

Celebrity Beauty Secrets

FABULOUS

FLAWLESS

SKIN

HAIR

**HOLLYWOOD
SMILES**

FITNESS

BEAUTY

COSMETICS

ANTI AGEING

**CELEBRITY
BEAUTY SECRETS**

**OFFICIAL
TV SERIES
FREE EBOOK**

TheCosmedicCoach

sky

FITNESS TV



Hello

Thank you for requesting a copy of **Celebrity Beauty Secrets** E-Book.



We live in a society where we are constantly bombarded with images, news, gossip and celebrity culture.

With so many seemingly gorgeous celebrities constantly dominating media culture, I decided to find out what exactly they do to stay looking so fabulous and flawless.

Together with my amazing production team we set upon the most fantastic journey of discovery to reveal to you some of the products, treatments and procedures these dazzling stars turn to.

Celebrity Beauty Secrets was a fun programme to work on and we met some of the top beauty experts in the UK, who happily shared a secret or two, so I extend my gratitude to all of those individuals once again,

We hoped you enjoyed the TV show and find the e book useful, as it contains further information on the programme itself as well as the experts featured and the products and brands discussed.

Stay Beautiful!

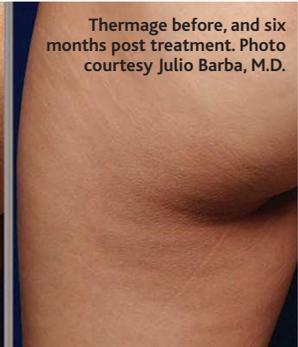
A handwritten signature in black ink that reads "Antonia Mariconda". The signature is written in a cursive, flowing style.

Antonia Mariconda
Beauty Expert
Presenter of Celebrity Beauty Secrets

Chapter 1

Celebrity Style Skin with Dr Tracy Mountford

We spent a day filming with the fabulous Dr Tracy Mountford at The Cosmetic Skin Clinic for Episode 1 of **Celebrity Beauty Secrets**. Dr. Mountford discussed Celebrity Favourites: **Thermage**, **CoolSculpting**, and **Clear and Brilliant!**



Thermage before, and six months post treatment. Photo courtesy Julio Barba, M.D.

Coolsculpting

It's called stubborn fat on purpose. Because no matter how much effort you put into eating healthy and exercising, it's virtually impossible to lose that unwanted fat. You're forced to just live with it or think surgery. Which is not okay by us, and exactly why we developed CoolSculpting®.

Here's the info: developed by Harvard scientists, our unique, patented, clinically proven procedure involves freezing fat cells without damage to your skin. There's no knife. No suction hoses. No needles. No lasers, even. After your treatment, you get on with your busy day.

Typically, you'll see a noticeable reduction of fat in the treated area after one visit. You can lose even more with additional appointments, if you and your doctor deem it necessary. What does that mean? Simply put, your clothes fit better. You look better. The fat cells are naturally eliminated from your body over the following few months, leaving you feeling more like yourself again. It's non-surgical, medically cleared, and there's usually little to no downtime whatsoever — unless you count reading a book or checking email during your



appointment as downtime. And what's more is there are no pills or supplements and as long as you maintain your weight with normal diet and exercise, your long-term results should remain stable. Hello, you again.

See more at: <http://www.coolsculpting.co.uk/how-it-works#sthash.d15wDs47.dpuf>

coolsculpting

show more of less

coolsculpting

A revolutionary non-surgical body contouring treatment that eliminates fat.

HOW COOLSCULPTING WORKS

1. Fat cell membranes rupture
2. Fat cells are frozen
3. Fat cells are crystallized
4. Crystallized fat cells are broken down
5. Crystallized fat cells are eliminated
6. Crystallized fat cells are eliminated

Clear and Brilliant

Brilliant Solution. Clearly Effective.

Introducing Clear + Brilliant™. A new approach to laser skin enhancement.

Ready to take control of the aging process?

Aging skin is a fact of life. The good news is the earlier you start taking care of your skin, the more you can prevent the signs of aging and maintain a younger look. What you do in your 20s and 30s will affect how you look in your 40s, 50s and beyond. Adding Clear + Brilliant to your collection of skin care tricks – at any age – will help you recover the glow, luminosity and smoothness your skin, and you, deserve.

Clear + Brilliant takes skin care to a whole new level.

This unique treatment expands skin care to not only address unwanted signs of aging, but gives you the power to help prevent them:

- Visibly illuminated skin tone
- Renewed, ultra-soft and smoother texture
- Naturally radiant and glowing skin
- Improved tone, texture and radiance
- Reduction in the appearance of pores

Uncover your brilliance

- Comfortable, fast, effective, affordable
- Minimal downtime
- Safe for all skin types

How does Clear + Brilliant work?

Clear + Brilliant is a gentle laser that refreshes your skin from the inside out. The laser energy

creates millions of microscopic treatment zones in your skin, replacing damaged skin with healthy, younger looking tissue.



How do I know Clear + Brilliant is right for me at my age?

No matter how old you are, sun exposure, environmental conditions and lifestyle can contribute to lack-luster skin. Whether you want to extend the younger look of your skin or even need to reverse these early signs of aging, Clear + Brilliant can help.

I have had corrective laser treatments, is Clear + Brilliant right for me too?

Yes, absolutely, Clear + Brilliant is a great way to maintain the investment you have made in your skin, extending and improving upon the results you've already seen.

How many treatments will I need?

The number of treatments is tailored to your concerns and skin care desires. In recent studies, consumers reported visible improvements after 4-6 treatments. We will discuss a personalised treatment regimen with you.

Is Clear + Brilliant safe for my skin?

Clear + Brilliant is very safe* when used by a trained expert who will evaluate your skin and recommend the best course of treatments for your unique concerns.

For more information please visit the manufacturer's website:

www.clearandbrilliant.com

* Potential side effects include prolonged redness, swelling, blistering, scarring, infection, pigmentary changes (hyperpigmentation), herpes reactivation and acne flare-up.

Indications for use include dermatological procedures requiring the coagulation of soft tissue and general skin resurfacing procedures.

Take control of your aging skin

Aging affects us all – the way we act, the way we feel, and definitely the way we look. But with advancements in skin care, you can have a say in the way aging affects your skin – and maybe even get back to the way you looked not so long ago. **Thermage** is a proven, unique radiofrequency treatment that can help improve the appearance of sagging or loose skin, giving you a smoother, sleeker and younger look and feel. Thermage works in just one treatment with little down time and delivers a natural looking result. It's you, just younger looking and more confident.

Thermage is effective on:

- **The Eyes** - hooding, fine lines and even our brow line can make us look worn-down. Thermage treats the upper and lower eyelids to help you look more youthful and rested
- **The Face** - as we age, phrases like "turkey neck", loose jowls, sagging skin and "what happened to my jawline?" creep in. Thermage smooths lines and wrinkles and remodels collagen for the overall health of the skin
- **The Body** - aging doesn't just affect the skin on our faces, our bodies see the effects too, with crepey, sagging skin and unwanted bulges and dimples. Thermage is a non-invasive way to smooth the skin on our bodies and even temporarily improve the appearance of cellulite

Thermage CPT™ System – Fact Sheet

Representing the gold standard in non-invasive skin tightening and body contouring, Thermage

introduces its new Thermage CPT™ System. The new system leverages the proprietary Comfort Pulse Technology™ along with a new vibrating handpiece to enhance

efficacy and greatly improve patient comfort. In addition, the scientifically advanced treatment tips provide faster, more comfortable face and body treatments. This treatment is the premier non-invasive procedure to help smooth, tighten and contour the skin for a naturally younger looking appearance with no surgery, no injections and little to no downtime.



How it works

Thermage utilizes best-in-class radiofrequency technology and now, with the introduction of the new system, delivers more therapeutic heat across the treatment area, allowing for more effective skin tightening results. Thermage® heats the deepest layers of your skin to help tighten existing collagen and stimulate your body's natural renewal of collagen. This creates subtle, natural looking results like smoother skin, softened wrinkles and lines and an overall younger looking appearance.

Benefits of the New Thermage® Technology

- **Enhanced results** – more therapeutic heat delivered across the treatment area
- **Superior comfort** – made possible through Comfort Pulse Technology and a new vibrating handpiece
- **High patient satisfaction** – patients will be happier with their results and treatment experience

Live beautifully in greater comfort with Thermage CPT System.

Thermage is FDA cleared for the non-invasive treatment of wrinkles and rhytids including the upper and lower eyelids and the temporary improvement in the appearance of cellulite.



Chapter 2

Eyes Wide Open at DermaSpa

We met the gorgeous **Nilam Patel** from award winning celebrity spa retreat **Dermaspa** in Milton Keynes, as well as being a great skincare expert, Nilam is also one of the UK's leading eyebrow specialists specialising in the world famous **HD Brows**, **Dermaspa** is the 'go-to' place for all things bright and beautiful. Nilam talked us through the skin care regimes of a few of her celebrity clients as well as treating me to her world famous **HD Brows**.

HD Brows has taken the beauty industry by storm. The seven step process eyebrow treatment purely focuses on design. Following a initial consultation the treatment involves a combination of regular shaping techniques including tinting, waxing and threading, followed

by recommended homecare advice in order to create the perfect and correct shaped brow for each individual client.

Celebrity brow beauty is now within your reach, thanks to a unique seven-step brow-shaping treatment founded by Nilam herself, you can have the ultimate in well-groomed, high definition eyebrows.

The clinic hosts up to 6 elite HD stylists who are an integral part of the **HD BROWS** training academy team responsible for teaching aspiring beauticians the art of the perfect brow shape.

