



**Sunday Age**  
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**Brief: BRAND NEW**



# POWDER ROOM

*There is something much worse than ageing and that's not being able to laugh about it, writes **Natasha Hughes**.*

Teachers are beautiful people and this is demonstrated not only by their willingness to strike for reasonable conditions and be engaged for unreasonable lengths of time, but by their conversation over coffee in the staffroom. On a recent occasion, the chat was not about the value of literacy and numeracy targets, the implementation of the Premier's Reading Challenge or even the state of the loos. It was about the seven signs of ageing.

"You've got to use your Olay and fight those seven

recognised signs," said a senior staff member to general chortling. They all knew what she was talking about — Olay Total Effects is the top-selling, mass-market moisturiser and, at \$33 for 50 grams, is probably on every second teacher's bathroom shelf.

The moisturiser's success — \$60 million of it is sold every year in Australia — is due in no small part to the veiled threats in its advertising about the many and varied ways of looking old ("Goodness, I had no idea! Better throw some in the trolley!"). But even teachers could not quote the dreaded seven and, if they could, the list would be incomplete. There are enough "signs of ageing" on the cards to make a schoolie's head spin.

"While we talk about people 'ageing gracefully', the face is usually the least graceful part of the body to age," says Dr Mark Edinburg, plastic, reconstructive and cosmetic surgeon. "The process of facial ageing involves more than just the skin. It is a three-dimensional issue: skin, subcutaneous fat, muscle and bone."

The fun begins in the 20s. If you're observant or unlucky, you'll note some mild pigmentation, little dynamic wrinkles and early

photo-ageing. By your 40s, there's loss of elasticity, reducing the ability of the skin to "snap back", and more sun-induced pigmentation. Lines appear around eyes, lips, corners of the mouth and nasolabial folds when the face is moving.

In your 50s, expect advanced photo-ageing, obvious pigmentation, visible small blood vessels and static wrinkles — that is, wrinkles that are visible all the time, not only during facial expressions. After 60, not only is there severe wrinkling, but skin becomes a yellowish grey.

So, over time, skin is damaged, wrinkles set in, facial features flatten and facial structure droops, worsened by loss of elasticity and gravitational effects.

Are these enough "signs" to bring staffroom banter to a halt? Probably not. The real lesson is that, yes, we're all going to look older as we get older (and no face cream, however well marketed, is going to change this) but we may as well have a laugh about it along the way. Because that's what will keep us feeling young. The worst "sign of ageing" is a loss of humour.

[blogs.theage.com.au/lifestyle/beautybeat](http://blogs.theage.com.au/lifestyle/beautybeat)





# Fast-growing Goji berries provide lots of goodness

WHEN we launched the Patio Orchard Collection in 2007 we had a lot of requests for fruit that our clients would love to be able to grow themselves, in pots rather than in the ground.

One berry that sparked our interest was the Goji berry, many people are familiar with the benefits of this berry and we are now pleased to offer it as part of the Patio Orchard Collection.

The Goji berry plant differs from its predecessors of the Patio Orchard range as it is a shrub that takes on a unique rambling appearance.

The Goji berry shrub will grow to a medium size and fruits within the first six months.

The plant is reasonably drought tolerant once established, and will actually respond negatively to too much water whilst it is growing.

The Goji berry plant performs well in full sun, but can also be grown in partial shade.

Goji berries are sweet and can be eaten straight off the plant, in addition shoots and leaves can also be used in tea.

So why not grow your own plant of Goji goodness?

Perhaps you're looking at extending your Patio Orchard Collection or maybe you are in the market for your first plant from the Patio Orchard Collection... either way the Goji will not disappoint — as the range states, perfect to grow in a pot on your patio!

— Tara Valley



► The Goji berry fruit provides plenty of health benefits.  
Picture: Supplied



► The foliage of the Goji berry plant



## HEALTH with Jon Wardle

**I**'VE been told by my doctor to drink this mangosteen juice that he sells.

**What are your thoughts on this?**

MANGOSTEEN is a tropical fruit that does actually contain a lot of antioxidants and can be good in certain situations.

What it also contains, however, is a whole host of marketing hype.

After you've been in this industry a while you see fads

come and go.

Most of them actually do have an element of truth in them though nothing – I repeat nothing – is a panacea.

Yes, Goji berries are used in blood disorders in traditional Chinese medicine, olive leaf extract is very good at reducing blood pressure and mangosteen is a very potent source of antioxidants but they can't fix everything.

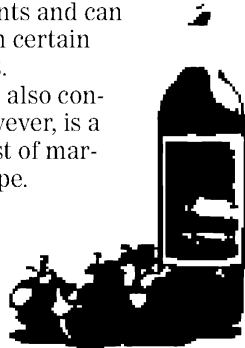
And most vividly-coloured fruits and vegetables have similar benefits.

Unfortunately many people in this industry see these products as ways to make a little extra money from their patients.

It certainly won't do you any harm, but it may hurt your wallet somewhat.

If you can afford it and enjoy it – by all means take it.

