

Hot STUFF

*Want to look gorgeous for the Christmas parties?
Try these tips to look your finest*

the experts at Salus Training, Flackwell Heath, give these easy habits to kickstart fat loss:

Do this every day for 14 days :

1. Exercise for 30 minutes
2. Drink at least 8 glasses of water
3. Eat an animal source of protein for breakfast
4. Eat at least 4 servings of vegetables a day
5. Sleep at least 8 hours a night
6. During each meal, stop when you are 80% full
7. Twice a day get up and do some sort of stretching / mobility exercises
8. Eat 4-5 small meals a day
9. Eat a source of lean protein with each meal
10. Replace grains with GREENS each meal

These 10 habits will give you a great kickstart on the fat loss journey, however remember these rules :- Don't try and do lots of new habits at once – ONLY add new habits once you have mastered the current one

See www.saluspts.co.uk for details of their new fitness classes, and for more information about personal training.

A perfect treatment has just got even better!

S-Thetics has put a new twist on its signature Fire and Ice treatment to update it for the party season.

The 'Red Carpet' now not only targets the fine lines and blemishes on the face with a powerful resurfacing mask, serums and cremes, but is also focused on the neck, décolleté and backs of the hands.

Review: This treatment is magnificent, writes Victoria Birch.

This is the second time I have had Fire and Ice – each time I find I get compliments from people who say how beautiful my skin is. It becomes clear, radiant, flawless, the lines seem to disappear. I haven't experienced anything so powerful.

And with the Red Carpet, also targeting the neck, décolleté and hands, I could see how the skin instantly looked plumper and younger.

This treatment, at S-Thetics in Beaconsfield Old Town, was pioneered in Beverly Hills and used by A-Listers globally, and it is no surprise to see why.

Although the Red Carpet makes a huge impact on the skin, it is still so gentle, with only little tingles, and has a wonderful, cinnamon aroma. The massage, the delicate relaxing touches and attention to detail make this so special. It is a treat.

After the Red Carpet I trailed the iS Clinical skin care, again, a favourite with the A-listers.

The face wash is a must to keep skin clear, bright and clean, and the face oils give a wonderful glow. It feels so luxurious.

I asked owner Sherina Balaratnam about skin creams, and the best on the market. She told me that her daily 'hero' products work out at only £2.55 a day – less than a latte (and so much better for the skin!)

See www.sthetics.co.uk