Your eyebrows are a vital part of your personality. Not only do they frame your face, over 70% of your facial expressions depend on them.



"The Eyebrow Queen" with Presenter Antonia Mariconda.



YON-KA Facials at Dermaspa

DermDermaspa is proud to introduce the Yon-ka Skincare.

The brand offers over 50 years of expertise through a wide range of holistic, custom treatments that provide instant visible results.

Yon-ka's holistic, customized approach goes beyond passing fads and sectarian thinking, and is based on its founding values: straight-forwardness and authenticity, quality and safety, proven effectiveness, the craft of cosmetology.

Yon-ka facials <http://www.nilam-patel.com/>

THE BRAND

Yon-Ka... These two syllables form a whole that is greater than the sum of its parts. "Yon" is the river of living, purifying water, and sounds similar to "ion", particle of energy. "Ka" is the eternal part of every being according to Egyptian mythology. Yon and Ka unites what seems contradictory: knowledge and mystery, science and nature, movement and rest, shadows and light. Together they form a symbol of constant regeneration and newfound harmony.
<http://www.yonka.co.uk/brand>



PROMOTION

DISCOVER YON-KA!

DISCOVER WHAT FRENCH WOMEN HAVE BEEN TALKING ABOUT FOR YEARS, THE SECRET TO ACHIEVING A GLOWING YOUTHFUL COMPLEXION.

French luxury skincare brand **Yon-Ka** is a pioneer in aromatherapy, essential oils therapy, phytotherapy and phytembryotherapy. with 60 years of research and know-how on how to target multiple skin problems, **Yon-Ka's** holistic approach to skincare has resulted in the unparalleled performance provided by the natural extracts of 130 different plants in order to give you visible results.

Yon-Ka's range of 70 products is mostly paraben-free, with the entire range aiming to be 100% paraben-free by 2014! In addition, 70% of the products across the range also contain at least 90% natural ingredients, with some containing as much as 99%.

With products like these, it's no wonder celebrities such as Angelina Jolie, Victoria Beckham, Madonna, Sienna Miller and more have sung the praises of products such as huile corps, advanced optimizer serum, vital defense and many more.

Now you too can experience one of the world's most luxurious beauty brands with our **EXCLUSIVE 20% OFF DISCOUNT CODE** **fitness20** for a limited time only (ends 31st December 2013).

Whether you want to indulge in a little luxury or treat a loved one, there has never been a better time to shop with **Yon-Ka!**

www.yonkashop.co.uk



6 Tips For Great Tooth Care

Dental Tip #1

Change your toothbrush every 2-3 months.

Dental Tip #2

Be involved in your dental treatment.

Being involved and educated with your dental treatment is extremely important. This can help you avoid undesirable results and keep your smile healthy.

Dental Tip #3

Visit your dentist for regular check-ups.

Coming in to your dentist for regular check-ups, can help reduce your chances of dental diseases and also significantly lower your risk of heart disease.

Dental Tip #4

Don't wait to treat your dental emergencies.

There's nothing worse than experiencing a broken tooth, losing a crown, or an unrelenting toothache when you least expect it. These are all dental emergencies that need immediate attention and treatment by a dental professional.

Dental Tip #5

The health of your mouth is directly linked with your overall health and well-being.

Did you know that there is a significant correlation between your oral health and your

general health? Coming in to your dentist for regular check-ups, can help reduce your chances of dental diseases and also significantly lower your risk of heart disease.

Dental Tip #6

Proper flossing and brushing will help prevent periodontal disease.

Did you know that periodontal disease is an infection of the gums, ligaments, and bones that surround and support your teeth? It is primarily caused by plaque. The primary cause of adult tooth loss and may be linked to heart disease. With proper brushing, flossing and professional dental cleanings, periodontal disease is preventable.



Add A Whiter Smile To Your Anti-Ageing Routine...

...Now introducing the new, revolutionary Perfect White Black toothpaste!

As you get older your teeth can become more stained and sensitive which is a totally natural occurrence*. Consequently, people may associate white teeth with youthfulness! Beverly Hills Formula understands this and will help you achieve a whiter, brighter smile in just five minutes, enabling you to flash those pearly whites with confidence!

After the worldwide success of Perfect White and Perfect White Sensitive, Beverly Hills Formula is now introducing the first black toothpaste in the UK as Perfect White Black toothpaste hits the scene!

"Black is the new white" when it comes to tooth whitening with Beverly Hills Formula leading the way with the launch of Perfect White Black which includes the innovative ingredient charcoal - proven to whiten teeth and help combat bad breath.

Activated charcoal, otherwise known as carbon, is one of the most effective and safest teeth whitener ingredients. Not only does it whiten your teeth, but also helps combat plaque, gum disease and bad breath. Charcoal has been used for centuries; Native Americans used the ash residue from burnt plant matter and rubbed it on their teeth with their finger! It was even used by Hippocrates and Pliny in their day.

Tune in to Sky Fitness & Beauty Channel's "Celebrity Beauty Secrets" in September to catch an exclusive preview of this unique new black toothpaste!

The Beverly Hills Formula range not only creates a whiter "Hollywood smile" in just 1 minute, with the best results achieved after a 5 minute application, but also helps to protect and maintain your teeth by combatting bad breath, tartar build up, stains and debris to help prevent gum disease. The toothpaste offers a more

affordable way to restore the natural whiteness of your teeth, and keeps your breath fresher for longer.

The sought after Perfect White and Perfect White Sensitive toothpastes, along with the much anticipated Perfect White Black, are the newest of the Beverly Hills Formula range and offer professional tooth whitening results; leaving your teeth feeling fresher and looking whiter for longer.

Perfect White is enriched with key ingredients such as advanced Hydrated Silica which offers high performance whitening enhancement, whilst the stain dissolvent agent Pentasodium Triphosphate prevents food particles from settling on your teeth. Within Perfect White Sensitive the added assistance of Potassium Citrate gives immediate sensitivity relief.

Independent research at a leading UK Dental School** proved that Beverly Hills Formula toothpastes are more effective at removing stains when compared with other leading brands. Studies showed that nearly 91% of stains were removed after using Beverly Hills Formula over a 5 minute period, whilst other leading brands scored as low as 41%. Further independent research carried out in the USA*** proved that the Beverly Hills Formula range of toothpastes are less abrasive than other leading brands.

The Beverly Hills range of toothpastes are proven to be less abrasive than many regular and teeth whitening toothpaste brands, so they are kinder to your teeth and are suitable for everyday use.





Chapter 4

Celebrity STYLE with Jade Elliott

Jade Elliott talked to **Celebrity Beauty Secrets** about how celebrities look stylish.

Jade Elliott is an accomplished fashion stylist with over ten years experience in the industry, which has included a host of TV, magazine, newspaper and celebrity work.

Outgoing and bubbly Jade has styled a whole host of celebrities, including The Saturdays, Peter Andre, Gavin Henson, Amy Childs, Michelle Keegan, Loose Women, the Hollyoaks cast, the Emmerdale cast, Claire Richards,

Josephine de la Baume and many many more.

Jade dreamt of working in the fashion industry from a young age and read Vogue Magazine religiously to spot the fashion trends. Her big break came at the age of 17

when she was offered a job at London's prestigious department store Selfridges.

Jade then went onto becoming one of the youngest fashion assistants at Woman Magazine before she jetted off to Australia to work for glossy magazine Cleo for a year. On her return to the UK a year later, Jade walked into the role of deputy fashion editor at Best Magazine before moving over to high end glossy New Woman. She then went back to

Woman where she was nominated for IPC's Bright Spark of the Year Award.

But Jade really made her name while working with style guru Gok Wan on his Channel 4 show 'Gok's Fashion Fix'. Since then she has found her niche in the TV world with high profile styling roles on shows including ITV's Loose Women and Peter Andre: My Life as well as Channel 5's The Bachelor and It's All About Amy.

Jade's portfolio also includes an impressive selection of best-selling glossy magazine shoots with regular clients including Closer, OK!, Hello, New, The Mirror, You magazine, Celebs on Sunday, Woman and Best.

More recently, Jade has moved onto working with major high street and corporate clients such as Samsung, Arcadia, Simply Be, ASOS and Ultimo. She also has a regular weekly fashion blog for Forever Unique.

Jade has a genuine and real talent for spotting trends, she is full of enthusiasm and has a real passion for fashion.

With her bubbly persona and confident nature, she has been a hit on TV screens across the nation in every show she has worked on and she has a very bright future ahead of her.



For further information please
www.canassociates.co.uk Contact
Gemma Wheatley at Can Associates
 Ltd Tel: +44 (0)1403 865747 /
gemma@canassociates.co.uk

Chapter 6

Tackling Common Skin Problems

Celebrities are also prone to common skin problems such as Acne, Stretch Marks, and Rosacea. **Dr Justine Hextall** talked us through some of the options and treatments available.

Meet the Expert

Dr. Justine Hextall MBBS FRCP is a Consultant Dermatologist and Fellow of the Royal College of Physicians. She trained for five years at St John's Institute of Dermatology. In this period she became interested in the diagnosis and management of skin lupus and other connective tissue diseases. Dr Hextall started a regular skin lupus clinic working with world leaders in the management of this condition. She continued to work as an honorary consultant in the Skin Lupus unit at St Thomas' Hospital, managing difficult skin lupus cases referred from centres throughout the UK. She has recently set up a south coast lupus and connective tissue clinic.

