

# Q&A

Our experts answer  
your dilemmas

## Health & Beauty



Claire Nicole,  
Make-up artist &  
beauty therapist



Paula Werrett,  
Nutritional  
therapist



Sue Roberts,  
Cognitive  
hypnotherapist &  
life coach



### Endless guest lists

**Q** I have lots of friends I want to invite to my wedding, but my parents insist on inviting all of their friends as well as older relatives. We can't possibly invite everyone, and the guest list is causing arguments between us. Can you suggest ways we can resolve this?

**A** *Sue says:* Arguments about guest lists are very common, and the best way to resolve them is by communication – listening as well as talking and compromising. Get a neutral family friend involved, if necessary, and get everyone around the table for a discussion. Set some rules: everyone has their say, without interruption. Everyone is allowed to express how they feel and why they believe their point is important.

Decide beforehand on the maximum number of guests. After everyone has expressed their opinion, ask if there's a way to accommodate guests who are most important to you – then change the list accordingly.



### Moisturising foundation

**Q** My skin is dry and flaky and I'm worried about how my foundation will look on my wedding day. What can I do?

**A** *Claire Nicole says:* If you're really concerned, go and see a skincare therapist for some advice. Make sure you are using the right cleansers for your skin type and exfoliate regularly too. I recommend Dermalogica products such as Gentle Cream Exfoliant and Essential Cleansing Solution for dry skin.

When it comes to foundation, choose one that is moisturising and finish with just a little amount of face powder. You can buy Dermalogica products from [www.charlottesboutique.co.uk](http://www.charlottesboutique.co.uk), which gives up to 25 per cent off the retail price and delivers the products to your door. For something as important as your wedding day, it's worth booking a professional make-up artist.

### Diet for healthy hair

I'm getting married in six months' time and would really like to know how I can change my diet to improve the quality of my hair. It is dull, listless and prone to falling out, and I'd really love to have soft, shiny hair for my big day.

*Paula says:* You're right to think about your diet as well as your beauty routine. The quality of our hair is very much a reflection of our nutritional status, so if it is dull and listless then your diet is likely to be lacking in something. The key nutrients for healthy hair are vitamins A and C, which are needed for the production of sebum (a natural hair conditioner), B vitamins (needed for growth and to avoid hair loss), water and omega three fatty acids which are necessary to moisturise the scalp.

Try increasing your intake of fruit and vegetables rich in vitamins A and C, and make sure you are eating plenty of wholemeal bread and brown rice for B vitamins. Drink plenty of water daily and eat oily fish such as salmon, mackerel or fresh tuna two or three times a week.

### Contact our experts

Claire Nicole 07775 763 058 [www.clairenicole.co.uk](http://www.clairenicole.co.uk)  
Paula Werrett 01727 764 832 [www.thenutritionlink.co.uk](http://www.thenutritionlink.co.uk)  
Sue Roberts 07721 410 813 [www.freedomfinders.co.uk](http://www.freedomfinders.co.uk)