

# Q&A Health & Beauty

Our experts solve your dilemmas...

## Our panel of experts



Claire Nicole is a make-up artist and beauty therapist. Contact 07775 763 058 or [www.clairenicole.co.uk](http://www.clairenicole.co.uk)



Dr Mairi Brittan is a health and nutrition expert and founder of LOVENutrition. Contact: 07977 235 375 or [www.lovenutrition.co.uk](http://www.lovenutrition.co.uk)



Sue Roberts is a qualified cognitive hypnotherapist and life coach. Contact: 01628 669 475 or [www.freedomfinders.co.uk](http://www.freedomfinders.co.uk)



## STAYING ON BUDGET .....



## Lush lashes

**Q** I have very short, thin eyelashes, and could really do with a mascara to make them thicker and my eyes look bigger on my wedding day. Can you recommend a good quality mascara that's also waterproof?

**A** *Claire says:* If you would like long lustrous lashes, you should look at having eyelash extensions such as Nouveau Lashes. Alternatively, you could try glueing on individual lashes like those available from Eylure.

If you would like a good mascara that's also waterproof, then Maybelline Volume Express is a good affordable choice. I don't believe that paying over the odds for mascaras makes any difference, but if you fancy splashing out, Yves Saint Laurent has a lovely range.

**Q** My fiancé and I have saved hard for our wedding for the last five years. We've finally decided on what we want and have set a budget, but I'm really having trouble resisting the extras being offered by the venue, the florist and the dress shop. I want the perfect wedding, but I fear going over budget and getting into debt. How do I resist the temptation?

**A** *Sue says:* Every bride wants the very best for her wedding, and after five years of waiting it's normal to want everything to be perfect. Saying no to people who are trained to sell can be difficult.

Imagine the day after your wedding: a great day with family and friends, and a new husband. Look back on what was really important. Then assess your budget, and decide what you'd like to spend more on, and what you could cut back on, and alter your budget accordingly, while keeping the final cost the same. Say no to extras with confidence and know that you already have everything to make your day perfect.

## Eat healthily for the big day

**Q**

I would like to lose one-and-a-half stone prior to my wedding. Can you recommend a programme to help me achieve this?

**A**

**Mairi says:** The best way to do this is by embarking on a healthy, balanced diet at least six to eight months before your wedding date. Faddy diets and rapid weight loss plans often deprive the body of essential nutrients and can result in a person regaining any weight they have lost, plus more.

A few of my tips for weight loss include:

- Sticking to a balanced diet rich in wholegrains, proteins, nuts and seeds, fruit and vegetables
- Avoiding refined, processed or artificial foods. Aim to eat food as close to its natural form as possible
- Avoiding fried foods and rich sauces, which are packed with calories
- Distracting yourself when cravings strike. Many of us eat more when we are stressed or nervous. Create distraction techniques for those weak moments, such as going for a walk or calling a friend for support
- Cutting down on portion size
- Eating your largest meal at lunch, and a smaller, lighter meal in the evening
- Eating to boost your metabolic rate – this includes protein with every meal, such as poultry, fish, nuts, seeds and pulses. Skipping meals can lower the metabolic rate
- Exercising to boost your metabolic rate and increase levels of feel-good hormones to reduce stress
- Aiming for two to three portions of fruit per day and six to eight portions of vegetables
- Eliminating sugary foods. Swap chocolate, sweets, biscuits and cakes for healthier options to fill you up and prevent sweet cravings (chopped raw vegetables with two tablespoons of hummus dip; a natural cereal bar, preferably one with less than 15g sugar per 100g; a small handful of raw nuts and dried fruit; and antioxidant-rich fruit and vegetables)
- Substituting white bread, white rice and white pasta with wholegrain alternatives. These are often the culprit associated with failed weight loss
- Reducing alcohol intake. Alcohol is high in calories and sugar, and prevents your body from absorbing nutrients
- Reducing or eliminating caffeine. Swap tea and coffee with herbal teas such as camomile, fennel or peppermint.



## Accepting change

**Q**

I'm getting married for the second time around. My daughter of 12 has lived alone with me since my divorce nine years ago. I thought she'd get used to the idea of my having a new partner, but she still has problems accepting this, and has said that she does not want to go to the wedding. What do you suggest I do?

**A**

**Sue says:** Children don't like change; it makes them insecure, and they lack the skills to deal with it. Parents sometimes don't remember what it's like to be young either. Find some quiet time for yourself alone, and imagine being her. Sit in her room, and perceive her life as she has led it, and what it's like being 12. Picture how she feels, what she thinks, what she fears.

Then, go and sit in your room. Reflect on your life and how it has been for you. Consider how you feel, and what you fear. Then, sit somewhere neutral, like the kitchen. Think of yourself as a wise woman who understands how both the mum and daughter feel. Consider what she would advise. Listen to what the wise woman tells you about how to help your daughter deal with the changes that are happening to her, within herself, and her home life. When you have enough insight, make time with your daughter to put it into practice.



## Safe tanning

**Q**

I'm getting married in January and would like to add a bit of colour to my pale complexion for the big day and for the honeymoon. I don't want to resort to using sunbeds. Are there any products I can use that are safe?

**A**

**Claire says:** In my opinion, St Tropez lotion gives by far the best fake tan. It's a little inconvenient, as the initial tan isn't as even as one you'd get from a professional spray, so you may want to go home while it develops. The tan lasts for five to seven working days. A more pocket-friendly alternative would be Johnson's Holiday Skin, but I would advise testing these products a few months before your wedding day.