Dr Hextall is also particularly interested in the diagnosis, surgical and non-surgical treatment of facial skin cancers. A passionate advocate of dermatology education, she sits on the Specialty Training Committee for dermatology registrars and has recently been appointed as educational lead for the Sussex Cancer Network. She lectures both nationally and internationally in skin lupus and has numerous peer reviewed publications. She is a member of the British Association of Dermatology and British Society for Dermatological Surgery.

If you would like to arrange a private dermatology appointment with Dr Hextall please contact us by one of the following means: Tel: 01483 207 283
Email: info@sussexdermatologist.co.uk
By post: DR JUSTINE HEXTALL, Consultant Dermatologist, Department of Dermatology, Goring Hall Hospital, Bodiam Avenue, Goring-By-Sea, Worthing, West Sussex BN12 5AT.

Dr Justine Hextall recommended:
Kelo-cote and Kelo-stretch.



Cosmetic Injections

Exploring The Options



Are dermal fillers the right option for you?

For those looking to counter the effects of ageing, there are lots of options available. Some will choose surgery, but for others, non-surgical treatments like dermal fillers could be a choice to consider. In writing this blog, we spoke to many medically qualified providers who shed some fantastic insight in to the subject of dermal fillers, including the medical staff who provide dermal fillers.

There are three premium treatment options available; **Sculptra**, **Restylane** and **Juvederm**. Each has their differences and prospective patients will likely want to learn more about them, so here is a guide to what you can expect.

What are the options? Let's start with **Sculptra**. This treatment offers the longest-lasting effects of up to two to three years, but also takes the most amount of time to achieve results (around six months). It is most effective for chin wrinkles, cheeks and nose-to-mouth lines. There is no downtime required following the treatment, although side effects can include swelling and bruising.

The filler is injected when there is a loss of volume, with three sessions taking place over a few months and the skin is volumised by the stimulation of natural collagen. The patient will need to massage their face several times each day to achieve this. Costs normally range from 1,500 to 3,000 pounds.

Restylane achieves more instant results and is most effective on wrinkles and lines in the lower face. It is injected in to these areas to fill and add volume, and it's normal for the procedure to be conducted every nine to 12 months. It works by adding hyaluronic acid to the skin, something that is naturally produced but lost gradually as we age. Costs are normally around 300 to 400 pounds per syringe and minor side effects can include bruising.

A similar treatment is **Juvederm**, which is most

effective on the jaw line, lips and cheeks. Again it provides instant results and zero downtime is necessary afterwards. As well as helping people to get smoother skin, it can also be used by those looking for fuller lips. Prices start at around 180 pounds per syringe, although brands such as **Smile** (beginning at 215 pounds) and **Voluma** (starting at 395 pounds) cost more. Bruising and swelling is possible afterwards. All typically take around thirty to sixty minutes to complete.

Who can get dermal fillers? In terms of who is suitable, all options are for over 18-year-olds only, although it depends on the individual as to which one will be right for them.

Are they safe? There is no hard evidence to suggest any of these options are unsafe if performed in the right setting by medically qualified reputable experts.

What happens if something does go wrong?

This is a very important question: The Cosmetic Coach has researched this thoroughly with many cosmetic doctors and nurses and clinics, many of which do not offer any recourse to their patients in the event of a complication. The Keogh Review is encouraging more clinics and practitioners to adopt safer programmes of after care for patients in a bid to increase patient safety in the cosmetic interventions industry.

How will I know I am choosing the right option?

Treatment plans are always formed on a personal basis, following a consultation with a medically-qualified practitioner. The expert will then help the individual to plan the best course of course of action. This could include a variety of different dermal fillers over time or in some cases a suggestion of a different option. Eg, some people may find they are better off undergoing a facial peel, skin tightening or line and wrinkle smoothing in order to get the desired results.

Chapter 7

Celebrity Style Hair with Nicky Clarke

One of my favourite moments filming for celebrity beauty secrets was visiting the gorgeous Mayfair salon of hair guru **Nicky Clarke**, I interviewed Nicky in his amazing VIP room, and listened to Nicky recount some amazing experiences which were truly inspiring!

Ondine one of the top stylists at Nicky Clarke styled my hair into the most elegant up-do ever! I had such a great day and it's clear to see through Nicky hard working career why he is simply the best in the UK when it comes to celebrity hair!



My Gorgeous Styling

By Ondine at Nicky Clarke



Meet the Expert

Nicky Clarke

Nicky Clarke is undisputedly, Britain's most famous and trusted hair stylist. He is also regarded by journalists as "the world's most newsworthy hairdresser" both Nicky and partner Lesley are greatly respected by all in their industry. Nicky Clarke has long been heralded as the man who made hair glamorous and exciting again – and is now as well known as his long list of celebrity clients!

Nicky Clarke trained as a hair stylist under Leonard, the legendary hairdresser of the seventies – although it was as a session stylist that Nicky really began



to make his mark on the fashion world, working on editorial shoots with top European and US fashion titles such as Vogue. It was through contacts in the fashion world that Nicky met his life partner Lesley. Nicky recognises the huge influence that Lesley had on his meteoric rise to success in his book - **Hairpower**.

"Without Lesley my journey would not have begun, let alone succeeded beyond my wildest dreams. It was Lesley's idea to open our own prestige Mayfair salon – complete with a celebrity and royal clientele. It was her faith in my ability that led us to break the much publicised £100 haircut barrier, and we've never looked back."

In May 1991, Nicky and his partner Lesley, opened their now famous Mayfair salon and since then, the Nicky Clarke name has dominated the hair world, winning top industry awards including 'Session Hairdresser of the Year', London Hairdresser of the Year', and the title of 'British Hairdresser of the Year'.

In 1993, Nicky and Lesley Clarke launched the innovative and highly successful Hairomatherapy range, which remains to this day, one of the best-selling designer brand in the country. Within just one year, both Hairomatherapy and the range Sport (famously banned for it's bold & nude ad campaign!!) became multiple award winning ranges. During 2000 Lesley and Nicky launched Colour therapy a range of shampoo, conditioners and waxes to refresh and maximise hair colour.



Despite this success, Nicky and Lesley are far from complacent, they constantly strive to improve and enhance products as new technology becomes available. The Nicky Clarke Electric range has become Britain's fastest growing electrical haircare company, reaching fourth place in the market in the space of just eighteen months!

Although Nicky Clarke is undoubtedly the driving force behind the salon's phenomenal creative success, providing inspiration, vision (and an enviable celebrity client following), it is Lesley Clarke who possesses the business acumen and flair that drives the Nicky Clarke empire forward.

The Nicky Clarke International Fashion Team are often seen working closely with designers such as Calvin Klein, Versace and Alexandra McQueen at top International fashion shows in Paris, Milan and New York. In London the Nicky Clarke Team Fashion are responsible for creating styles for more shows during London Fashion week than any other team. Between them, Nicky Clarke and his creative team have tended to the tresses of royalty, celebrities and models alike.



Nicky Clarke's TOP HAIR TIPS

TIP 1

Wash, condition and rinse your hair properly.

TIP 2

Get the right hair cut for you.

TIP 3

Use the right styling products.

TIP 4

Adopt the right drying technique.

TIP 5

Use the correct finishing products.

TIP 6

Make sure your colour is perfect.



What is next for the brand?

2 013 sees the next step for the Nicky Clarke brand. The launch of the new salon premises in Mayfair, the re-launch of the Nicky Clarke iconic aluminum bottles, (back by popular demand), the new product range, using only the finest ingredients and only available in the most exclusive retail outlets, plus a host of new emerging faces.

These new talented stylists and colour technicians, trained under the watchful eye of Nicky are now stepping into the limelight to bring the brand firmly to the forefront of hair dressing talent for the next decade.

For more information on products, services and the Nicky Clarke brand, please contact: Octavia Coates, PR Manager for Nicky Clarke Salons on octavia.coates@gmail.com Tel: 07792855583, or Ben Kennedy, Marketing manager for Nicky Clarke Salons on ben@nickyclarke.com Tel: 0207 432 8488.



Chapter 8

No1 Boot Camp in Ibiza...

The FUN way to achieve real WEIGHT LOSS & FITNESS results. With Boot Camps in the UK, Marbella, Ibiza & France operating ALL YEAR !!

TAKE THE JOURNEY - CHANGE YOUR BODY!

At the new, gorgeous villa for a week of fitness & relaxation on the beautiful island of Ibiza!

Enjoy the beautiful island of Ibiza, Spain - a week of tough military style fitness exercises and yoga at the fabulous fitness retreat set in gorgeous surroundings near **Atzaro Boutique Hotel**. A peaceful retreat, this is the perfect place to detox & exercise getting away from the excesses of modern life. A typical days itinerary will include challenging but amazing scenic hikes to **The Goddess Island** with reknowned islander **Toby Clarke**, core stability exercises and team activities. Yoga once a week at the villa or on the terrace of the **Atzaro Temple** (either before or after dinner). Extra one-to-one yoga sessions are available at extra cost.



The Ibiza boot camp has been a great success this year and has moved to a NEW quality venue - everyone seems to want to have a holiday combined with fitness and healthy eating. You also have a great opportunity to explore the island if you desire or just relax in the evenings with an amazing spa treatment at the nearby Atzaro Boutique Hotel...



Feel fantastic after a week at No1 Boot Camp Ibiza...

Ibiza is a beautiful island and guests are encouraged to go out and explore it on their time off. For those of you who want to explore the area, hire a car as taxis can be expensive. Dinner is always served at the villa at 7pm and guests who want to do some sight-seeing, shopping or exploring are encouraged to return by this time.

The evenings are for relaxation. With some of the best massage therapists, estheticians, hair stylists & beauticians on the island, why not treat yourself to a little pampering? Massages, facials, hair styling & other beauty treatments are available at extra cost - Massages are currently 70 Euros. Massages and treatments



can be arranged at any time (booking not required) in the evening in your own room or at the **Atzaro Spa**.

