women hitting their Thirties I would get the odd facial and splurge on a fancy cream but it was only when I became ill last year that I saw a deterioration in my skin (cue speed dialling a facialist).

As I got better I proceeded to try a variation of treatments- peels, microdermabrasion and seaweed were the cuisine of the day! Much to my annoyance I couldn't see improvement, even after purchasing all the 'luxury' creams. So I decided to scratch below the surface- literally.

I started with a Visia scan, a skin analysis program, which looks at problems under the dermis. I attended a medical consultation with Dr Rita Rakus who examined my pores, redness, texture, sun damage and wrinkles. I wanted to bury my head in my bag when it appeared that 75% of my skin was sun damaged! She recommended I try Thermage, a radio frequency laser that stimulates natural collagen on a deeper level.

A favourite with celebrities such as Demi Moore and Gwyneth Paltrow it is a more natural approach without the invasive method of fillers or Botox. But would it work on me? I eagerly agreed as I clutched my scan sheet (with a slight air of desperation). Here are my top ten specifics on how Thermage works...



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1. Thermage reproduces collagen. A little like an oven, it cooks the deeper dermis of the skin to stimulate existing collagen growth (and best of all promotes more). Tired looking skin can result not just from being ill but exposure to sun, diet, stress and pollution.
2. It has a more natural look. As we get older there are a couple of options, the plumped up pillow pout or the wind tunnel face. Neither sounds completely painless and it was definitely something I wanted to avoid! Thankfully the done look is out and au natural is taking centre stage. Rather than adding anything in Thermage takes your real collagen and works with it.
3. There's no downtime. Although the procedure heated my skin up (I won't lie it feels like an elastic band twanging away and I had to keep pretending I was on a hot beach to avoid wincing) the pink shade soon disappears within around an hour. No needles or scars mean a normal beauty routine can be resumed after.



4. It's a one-treatment procedure. I was frightened incase I would need quarterly top up's but Thermage lasts up to six years depending on natural aging. Collagen production works six months after so results are spaced out- patience is definitely needed!
5. Celebrities adore it! Rita explained with new technologies women 50 plus are able to sustain good skin and is reportedly Amanda Holden's preferred doctor. Kim Cattrall, Jennifer Lopez and Gwyneth Paltrow have also cited the treatment in interviews as their secret to staying refreshed.



6. It can be used in other areas of the body. Cellulite can be tackled as well as any other bulges or dimples (hello bikini season).
7. Some people call Thermage 'the non-surgical facelift' yet it can also be used as a preventative measure. Some women in their thirties are starting Thermage as it keeps the collagen active for longer and works in the similar way hair follicles do- once their dead they can't be rebuilt.
8. Thermage is safe and tested. Over one million procedures have been performed since its arrival. A recent study on 570 patients showed 92% had an increase of collagen within the first six months (and all patients had an increase over time).



9. The confidence factor. My skin looked dull and after being ill, I was feeling quite the same. Skin, like hair can't be hid away when we're not feeling our best. Thankfully Thermage isn't a one size fits all- eyes, cheeks, forehead and chin can be tackled so I couldn't resist but opt for the full monty. Depending on how sensitive my skin felt the machine was gradually turned up for maximum impact.
10. Thermage is a combining treatment. By skin reproducing collagen, it is always good to support it with SPF rich creams, such as Obagi and Dr Levy as well as healthy eating and exercise. I am now particularly passionate about SPF and after two months I have seen the texture improve in my skin. I'm excited to see how the next six months pans out and as Lucille Ball says, 'the secret to staying young is to live well, eat slowly and lie about your age!'

TRENDING



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The Post



By Annette Kellow

Steven Spielberg's latest film *The Post* has just hit our screens and is a journalistic tale of *The Washington Post* and its freedom of speech. Secrets of the governments involvement with Vietnam are uncovered with a fight to tell the story through the paper. Katharine Graham is the first female publisher of this major American newspaper – and with help from editor Ben Bradlee (Tom Hanks), Graham races to catch up with *The New York Times* to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents.

Although set in 1971 it is particularly poignant in 2018 with the spotlight currently being on the American government and how media is portraying more truths than ever. Spielberg also has a gift for shining light on female empowerment, in which Katherine Graham (played by Meryl Streep) finds her voice. Being the only woman at the board table (unheard of in those times) she portrays a woman with vigour, dedication and power in fighting for what she believes in.

The Lady finds out more about this compelling film in conversation with Steven Spielberg, Tom Hanks and Meryl Streep...

The Post illustrates issues in the American government. Do you think the issues are more bigger and relevant because of the recent election?

Steven- I think the issues are much bigger than administration. Had the election gone another way, I would have still felt a real urge to tell this story. The first thing that attracted me to *The Post* was Katherine Graham. Her story and her evolution as a real person showed she had a real potential power but did not have the facility to exercise it as she had not found her centre of gravity and how to use her own voice. And that is part of the story. For the obvious comparisons between 1971 and 2017 it really was the Katherine Graham and Ben Bradlee story. Katherine Graham didn't always have a spotlight on her in the past.

How much attraction was it coming into the whole story as Katherine Graham who was suddenly pushed into the Spotlight?

Meryl- I thought what was interesting about the screenplay was that it fell to a woman to hold the line in the press at a time when woman were excluded from any kind of leadership role, especially in the press! There were no woman reporters, it was very unusual. Our friend Nora Ephron to whom the movie was dedicated to, graduated and ran a college newspaper, went to *News Week* for an interview to be a reporter. At that time Katherine Graham owned *News Week*. And the interviewer told her she was very welcome to be a researcher, copy girl or a secretary- but reporters were men!

It was a different world. So it was a crucial decision to risk everything and she was really alone in her position. That's what interested in me. Holding the line for press freedom and it was certainly a new time for woman too.

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