

ALTERNATIVE THERAPIES

BEYOND BOTOX FACIAL

WHO says taking care of yourself has to be all pain and no pleasure? In this weekly feature, we trial the very best therapies that promise to deliver sterling results without the hint of a needle or knife



by Jacqueline Strawbridge

WHILE I gasp and point with the best of them at over-botoxed faces à la Joan Rivers or David Hasselhoff, the truth is I would consider it if my face started drooping down to my knees.

No matter how much 'inner work' I do, I'm still as fragile as an ousted actress on the cutting room floor when it comes to facing the facts.

Skin has to be radiant, youthful and it has to look like you've just got back from a bout of impromptu exercise — whatever that may be. Make-up works wonders, but sometimes you need something more.

The Beyond Botox Facial Treatment can certainly help — dramatic results with, thankfully, no needles.

Nuala Woulfe (pictured above) is already known for being one of the best facialists in Ireland. Being a champion of all things natural, she came up with the idea for the Beyond Botox Facial to offer an alternative for those seeking a lift without a needle.

Nuala told me to imagine I was standing out on the pier when she used the Jet Peel — an invigorating experience which promotes cell growth and repair.

It's a machine that uses 'supersonic' infusion technology to deliver blasts of water and oxygen deep into the skin, leaving it incredibly hydrated.

This is followed by a micro-current treatment, which is like a workout for the face. Using her 'magic gloves', tiny electrical currents make the face tingle — apparently re-programming the muscles into their original shape.

Nuala uses flawless products — the high-grade SkinCeuticals range or the lusciously effective Eminence Organic range — and her facials get results.

The Beyond Botox Facial promises to fight oxidation, decrease inflammation and restore hydration. The potent combination of the Jet Peel and micro current aims to reduce wrinkles and firm up skin.

An added bonus of a visit to Nuala is that she spends the session giving you some excellent nutritional advice and a wonderful massage in between fixing your face so you look about ten years younger. Nuala informs

There is a way to get fresh-faced, wrinkle-free skin — and it doesn't involve Botox

me that the aim of simple eating is to detox my body of processed food and foods that are difficult to digest — as this will help to cleanse my digestive system and increase energy levels.

Good digestion is the key to improving my sense of general wellbeing, she informs me — and should help me lose weight, an added bonus! And she insists that healthy eating doesn't mean I have to get fussy about my food — it just means I need to get the balance right between my nutrients, vitamins and minerals.

Nuala is a firm believer that breakfast is the most important meal of the day — because after a long period of not eating, blood sugar levels may be low. She recommended that I kickstart my day with a large glass of cooled boiled water with lemon juice each morning to get my liver working and stimulate my bowel.

She also emphasised the importance of a midday meal and dinner before 7pm, to allow time for it to be digested and for calories to be burned off.

Alongside my Beyond Botox Facial, the nutrition advice I got from Nuala is invaluable — and I intend to take it on board.

■ *The Beyond Botox Facial is available for €130 at Nuala Woulfe Beauty Salon, Glashule Road, Sandycove. Visit nuala.woulfe.ie or call 01 230 0244*

Raising eyebrows
The American Society of Plastic Surgeons yesterday revealed Botox treatments have risen 584 per cent in the past ten years

MODEL OUTFIT FLARES

NAUTICAL

MIX nautical stripes with a pastel shade tuxedo for a relaxed daytime chic outfit. Stacked wedges and an oversized clutch are great accessories to team with your look.



Blazer, €241, **Paul Smith**, Brown Thomas, Dublin 2
Stripe T-shirt, €51, **Jigsaw**, House of Fraser, Dundrum Town Centre
Marrakesh jeans, €177.50, **mih-jeans.com**, Brown Thomas
Wedges, €80.50, **River Island**, nationwide

WIDE-LEGGED

FOLLOW spring's trend for bright colours with these statement wide-legged flare trousers. Teamed with a leather tank top and platform sandals, you can finish the look with a Seventies vibe.



Leather Top, €175, **Massimo Dutti**, nationwide
Blue trousers, €300, **Jaeger**, Arnotts, Dublin 1
Heels, €160, **French Connection**, nationwide

COLOURED DENIM

MAKE your flares work for weekend with this coloured denim style. Teamed with an across-body leather bag, lace top and cropped jacket, it's a perfect casual luxe look.



Cropped Jacket, €195, **hobbs.co.uk**
Jeans, €59.95, **Gap**, Dundrum Town Centre
Joia top, €248, **www.trilogystores.co.uk**
Tassel bag, €190, **Reiss**, St Stephen's Green, Dublin 2

ELIZA SCARBOROUGH

Want to get your own way? It's all about subtle mind games, says a new book

by Louise Atkinson

JUST imagine if you could get your partner to clean the house without having to nag, or effortlessly make yourself more attractive to men or even opening your mouth?

A new book — *Get The Edge*, by Channel 4's resident psychologist Professor Geoff Beattie — promises just that.

He plunders the powers of the subconscious to reveal clever little tricks you can use to improve relationships, work and even your parenting skills.

Here, we explore some of the tantalising array of perfectly safe, legal and humane ways of influencing other people's behaviour — without them even noticing.

How to get your partner to clean the house

IMPOSSIBLE? No! If you want someone to do more cleaning all you have to do is make sure there is a vague smell of citrus in the air. This smell will subconsciously influence your partner's thoughts and their actions, making them think more readily of cleaning products — and using them.

A study in the Netherlands found that subtle smells can prime both thoughts and behaviour. When sat in a cubicle that smelt (slightly) of citrus, students were three times more likely to list cleaning as one of the tasks they planned to do that day than students in a scent-free cubicle.

The same students were taken into a separate room and given a crumbly biscuit to eat. Those who had been exposed to the smell of cleaning fluid were more likely to remove the crumbs that fell on to the table than those who had not been exposed to the smell.

How to appear intelligent without speaking

IF YOU want to appear more intelligent when you meet someone — say in a job interview — remember to smile naturally.

We rate people who display natural smiles as more attractive, sociable and significantly more intelligent than those who do not. Plus, when we see someone smile, it is hard not to reciprocate.

This emotional display makes us feel good, so we attribute more positive characteristics to the person in question.

These differences were first discovered by the French anatomist Duchenne de Boulogne, and genuine smiles are termed 'Duchenne smiles' in his honour.

Duchenne noticed that in genuine smiles

A SHOE-IN

THESE super cool wedges, made from a variety of recycled materials such as rubber, wood, cork and jute, will become a spring staple for me. The 232 Barcelona shoe comes in six colours in soft grain leather with cork heel.



■ Priced €135, Art stockists nationwide