On the day before your departure, boot camp finishes at lunchtime - The afternoon is for team games or you are free to enjoy the sun or explore the beautiful island of Ibiza.

Tel: 0208 524 3430 / 0208 529 5082

Web: <http://www.no1bootcamp.com>

Early booking advised - limited places per camp !!

Read all the latest celebrity weight loss and fitness articles for No1 Boot Camp! They have been featured in numerous publications from Celebrity Mags such as **Closer, New, Star, OK! Magazine** to name but a few, more Specialist Publications such as **Harpers Bazaar, Top Sante**, through to more traditional lines such as **The Sunday Times, The Mirror, Daily Mail & many more**.

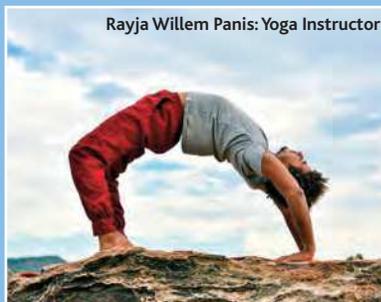


A Typical Day

- 07.00 Rise and shine
- 07:30 45 minutes of cardio exercises
- 08:30 Breakfast
- 09:15 First circuit
- 10:30 Break
- 10:45 Second class
- 12:30 Lunch at the Villa
- 13:30 Hike
- 15:30 Break
- 16:30 Strength / conditioning stretches or Yoga
- 19:00 Dinner

If you want to be pushed that little bit more, if you have the energy, you have the option to work out with the trainers!

Rayja Willem Panis: Yoga Instructor



Chapter 9

Ibiza style relaxation

During episode 2 of **Celebrity Beauty Secrets** we spent the day filming at **Ocean Beach Club in Ibiza**, it was a fantastic day and we loved interviewing the guests who lounged around the pool beds with some pretty glamorous bikini's and beach wear. With some amazing food and cocktails the ocean beach was a fabulous place to hang out, listen to the live DJ play some chilled out tracks and sip cocktails at sunset, it's a hard life for those celebrities!

Ocean Beach Ibiza returns on 'The White Isle' For Summer 2013.

Having firmly made its mark as the place to be in on the white isle, Ocean Beach Ibiza has returned for summer 2013 bigger and better than ever encapsulating the ultimate day and night beach club experience.

With a star studded launch last summer, the luxury venue has since become the place for celebrities and Ibiza's party people alike to dance until sunrise including Rosie Huntington



Whiteley, Jessica Lowndes, Tinie Tempah, Professor Green, Denise Van Outen, Charlie Brooks, Mark Wright, Jack Whitehall, Kate Lawler, Millie Mackintosh and more.

Located on the west coast of Ibiza in San Antonio, Ocean Beach Ibiza is a hidden gem situated along the S'Arenal Beachfront; with beautiful ocean views by day, and the privileged Balearic sunset at dusk.

Ocean Beach is the first of its kind in Ibiza. It offers a unique experience to those flocking to the celebrated party Island; guests can swim, relax, dine, dance, drink, celebrate and shop, all in one space overlooking the beautiful Mediterranean on the celebrated party island, 'the white isle'.

The luxurious venue offers a stunning 6000m2 space with multiple bars, restaurants, swimming pool and chill out areas. Highlights at Ocean Beach include:

The Pool

At Ocean Beach Ibiza all the fun is focused around the huge 600m2 swimming pool. During the day, cool Balearic beats and live entertainment can be enjoyed from the sun loungers and day beds scattered in and around the pool. Waiter service means guests don't have to lift a finger!

Illuminated by night, the pool provides a perfect backdrop for socialising, dining, cocktails, and live entertainment from a calendar of international DJs and artists.



The Stage

Entertainment is known to rival the setting for attention with music provided by a host of well known DJs this summer including Tom Crane, Tom Novy, B Traits, TCTS, Hannah Wants, Karma Kid, XXXY, Hackman, Applebottom, Eliphino, Josh Butler, Toyboy & Robin, Tom Flynn, Luke Pompey, Sound Blast, Joey Negro and Barbara Tucker's Barb & Q. Plus fabulous acts Shovell on percussion, Lovely Laura on Sax, vocals by Duane Harden and B-Linda on Electric Violin.

Situated next to the pool area, the permanent artist and entertainment stage is raised 1m above ground level; designed for optimum viewing from the venue's key areas.

In front of the stage is the dance floor, where guests can dance the night (or day!) away.

Beach Club Restaurant

The beach club restaurant set within the beach club is just a stone's throw from the pool with landscaped gardens, luxurious lounges, shaded hammocks, chill out areas and giant beds. Masseurs are on hand in dedicated relaxation areas to help guests rejuvenate from the night before, or invigorate for the night ahead!

Sunset Roof Garden restaurant

New to 2013 this beautiful terrace area will provide a stunning backdrop for the new Sunset Roof Garden Restaurant.

With amazing sea views this is one of the finest

locations to sit back, relax and watch the sun slowly make its way down over the calm Mediterranean.

With Culinary delights, the Roof Garden offers more than just a restaurant it's a night of pure indulgence.

Pearl Lounge

After the main beach club closes at midnight guests can make their way inside Pearl Lounge to continue the party until the very early hours of the morning.

With the ability to open until 6am and an exciting calendar of events, Pearl Lounge is the perfect place to stay until the sun rises.

Tony Truman and Duane Lineker, both owners of Ocean Beach Ibiza comment, "Summer 2013 is going to be even bigger and better for Ocean Beach Ibiza", Truman says, "The opening of Ocean Beach last year was absolutely incredible and we are looking forward to continuing the magical Ibiza experience for our guests and friends". Lineker adds "This year we will be continuing the party past midnight with Pearl Lounge as a focus for 2013 and the addition of the Sunset Roof Garden Restaurant; It is a very exciting year for us."

Ocean Beach Ibiza is open 7 days a week until Sunday 4th October 2013.

For more information please visit:

Website: www.oceanbeachibiza.com

Facebook: www.facebook.com/Oceanbeachibiza

Twitter: [@OceanBeachIbiza](http://www.twitter.com/OceanBeachIbiza)



Chapter 10

The Presenters Favourite Pick's

Styling, make-up, beauty products and more, as worn by **The Cosmedic Coach**.

GREEN PEOPLE

I loved the make-up from **GREEN PEOPLE** as worn in Episode 2. **Green People** is a pioneering brand established in 1997, Green People is the leader in certified **organic body care products**. With an extensive range of natural products – shampoos, face creams, sun lotions and body washes to name just a few – it is one of the biggest names in organic beauty in the UK.

In the main **Organic Skincare** range they have specific ingredients for functional anti-ageing benefits and for adult blemished skin. Their best-selling **Organic Sun** range has been expanded to include shampoo.



EVE LOM RESCUE MASK

Was great for post-plane travel dehydrated skin.

<http://www.evelom.com/>



HELIOCARE SUN RANGE

Took care of my skin whilst filming in Ibiza! at Number 1 Bootcamp. www.heliocare.co.uk

SLEEK

Sleek MakeUP Palette Vintage Romance i-Divine

This 12 shade eye shadow palette is sure to become your most precious vintage gem! With a choice of 12 enchanting colours you will find one for each and every occasion, whether it is 'Pretty in Paris', 'Forever in Florence' or 'A Vow in Venice' you are sure to beguile with classic natural beauty. **RRP: £7.99**



Sleek MakeUP Gloss Me

With 6 stunning shades to choose from, Sleek MakeUP's **Gloss Me** will be the name on everyone's lips, literally. At last, long lasting lip gloss with plenty colour power as well as staying power is finally here! Strong pigment takes lips from normal to note-worthy in just one slick. The versatile make up bag staple can be layered over lipstick for extra gloss or used alone. **RRP: £4.99**



LA ROCHE POSAY

Anthelios Gel Cream SPF 50+
<http://www.laroche-posay.com>



Freya Swim & Active Collections

As seen in Episode 2 of Celebrity Beauty Secrets.

Freya

Freya Swim's gorgeous collection of bra size swimwear come in a range of flattering styles and designs.

<http://www.freyalingerie.com/swim.aspx>

Freya Active sports bras and swimwear deliver maximum support. And with the right sports bra, you can focus on maximum performance. <http://www.freyalingerie.com/active.aspx>

Pictured far right: [Sunset Boulevard Calendula Banded Halter Bikini Top](#).

Pictured centre: [Tootsie Magenta Bandless Halter Bikini Top](#).

Pictured left: [Active White Underwired Sports Bra](#)

Pictured top: [Active Cosmic Blue Moulded Sports Bra](#)



Boux Avenue Lingerie and Swimwear



Lingerie

From classic everyday women's underwear to gorgeous matching bra and knicker sets, sexy suspender belts and babydolls, and clever bra solutions, Boux Avenue has a lingerie style to suit you. [Left](#): Chloe lace plunge bra



Swimwear

From flattering swimsuits to stylish beachwear, head off to your dream destination with the latest styles from the swimwear collection. The bikinis and tankinis are holiday must-haves, from halter necks to bandeaus in prints that sizzle.

Tel: 0800 054 6550

Email: hello@bouxavenue.com

Web: <http://www.bouxavenue.com>

Palma cherry halter full support bikini top. [Inset](#): Palma cherry frill bikini briefs.



Chapter 11

Cosmetics Celebrity Style

with Jules Cardozo Marsh our resident make-up artist

Jules has established herself as one of the most highly regarded make-up artists in the uk, for her stunning work created for fashion shows and events as well as glossy magazines to glittering award ceremonies.