Just don't expect unrealistic results and if you are concerned about cost raise it with your



health professional.

While sometimes it means more work for you there are often cheaper, more efficient ways to achieve the results.

**I'm currently taking statins for my cholesterol.**

**I've been told that I may need to take something called Co-Enzyme Q10. Why is this?**

STATINS halt cholesterol production through inhibiting an enzyme called HMG-CoA reductase.

However, cholesterol is not the only thing this enzyme is responsible for producing.

It is also required for Co-Enzyme Q10 production.

Q10 is in part responsible for the cellular production of energy from nutrients so inhibiting this enzyme can reduce available energy to the body – particularly in heart, lung and liver tissue.

In fact the vast majority of energy production (95%) requires the use of Q10 at some point.

Supplementation is often recommended for this reason.

However, talk to your doctor or health professional about the dietary, lifestyle or natural options to reducing cholesterol.



New research is showing these to be far more effective than statins without the associated side effects.

**I ENJOY dried fruit but I've been told that this might be**

**bad for me.**

**But it's fruit so how can it be bad?**

THINGS aren't always what they seem.

Drying is actually a traditional form of food preservation going back thousands of years.

However, modern industry has changed the way it's done drastically.

Chemicals such as sulphur dioxide and vegetable oils are now sprayed quite liberally around today's dried fruit.

Compare a traditionally dried apricot to a modern one and they look worlds apart – one is brown/black and the other is almost glowing orange.

However this chemical milieu is not the issue. The issue is sugar.

There is just far too much of it in dried fruit.

You'd never consider eating twelve apples in one sitting but people are more than happy eating the equivalent in dried form – with all the concentrated sugars it contains.

This is fine for a Roman army on the march but not so suited to an Australian office worker on the chair.

Remember, dried foods were always meant to be reconstituted.

Eat them in the right proportions and they can be a healthy addition.

However, like anything healthy, it can be bad when done excessively.





## Life Weekly Gold Coast

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Brief: BRAND NEW



The Jane Iredale line of makeup is fast becoming the only makeup to use. Loved by celebrities and fashionistas, it is recommended by Plastic Surgeons and Dermatologists worldwide. For more information call stockists Dr Craig Layt on 55974100 or go to [www.drlayt.com](http://www.drlayt.com)



## That Sunset glow



SUNSET Beauty and Tanning Clinic offers all your beauty and tanning needs.

The clinic, which has been operating under the management of Andrea Moody for almost two years, aims to provide professional, sensible and well-priced services in a relaxing and welcoming environment.

There's no need to go anywhere else because Sunset Beauty has it all. Waxing, facials, massages,

eyelash tinting, perming and extensions, manicures, pedicures, bio-sculpture gel nails and acrylic nails, make-up, electrolysis, microdermabrasion, spray tanning and two regularly serviced solarium beds.

Two prestigious skin-care products - ASAP and Sothys Paris - as well as various well-known solarium products are also available.

The friendly staff are fully qualified beauty therapists who are dedicated and committed to assisting clients with any needs and requirements.

They strive to continually improve the clinic's professional services and quality products, ensuring customer satisfaction is met every time.

Be sure to take advantage of Sunset Beauty's current special. Simply present this editorial during March and you'll get a 30-minute massage and a 30-minute facial for \$50 (normally valued at \$75).

Sunset Beauty and Tanning Clinic is at Shop 3, 15 John Street. Opening hours Mondays 9am-5pm, Tuesday-Friday 9am-7pm and Saturdays 9am-2pm (closed Sundays).

For further information and appointments, phone 5941 1644.



**Point Cook Banner**  
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Brief: BRAND NEW

## Nails of the future

CHAMELEON Nail Designs specialise in bio sculpture gel nail extensions and overlays in either French or clear gel.

This means when you book into Chameleon Nail Designs, there will be no odours, no fumes and no damage to the actual nail. The technician does not use harsh buffing or filing of the natural nail bed, but use a product that doesn't contain acrylic or other harmful chemicals.

Owner Michelle Lamperd said: "I used to get acrylic nails applied and decided to have a break from them for a while. When they were removed my nails were thin, weak and very, very damaged. I also didn't like the harsh filing and 'drilling' of my nails, or the chemical fumes and dust.

So I started looking for a healthier, safer and more natural product and found bio sculpture.

"The beauty of using bio sculpture with its nail extensions and overlays is that there is a growing colour gel palette available. Bio sculpture is a nail product that doesn't contain acrylic and doesn't need harsh primers for application. These products are easily applied and removed with no damage to the natural

nail. These nails are hard wearing, thin, flexible and look very natural.

"I also use products made by Konad nail art."

All new clients who mention The Banner get a free application of Konad Nail Art with their first set of nails.

The business offers a friendly, reliable service in a relaxed atmosphere.

**Chameleon Nail Designs, at 41 Eleanor Drive, Hoppers Crossing, has flexible trading times with after hours and weekends preferred. Inquiries: 0418 173 981; fax: 9974 6445; email: chameleonnaildesigns@gmail.com or www.biosculpture.com.au**



**Werribee Banner**  
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