Her vast experience in make-up and fashion has seen Jules work with many famous faces, teaming up with some of the biggest names in the industry.

Her fresh approach to make-up is inspiring and therefore makes her indispensable to her clients.

From red carpet glamour to bespoke bridal make-up Jules is the make-up artist to call.



Chapter 12

Hair Restoration

From the DHI Global Medical Group

DHI has over 43 affiliated locations worldwide and has successfully restored Hair for over 150,000 clients.

DHI Medical Group is the true global leader in Hair Restoration Technologies, founded by Mr K.P. Giotis in 1970 and has been dedicated solely to the research, diagnosis and treatment of hair and scalp disorders. 43 years on, the resulting **DHI Total Care System** ensures each DHI clinic across the globe complies with the highest standards in the treatment of hair loss.

THE DHI TECHNIQUE

DHI's exclusive technique is far more advanced than any other hair restoration technique available today.

DHI involves NO Scalpels & NO Stitches!

We have invented the DHI Total Care System; the world's first quality standardization in Hair Restoration in order to meet our objectives:

Safety - Natural Results - Maximum Growth
At DHI, our goal is plain and simple - to apply

the latest, most advanced innovations in hair replacement technology to give you healthy, natural looking hair.

The latest revolutionary DHI technique eliminates the use of scalpels, there is no scarring and best of all you will experience wonderfully natural results in just one visit to one of our DHI clinics.

Once the procedure is completed, new hair continues to grow naturally for life. The main aim of this new, advanced technique is to increase the survival and growth of the hair follicles by diminishing the handling of the grafts and the time they remain out of the skin. This amazing new hair restoration system is available now at DHI clinics.

HOW IT WORKS

With the DHI technique we extract each hair follicle one by one from the donor area and then we implant them directly, with no holes or slits prior to implantation.

In some cases the hair follicles are placed



Before and after 12 months treatment

immediately after extraction, that is Protocol A and in other cases there is a delay in placement after extraction, Protocol B (Direct IN).

Please discuss the two options with your DHI Certified Medical specialist prior to your session.

Why is the DHI technique so good and what makes it better than other techniques?

- The DHI Hair Implantation System does not involve any of the following: FUE, Strip, scars or holes!
- It's simple and yet so advanced medical procedure with outstanding and 100% natural results!
- Minimal post operative medication is required.
- The procedure eliminates the need for reception holes because the placement of the new hair follicles is performed using the DHI Implanter.
- The procedure is executed 100% only by doctors (No machines or assistants)

Previously with older techniques, the handling of hair follicles was necessary during particular phases of the procedure including; microscopic examination, saline preservation process and hair count.

ADVANTAGES

- No microscope needed, so that the exposure of the hair follicles in intense light & heat is avoided.
- No handling of the grafts is required, thus



increasing the survival of the hair follicles.

- Diminished desiccation of the grafts (minimal time out of the skin).
- Less anaesthesia, less medication needed.
- Increased graft survival.
- Early hair growth as most of the transplanted hair follicles enter the anagen phase immediately.

The Direct Hair Implantation technique allows the individual hair follicular units to be removed with a specifically designed instrument that leaves nothing more than a pin prick sensation. It is important to note, that not only are we able to remove the hair but also the associated portions of the unit including the sebaceous glands and adventitial sheath.

These are vital for a successful transplant otherwise the survival of the new hair transplant unit will be compromised.

The DHI revolutionary form of hair transplantation has completely changed the hair restoration field and made hair re-growth in your bald spot 'a walk in the park'. There is now absolutely no reason not to give, very strong consideration to a hair transplantation procedure in order to get back that youthful looking full head of hair.

The DHI Technique is a sophisticated, fast, new technique that our customers find life changing, painless and which provides satisfying results.

More Show Scrapbook of Photos



PHOTOS, CLOCKWISE FROM TOP LEFT:

Antonia with Jazz Smedley and Fleur filming celebrity style nails; The Goody bags at Slendertone press breakfast; Camera Action. Persian Lunch; W Hotel Press Breakfast; Beauty Blogger Ambarina Hassan; More nails with Jazz Smedley from Nail Harmony; My nails; W Hotel Press Event; At DHI Global; Filming on set with Ambarina Hassan; Slendertone; With Amy Willerton Miss Great Britain.



Chapter 14

Our Guest Commentators

DR DIRK KREMER

Dr Dirk Kremer is a German Board Certified specialist Cosmetic Plastic Surgeon, with global experience of plastic surgery. He is now one of the most progressive and approachable plastic surgeons in London.

Global experience

After his medical studies in Munich, Germany, and as a scholar in New York and San Diego, California, he returned to Munich in 1996 to commence postgraduate studies at Germany's leading teaching hospital the same year, training to become a plastic and reconstructive surgeon.

Soon after his board certification in 2003, he returned to the US to study further with the best plastic surgeons in the home of cosmetic surgery - Los Angeles, California. While in LA, Dr Kremer refined his signature procedures and decided to return to Munich where he opened his own state-of-the-art practice and soon developed a reputation as one of Europe's most progressive cosmetic surgeons.

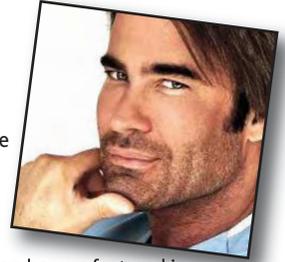
During his training as a plastic and reconstructive surgeon, Dr Kremer learned a great deal about microsurgery, maxillofacial and burn surgery. 'Putting something back' has always been of keen interest to Dr Kremer and subsequently he joined several charities, taking his skills to third world Asia and Africa.

Keen to keep his skills as cosmetic surgeon current, Dr Kremer continues to travel the world, seeking to work alongside the best international cosmetic surgery practitioners.

London plastic surgeon

In 2009 he decided to move his thriving office to London as he believes this great city has become

the leading force in Europe for all things anti-ageing. He is chief surgeon of Harley St. Aesthetics.



Since his arrival in London he was featured in several magazines for his knowledge as 'breast specialist' and joined the prestigious circle of practising physicians on Channel 4's Embarrassing Bodies aired in spring 2011. In 2013 he was invited to present a plastic surgery slot on The Alan Titchmarsh Show and to give live consultations on different cosmetic surgery topics.

No longer London's 'best kept secret', Harley St Aesthetics is fast becoming the clinic of choice for those seeking fantastic, progressive surgery with natural looking results. Our patients are incredibly diverse and include many national and international celebrities.

Dr Kremer is member of the German Society of German Plastic Surgeons (DGPRÄC) and a member of the specialist register of the UK's General Medical Council, GMC No: 7058998

Dr Dirk is a new age plastic surgeon and has the reputation of being very down to earth and approachable - his manner towards patients is not stiff and aloof but warm, friendly and understanding! He has developed a consultation method that seamlessly blends professionalism with a relaxed tone and his patients love him!

Being approachable is key to Dr Dirk's success as he understands how daunting the whole process of undergoing surgery can be - choosing the right procedure, the right surgeon and having to expose (often intimate) body parts to a stranger can be a nightmare. A relationship of mutual trust needs to develop and Dr Dirk manages this during the initial consultation which is never rushed and takes as long as you need. He

listens, taking time to make sure both you and he fully understand what you want, working out if your goals are realistic and achievable.

Dr Dirk will take into consideration a number of factors such as your aesthetics and what looks natural, your age, medical history and lifestyle as well as your desires and personal need. He will then outline your bespoke surgical plan including expectations of surgery, recovery and aftercare.

JADE PARFITT

SUPERMODEL AND PRESENTER

As a supermodel, charity organiser, mother and presenter, **Jade Parfitt** is certainly a woman with many strings to her bow. Recognised for her long legs and feline eyes, Jade is a well-known figure in the fashion world and has appeared as the bride in Jean Paul Gaultier's shows three times. As well as being a mother to her two-year-old, she is now a regular presenter for VogueTV.

Born in London in 1978 before moving to Devon aged 14.



Photo ©
Alexander
McQueen

At 15 her mother entered her into a modeling competition on television's *This Morning*, which she won, ensuring her a contract with MODELS1.

While completing her A-Levels, Jade worked alongside such famed photographers as Craig McDean, David Sims and Steven Meisel.

Jade's first runway show was Prada in 1995, which was followed by Chanel, Christian Dior and Alexander McQueen

She appeared in campaigns for Versace, Givenchy and Jean-Paul Gaultier amongst others

In 2000, she and friend Jasmine Guinness started up a charity called Clothesline, which benefits sufferers of HIV and AIDS in Sub-Saharan Africa. The two models use their fashion contacts to hold events at which donated goods are auctioned off to high-profile guests

Jade's debut for VogueTV saw her fly to New York and attend the Superhero-themed MET Ball, interviewing the likes of Zac Posen, Julia Roberts and Cat Deeley on the red carpet.

Biography courtesy of Vogue.



DAVID MARSHALL

CREATOR & FOUNDER OF THE BODY DOCTOR

Personal Training, Fitness Trainer, Exercise, Slimming and Nutrition from Bodydoctor.

Recognised as the finest personal training and nutrition company in the U.K., Bodydoctor Fitness have transformed the bodies of thousands of men and women including elite sportsmen, models and actors both at our studios and in their homes with our fitness products.

David Marshall creator and Founder says: "We have stood the test of time and over the last 15 years the results of our personal training have been

astonishing. Where we lead others try to follow, read the proof in our unrivalled press archive”.

We achieve dramatic results because, quite simply, we get you to do what you need to do - no more - no less. We have developed a full range of personal training exercises designed to work in harmony with each other. This complete personal training and nutrition programme maximises your energy expenditure for astonishing results. Improved strength and flexibility, weight loss, lowered body fats and increased cardiovascular fitness, leading to an overall structural improvement of the body in every respect.

Unique Personal Training Programme

Using a unique exercise sequence designed to optimise your energy expenditure and maximise results, this fitness and nutrition programme is adapted to your needs. Specialising in fat loss, weight loss and reconditioning, this personal training programme is ideal for everyone from Pre and Post Natal mothers to over-stressed executives.

The Fitness Programme That Works With Your Body

With a Bodydoctor fitness programme you can learn to work with your body not against it, so that you feel in the best shape of your life, both physically and mentally.



Photo ©The Standard Newspaper



DEBBIE ARNOLD, ACTRESS & VOICE ARTISTE

Debbie has enjoyed a successful career as an acclaimed actress in television, film and theatre. She has the dubious honour of being the only actress in the UK who has appeared in every major TV soap in the last 30 years as a regular character! She has worked with everyone from The Two Ronnies to Omar Sharif and has spearheaded many campaigns as a top voiceover artiste.

Debbie Arnold was born in Sunderland on June 14th. She was born into a showbusiness family; her father was the impressionist Eddie Arnold and her mother Mary was a theatrical agent. She started her career in television in 1979 following in her father's footsteps doing impressions on 'Now who do you do'. She then broadened her horizons by moving into drama and comedy appearing in hundreds of shows but her unique achievement is that she has appeared as a regular character in all the major soaps! Sylvie in Coronation Street, Debbie in Emmerdale, Janice in Hollyoaks and April Branning in Eastenders. In 2012 Debbie returned to Coronation Street playing yet another character, Carole Evans, the landlady of the Weatherfield Arms and hopes to return soon. Her recent credits include Holby City and Doctors. In 2010 she appeared in the movie 'Photoshoot' playing film star Mae Hudson starring opposite John Altman. The film won her best actress award.

Her theatre credits include 'The Sleeping Prince' at the Haymarket Theatre in London, playing opposite Omar Sharif, for which she won many

awards and accolades. Other West End appearances include *Woman Behind Bars*, *Four in a Million* and *Last of the Red Hot Lovers* at the Strand. She has appeared in many fringe productions and numerous national and international tours. Last year she toured the country in 'Keeping Up Appearances' playing Rose.

She has been a top voice over artiste for the last 20 years, spearheading many campaigns. She has recently formed Debbie Arnold Productions, and is currently in development with three major television projects. She has been the 'face' of Etam and Goldwell and is in the process of launching her own makeup range.

Debbie has 2 daughters who are both following in the family tradition... Ciara Janson, an established actress and voice artiste, and Talia Janson who is a singer.

ABI PHILLIPS

ACTRESS & SONGWRITER



Abi Phillips is eighteen, a singer and songwriter from the West Midlands in England. Abi plays the character of Liberty in the Channel 4 show *Hollyoaks*. Abi says "I have been lucky enough to write music that's been used in the show, I'm working on writing my debut album for next year, please keep in touch with me on Facebook and @abiphillipsuk on twitter"

KHALEE HEWLETT

FASHION STYLIST & PRESENTER

Kalee Hewlett is a fashion and celebrity stylist and has worked in the industry for many years. Throughout this time she has worked on feature films; television; commercials; pop promos and now sits herself firmly within the fashion and presenting arena. Kalee's



talents have led her into styling for a range of international fashion titles and personal styling for a number of prominent TV personalities.

Having worked on a broad range of TV projects, along with her increasing editorial work Kalee is inevitably getting herself noticed. Alongside her styling talents, Kalee has established herself as a style expert and presenter. Her warm personality and extensive knowledge of the fashion industry has allowed her to host various fashion events, campaigns and projects. She recently worked in association with The Clothes Show Live touring the UK with the Suzuki Streets Ahead team presenting style workshops onstage focused audiences. She hosted the Suzuki stage, interviewed celebrity guests and was a regular guest presenter on the style stage offering fashionistas industry advice and style tips.

Kalee is a regular backstage at London Fashion Week documenting the event and interviewing designers and creative's at the forefront of the industry. Kalee presents for various online fashion sites offering her expertise, trend advice and style tips, she can often be seen on themuse.tv and featured as Motel Rocks industry insider. Kalee's talents do not stop there; she is an avid writer and regularly features in fashion pages.

Kalee has a private client list that she works with on a one-to-one basis, offering tailor-made packages to suit their needs and she runs style workshops for people wanting to know more about fashion and style.

Regularly labeled by industry experts as 'one to watch' and with lots of up and coming projects Kalee is set for a very exciting year in 2013.



Chapter 15

She's nailed it!

Rising superstar of celebrity nails, Jazz Smedley, on **Celebrity Beauty Secrets**.

From the team that propelled Gelish into the UK, we bring you a new brand for a new generation! Teenager **Jazz Smedley**, prodigy to Georgie Smedley, inspired a new collection of nail products called **All That Jazz**, gorgeous fresh off the runway-nail lacquer colours that will take your breath away. Jazz is already a super hit with international celebrities so we couldn't resist asking the stunning young lady to show us some of her celebrity style nails, we love her ... watch this kid she's going places!



Chapter 16

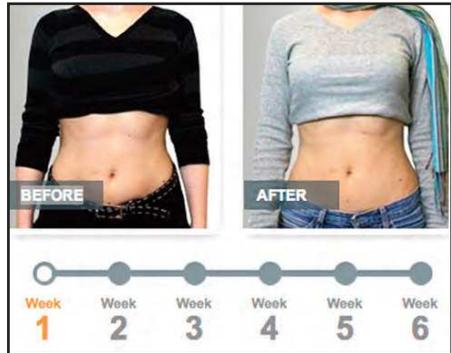
Slender and Toned with SlenderTone

SlenderTone products are designed, manufactured and marketed by BMR (Bio-Medical Research) Ltd an international company headquartered in Galway, Ireland.

SlenderTone is a world leader in providing products that improve muscle tone and body shape. The company produced the first toning belt to be cleared for market by the United States Food and Drug Administration (FDA), all products are classified under the European Medical Device Directive and won the Irish Consumer Goods Export Award in 2005. SlenderTone has sold over 6.1 million products worldwide.

SlenderTone Face has won numerous awards since launching in November, 2009:

The team of researchers and developers has expertise in exercise science, electronics, mechanical engineering and embedded software. Working closely with local and international universities in sophisticated R&D programmes, BMR has brought many patented products to market.



SLENDERTONE FACE

SlenderTone Face can naturally reduce the signs of ageing, restoring the youthful shape of your face with minimal effort. Whether you're after a radiant complexion or want a rejuvenating facelift, the specially designed programmes are tailored to give you a more toned, fuller and firmer face.

SLENDERTONE OPTIMUM

A revolutionary, easy-to-use full body trainer with EMS and TENS technology:

- **Sport:** develops strength, speed, endurance and recovery for sports.
- **Toning:** builds and defines your muscles for a toned body.
- **Pain Relief:** use the TENS technology to reduce pain.
- **Relaxation:** relieve muscle pain and daily stress.

www.slendertone.com/en-uk/



W is for Wow Skin

Facial age proofing from inside and out

A leading Nutritionist and Medical Aesthetics Skin Specialist were brought together by Slendertone Face on 16th September to offer advice about how to age proof the face from inside and out. By taking a two pronged approach, they suggest that people can protect themselves from cell and muscle atrophy which can exacerbate the appearance of ageing – which often manifests itself on the face before other areas of the body.

Inside out



According to Nutritionist **Juliette Reeves** (pictured left), the key to keeping young looking skin is protecting oneself from the inside. Did you know that certain foods help prevent the cell damage which causes our skin to age? As we get older our skin cells don't replace or repair themselves as quickly as they do when we are in our teens. Scientists believe that the reason our body's age is due to telomere shortening. Telomeres are similar to the ends of a shoe lace; they protect our DNA from damage and help to ensure the replication of healthy cells. Telomeres get shorter with wear and tear and eventually the telomere runs out and the cell can no longer divide and rejuvenate, contributing to poor health and ageing. Scientific findings now tell us that nutrition may be able to help turn back the clock a little bit and slow the rate of telomere wear and biological aging.

Certain foods can not only protect our skin from the inside but also boost our defences against skin cancer, protect telomere length and preserve DNA, making our skin look smoother, younger looking and reduce wrinkles. These foods are rich in antioxidants that protect the

body from ageing caused by free radicals, which can damage body cells and shorten telomeres over time. Healthy fats such as Omega 3 fats also help to prevent inflammatory messengers circulating in the blood. This also prevents skin cancer, heart disease and the signs of ageing. Juliette Reeves has created her top ten foods to eat regularly to help keep the ravages of ageing at bay (which are detailed below).

Inside and out

Medical Aesthetic Skin Specialist **Dr Vincent Wong** (pictured right) is equally sure of the need to work on the health of the face but from his perspective, this is from the inside and out by ensuring the underlying muscles are exercised regularly to remain (or regain) their youthful volume and tone. He carries out highly complex non-invasive facial rejuvenation treatments on his stellar clients at Maison de l'Esthetique on Harley Street and at the Spa at the W Hotel, both in central London.



Not all of us have access to Dr Wong, but it is possible to emulate some of the effects he achieves electronically using the Slendertone Face, which impressed him so much he now recommends the device to many of his patients as part of their treatment programme. This is because Slendertone Face exercises and tones the muscle structure of the face which is made up of over ten muscle groups, all of which start to diminish at around the age of thirty.

The Slendertone Face is the UK's Number 1 facial toning device* and is clinically proven to re-build muscle density to help maintain a strong foundation which keeps the overlying skin taut and restores youthful definition by toning and

*GfK Well Being Report, Facial Toning & Cleansing Devices, June 2013.

lifting the muscles naturally from the inside out. The portable device only needs to be worn for 20 minutes a day, 5 times a week for the muscles, the skin and facial structure to be lifted and plumped, smoothing out the surface and reversing the typical signs of facial aging: loss of volume and shape, wrinkles and lines. Studies also show that it improves the facial circulation, so improving the complexion and can even relieve facial stress in as little as ten minutes.

TOP TEN ANTI-AGEING FOODS

Like Dr Wong, Nutritionist Juliette Reeves is much in demand, so for those who can't get an appointment to see her she has put together a list of the foods she recommends we all to consume to age-proof the face.

1. Berries: Berries are rich in anti oxidants such as Vitamin C and carotenes. The darker or more vivid the colours, the richer the antioxidant content. Berries with their fantastic array of blue, black and red pigments are packed with anti ageing nutrients and phyto-nutrients that protect the skin from the damaging effects of excess sun exposure and free radicals. Concentrate on blueberries, blackberries, strawberries, raspberries and cranberries. Try sprinkling them onto wholegrain breakfast cereal or porridge and mixing them into yoghurt for a healthy start to the day.

2. Sweet potato: These are a great source of Vitamin C and Beta carotene which protects the skin from UV damage. Beta carotene gives sweet potato its bright orange colour and it is converted into Vitamin A, an antioxidant that is particularly useful for protecting the skin, eyes and bones. Look out for butternut squash, mango, papaya, carrots and pumpkin. The beta carotene content is best released after cooking making them great for baking, mashing and soup making.

3. Beetroot Tops: These beautiful dark green leaves with the deep red stalk running through

are rich in folate, magnesium and zinc, which are all needed to preserve healthy telomere length. They also act as antioxidants and fight the ageing effects of DNA damage to our skin and other cells in the body. They contain essential vitamins and minerals for healthy hair, nails and bones. Other leafy green vegetables include broccoli, spinach, rocket, lambs lettuce, spring greens and savoy cabbage. Try eating them raw as part of a salad every day.

4. Walnuts: Nuts are great sources of healthy fats and minerals promoting smooth skin and wrinkle protection. Nuts are a rich source of essential fatty acids and offer health benefits similar to olive oil. Walnuts are particularly rich in Omega 3 fats, the kind of fats found in oily fish. These fats cannot be made by the body and must come from the diet. Eating a handful of walnuts can give almost 95% of our daily needs. Mix them with other nuts such as almonds, brazils and hazelnuts. Lightly toasted they make a great snack or topping for salads, breakfast cereals or fresh fruit.

5. Flax Seeds: Seeds are also a rich source of healthy fats and flaxseeds contain the correct proportion of Omega 6 and Omega 3 fats. These two fatty acid families are important in reducing the levels of unwanted inflammatory messengers in the bloodstream thereby reducing the risk of certain cancers including skin cancer. The minerals contained in flaxseeds also help to reduce the appearance of wrinkles by increasing the bond strength in the collagen layers of the skin. Other healthy seeds include pumpkin, sesame, sunflower and hempseeds. Try toasting them with a healthy nut mix for salads and other toppings.

6. Avocados: Avocados are a great all round food they are packed with some great nutrients that help to repair and maintain healthy skin. The healthy fats in avocados make the calorie count quite high, however, these fats are burned up

quickly and are not the type of fats that make you fat. The healthy fats in avocados can actually reduce the bad fats such as cholesterol whilst increasing the good fats. They are rich in folate, antioxidants, key minerals and essential fatty acids. Try them chopped into salads, mixed into dips or simply eaten out of the skin as a snack!

7. Salmon: Another rich source of Omega 3 fats, salmon along with other oily fish helps keep our skin young looking and prevent skin cancer and DNA damage. EPA found in oily fish has also been shown to preserve collagen fibre which keeps the skin firm, smooth and flexible. In combination with DHA oil found in salmon, it helps to prevent skin cancer and reduce unwanted inflammation in the body, while the Vitamin D found in oily fish also boosts immune system and prevents free radical damage. Other rich sources include tuna, sardines, mackerel, herring. Try eating them with fresh fruits such as orange, mandarin or mango in a large green salad.

8. Endame Beans: Like other soy foods such as tofu and soy milk, endame beans are rich in isoflavones, compounds that act like antioxidants by seeking out and mopping up free radicals that can be caused by UV light exposure. Isoflavones also help to preserve collagen which forms an underlying layer that firms and supports the skin. Preventing collagen breakdown helps to ward of wrinkles and loss of skin tone. Endame beans are young soy beans that can be eaten fresh from the pod in salads and dips.

9. Chocolate: Cocoa contains another flavanoid called epicatechin and scientific studies have shown that this compound can increase blood flow to the skin, boosting oxygen and nutrient supply. It is the sugar and fat content contained in chocolate that can have a negative effect on the skin making blood flow sluggish and congesting the pores. Good quality chocolate however, with a

high cocoa content when eaten in moderation can have positive effects on circulation and skin and heart health. Other foods rich in epicatechin include tea and red wine.

10. Green Tea: All green tea is made from the leaves of the Camellia sinesis plant. It is high in antioxidants such as Vitamins C and E and also contains significant amounts of B Vitamins including B1, B2, B12, B3 all of which are essential to healthy skin and nails. The catechins (a type of tannin) have antioxidant properties and the polyphenols in green tea help to block the growth of skin cancer cells.

As Juliette Reeves concludes "What we eat can protect our skin from sun damage, ageing and wrinkles. By contrast refined foods that contain white flour, sugar and saturated fats can increase free radical damage to our skin cells. Eating a diet rich in antioxidants and healthy fats will offset the daily wear and tear our skin receives, and eating a diet with lots of different colours will make sure we are getting plenty of antioxidants and other protective nutrients. Many of the foods that boost our immune system preventing infection and disease also protect us from skin cancer and help keep skin looking smoother, younger and reduce the appearance of wrinkles."

FILMED ADVICE

The two specialists in their respective fields have filmed their advice to help people age-proof their faces from the inside and out. To view the films: www.slendertone.com/face. You can also visit this site for more information about Slendertone Face.

ABOUT DR VINCENT WONG

Dr. Vincent Wong, is an advanced medical aesthetics practitioner and the founder of La Maison de l'Esthetique, a Harley street clinic dedicated to luxury facial enhancement. He is also the aesthetics doctor of the spa at the fashionable



London W Hotel (pictured above). He is a fully qualified doctor with extensive research experience in Plastic Surgery and Dermatology. A sought after expert, Dr. Wong has presented his work at several national and international conferences, including those hosted by the British Association of Plastics, Reconstructive and Aesthetics Surgeons (BAPRAS) and the British Association of Dermatology (BAD). At La Maison de l'Esthetique, Dr. Wong and his team of highly-trained practitioners offer customised treatments which are up to date with the very latest in facial aesthetics techniques. Dr. Wong is passionate about fighting the signs of ageing and ensures that different treatment options are available to help his patients look younger without having surgery.

Dr Wong can be contacted at 10 Harley Street on 0207 299 0380 or by visiting www.lesthetique.co.uk

ABOUT JULIETTE REEVES

Juliette Reeves is a dental hygienist and nutritionist with over thirty years' experience. She qualified from Birmingham Dental Hospital in 1981 and studied nutrition with Patrick Holford from 1993. Juliette writes regularly for the press and is an editorial advisor to a number of dental journals including Smile Magazine. Juliette is a Key opinion leader for Phillips Oral Healthcare, a specialist advisor to the British Dental Health Foundation, reviews papers for the British Dental Journal, and has given a number of radio and TV interviews. She has written and lectured internationally over the last twelve years and her work is translated and published in Eastern Europe, Turkey, Poland, India and Iraq, in addition to the US and Asia Pacific.

ABOUT SLENDERTONE FACE

- RRP £250
- Available to buy at Boots, Harrods, Very and to try at the Sanctuary Spa
- 3 difference facial toning programmes last from 15-20 minutes and users can select from radiance, lift and massage settings
- Rechargeable, handheld controller with headset based delivery system
- 2 pads on top of cheek "bone area" to side of ear
- 12 sets of pads included, with recommended pad replacement after 5 uses
- Replacement pads RRP £25 for 12 sets
- Varying levels of intensity to suit all users
- Recommended use for Slendertone Face is five times a week in 20 minute sessions for the first 12 weeks. After the initial 12 weeks, Slendertone recommends using it two-three times a week for up to 20 minutes to maintain the muscle tone and shape
- Slendertone Face went through extensive clinical trials. This study was performed in compliance with ICH Good Clinical Practices (GCP), the Declaration of Helsinki and EU and FDA clinical research guidelines
- Some of the notable findings of the independent clinical trials showed that:
 - 94% of users stated their face felt firmer
 - 90% reported improvement in facial toning
 - 80% reported their face looked lifted.

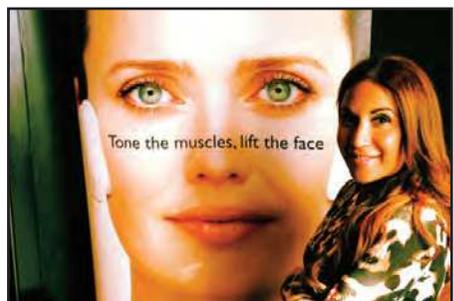
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Meet Miss Universe GB

Slendertone is helping Miss GB take on the Universe

On 9th November 2013 **Amy Willerton**, the current Miss Universe Great Britain, will be challenging to become the next Miss Universe. Currently among the top five favourites to win the crown, she is leaving nothing to chance in her planning for the contest which takes place in Moscow. Face and body toning experts Slendertone have stepped in to help.

Amy has already embarked on a sophisticated skin preparation campaign under the professional guidance of **Dr Vincent Wong**, who is an Advanced Medical Aesthetics Practitioner and the founder of La Maison de l'Esthetique, on Harley Street, and is also the Aesthetics Doctor of the Away Spa at the fashionable London W Hotel.

As part of the non-surgical programme Dr Wong has put together for Amy he has recommended she uses a Slendertone Face to naturally stimulate her facial circulation, improve her complexion and bring about a sparkling radiance. The device achieves this by using electronic muscle stimulation (EMS) technology to activate natural muscle contractions and in doing so, exercises the face. Even younger women of Amy's age benefit from embarking on facial toning as a preventative method against muscle atrophy which starts at around 30. As we age our muscles lose mass which causes the attached skin to sag and hollow and causes ageing of the face. Slendertone Face device is able to restore or maintain the youthful shape of the face in twelve weeks by toning and lifting the muscles naturally for twenty minutes a day, five days a week¹.

Radiating health and vitality from every pore

However there are also a number of additional benefits derived from exercising the muscles regularly, as it helps with the purification of the

skin and it is for this reason that Dr Wong suggested Slendertone Face for Amy in the run up to November. Facial muscles are directly attached to skin – it's the only place in the body they are - and as they are correctly exercised without contorting the overlying skin, the blood flow to the dermis escalates which increases oxygenation and clears the build-up of toxins which can cause a number of skin complaints. Users taking part in a trial reported skin condition improvements; 82% testified to a healthy glow, 76% noted greater radiance and 65% reported improvements to their complexions – and this effect was observed from the second week of use.¹

Amy corroborates this and after using it for only a few days commented that "Slendertone Face already gives me a lovely glow after I use it – I just pop on the headset and forget I am treating my face– which is great as I have so many things I have to do at the moment". Whilst Dr Wong added "Amy suffered from chronic acne in her late teens and whilst it has left her unscarred, she wants to ensure it is in peak condition for the November contest. Her treatment plan includes a series of skin peels, vitamin injections and micro-needling treatments." Amy will then use her Slendertone Face to improve the circulation, encourage the removal of toxins and ensure she radiates health and vitality from every pore.



Body beautiful

In addition to working on the condition of her face, Amy has been offered help from fitness expert and personal trainer **Jarod Chapman** to

tone her body. As part of her routine, Jarod has recommended the use of a Slendertone Ab Belt for twenty minutes a day, five days a week, to ensure that she improves her muscle definition and tone whilst travelling to modeling assignments and between gym visits. She says of her experience of Slendertone Ab to date "your stomach feels really tight after use. I wear it while I am getting ready to go out, while I potter around the house or even when I am at the gym for a boosted work out". Jarod Chapman added "Amy is very willowy and slender, but we felt that it would be good to add some tone and definition to her abdomen area. Amy will improve her abdominal strength and tone with her Slendertone Ab belt. The compact design means that it will fit easily into her travel bag. In this way Amy can maintain her abdominal toning whilst traveling for work projects or whilst taking a much needed summer holiday." He added "I have created a specialised health and wellness programme for her that incorporates Slendertone, eating healthily and some extra full body exercises. Amy is going to be body perfect for her competition in November!"

Path to success

Amy is charting her progress towards her ultimate goal in November on her website and through her Twitter account so that her followers can see the steps she is making. You can visit her website www.amy-willerton.com and her Twitter handle is @amywillerton.

ABOUT AMY WILLERTON

Amy Willerton was born on 18 August 1992 and grew up in Bristol. The 5ft 10in (1.78 m) model won the title of Miss Universe Great Britain 2013 and will represent Great Britain at the Miss Universe 2013 contest which takes place in Moscow in November 2013.

As well as working as a professional model,

Amy is a former winner of the show "Signed by Katie Price" and has worked as a presenter for Fashion TV. Amy also uses Makaton sign language which she learned in order to communicate with her brother who is autistic and has learning difficulties.

Amy lives in both London and Geneva – where her beloved white Chow named Yogi resides with her jewelry designer boyfriend - and travels between the two for modeling assignments.

ABOUT JAROD CHAPMAN

Jarod Chapman trained as a sport and remedial massage therapist at Sydney's acclaimed Nature Care College, Australia's leading natural therapy college. After completing his studies at Nature Care he furthered his interests in health and fitness and studied exercise science at the Australian Institute of Fitness. According to Jarod the opportunity of a lifetime "fell upon me" in 2008 when Tina Turner employed him as her Personal Wellness Coach for her 50th Anniversary World Tour of 2008/09. His love of travel, architecture, art, exercise, health, creativity, people, spirituality, and of course his work itself, was all fantastically combined as Tina's wellness coach. He now operates a personal fitness training, wellness and massage business on Old Brompton Road, in West London.



Chapter 17

Revered Skin

EDS DermaStamp

Medical skin-needling is an established clinical procedure with clinical results and skin improvements that are well known and undisputed. Peer review studies and clinical reviews have established this as an effective treatment with an excellent safety profile. Its suitability for all skin types has made it a key treatment for acne scarring, sun damaged and ageing skin, fine lines and wrinkles and stretch marks.

2013 marks a new beginning in medical skin-needling with the introduction of **eDS™ Skin Rejuvenation**. Using the **eDermastamp®**, the latest evolution in electronic automation from the home of multi gold award winning **GD™ Skin Rejuvenation**, **AesthetiCare®** is again leading the way in quality, efficacy and safety assurance.

eDS™ Skin Rejuvenation is only available from medical practitioners and authorised clinics using the **eDermastamp™** CE marked medical device. eDS™ Skin Rejuvenation provides advanced, electronic medical aesthetic skin-

needling, a procedure that stimulates the skin to regenerate and repair itself naturally and safely, creating smoother, brighter, younger, healthier looking skin.

Only the technology in the **eDermastamp™** skin-needle medical device combines the most advanced German, medically-engineered, electrical mechanism with the most advanced **Medizinisch-Nadel-Technik™** German medical skin-needle technology providing an even more intensive, even more controllable and even more comfortable medical skin-needling procedure!

The precision engineering of the **eDermastamp™** device, enables the practitioner to accurately control the intensity of the **eDS™** Skin Rejuvenation procedure by adjusting the needle depth and needle speed depending on the area being treated and the clinical condition of the skin. The **eDS™** Skin Rejuvenation treatment has an excellent comfort level and this will normally be made more so by the application of a topical anaesthetic prior to treatment. Alongside this and to further enhance the efficacy and comfort of the treatment, the practitioner will incorporate a medi-grade, skin hydrating and enhancing solution to the treatment area providing an advanced mesotherapy procedure.



Above right: Antonia holding favourite product of celebrities RetriDerm at The Revere Clinic in Harley Street. This pic: filming Dr Sach Mohan.



For further information about **GD™** and **eDS™** Skin Rejuvenation procedures please contact **AesthetiCare** on 0800 0195322 or by email and we will be happy to help.

Retriderm

Turn back the hands of time!

Our skin is on display everyday of our lives. It communicates so much about us including indications of our age and well being. Skin is also our primary barrier against external challenges, so not only is good skin health vital to appearance it is also very important to overall health.

Young healthy and vibrant skin has elasticity and firmness, it is smooth, luminous and vibrant; it is beautiful. This is because the outer layer of the skin the epidermis has skin lipids and natural moisturising factors (NMFs) that attract and retain water keeping the cells plump. In the lower levels of the epidermis skin pigmentation cells are present and new skin cells are being produced, while at the surface old cells flake off. This is the body's way of naturally keeping the skin even in tone, texture and luminosity.

Below the epidermis, in the dermis is the key architecture of the skin known as the extra cellular matrix (ECM). This is made up of a network of collagen and elastin fibres that provide elasticity, firmness and smoothness. It also contains key skin cells known as fibroblasts which produce and replace the collagen and elastin. The fibroblasts also produce NMFs such as hyaluronic acid (HA), which further help provide the skin's hydration, plumpness and smoothness. Running through

the ECM blood capillaries provide oxygen, nutrients and moisture, helping feed the skin and make it vibrant. The dermis also contains natural protecting anti-oxidants, in the form of

skin vitamins and enzymes, which defend against the free radicals or reactive oxygen species (ROSS) that constantly challenge the skin and can cause it so much damage.

Fight the visible signs of ageing and sun-damage with CLINICALLY PROVEN Retriderm™.

RETRIDERM™ can significantly improve the appearance of skin hyper pigmentation, skin laxity and tightness, skin brightness, facial wrinkles including wrinkles around the eye and crow's feet.

- Unique medigrade Retinol skincare formula
- Clinically significant skin improvement possible after 4 weeks daily use
- Two serum strengths for Vitamin A skin regenerating step-up skincare programme
- RETRIDERM™ Retinol 0.5% Skin Serum - for more sensitive skin or skin with less age & sun damage, as step 1 in a Retriderm™ step-up programme.
- RETRIDERM™ Retinol 1.0% Skin Serum - for more mature and sun damaged skin and as step 2 and ongoing treatment in a Retriderm™ step-up programme.
- RETRIDERM™ is available from Aesthetic clinics.



To find out more about RETRIDERM™ call us now for further information and where to buy please contact 0800 0195 322 or email us. For information about other AesthetiCare® products please visit www.aestheticare.co.uk





*Antonia
Mariconda*