

# Health & beauty news

Words Mandy Temple

## Fashion with a worthy cause

The UK's biggest fashion campaign that helps raise money for Breakthrough Breast Cancer is being launched on Monday, 22 April, and here we give you a sneak peek of the first products from the gorgeous collection. Exclusively designed by the likes of Laura Ashley, Debenhams and M&S, the range includes

jewellery, summer dresses, bikinis and more. Coast, Topshop, Warehouse and other leading retailers have also pledged their support to Fashion Targets Breast Cancer.

With each product purchased, 30 per cent will be donated to FTBC. One in eight women will be diagnosed with breast cancer in their lifetime – so make sure you get involved in the campaign and 'Wear Your Support'. By rallying together in style, buying the products and helping to raise vital funds we can make a difference to people whose lives are affected by the disease.

• Dip dye bikini top, £19.50, and bottoms, £14, and pink tie front t-shirt, £12.50, both from branches of Marks & Spencer (marksandspencer.com).



## MAKING A SPLASH

Taking to the water for sports or exercise not only challenges your stamina it can also play havoc with your skin. In the swimming pool, chlorine dries out your body and face and can leave you with sore, itchy and tight skin. Open water sports and exercise can cause even more damage to your complexion, with salt water sapping the natural oils and moisture from your skin.

Brodie Skin Care has launched its Recovery Phase Swim products, designed specifically for sports and exercise enthusiasts across the UK.

Recovery Phase Swim, £8.95, has been designed to use before and after you hit the pool. Jack Laugher, diver, current British champion and London 2012 Team GB, says: "Recovery Phase Swim is fantastic for anyone who swims for sport or exercise. It protects against the effects of chlorine and soothes your dried-out skin straight afterwards. I use Recovery Phase moisturiser

every day to protect my skin from chlorine in the pool."

Containing zinc oxide and Panthenol Pro vitamin B5, the moisturiser, £9.95, effectively helps to waterproof your skin and repairs your skin's natural PH balance after swimming.

• To buy online, visit the website brodieskincare.co.uk



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## WORKING YOUR SOCKS OFF

We have all been there at the end of a hard day's work when all you want to do is put your feet up or give them a nice long soak in the bath. If you know that feeling only too well and your feet are aching, it could actually be your socks that are the problem.

Wearing inferior socks not only causes foot discomfort during the day, it can also decrease productivity as well as result in chronic foot pain and exhaustion. Coming to the rescue of tired tootsies, Workforce socks have designed a range that is ultra comfortable, tough and sturdy.

• For information, visit [sockshop.co.uk](http://sockshop.co.uk)



## A WORTHY AWARD

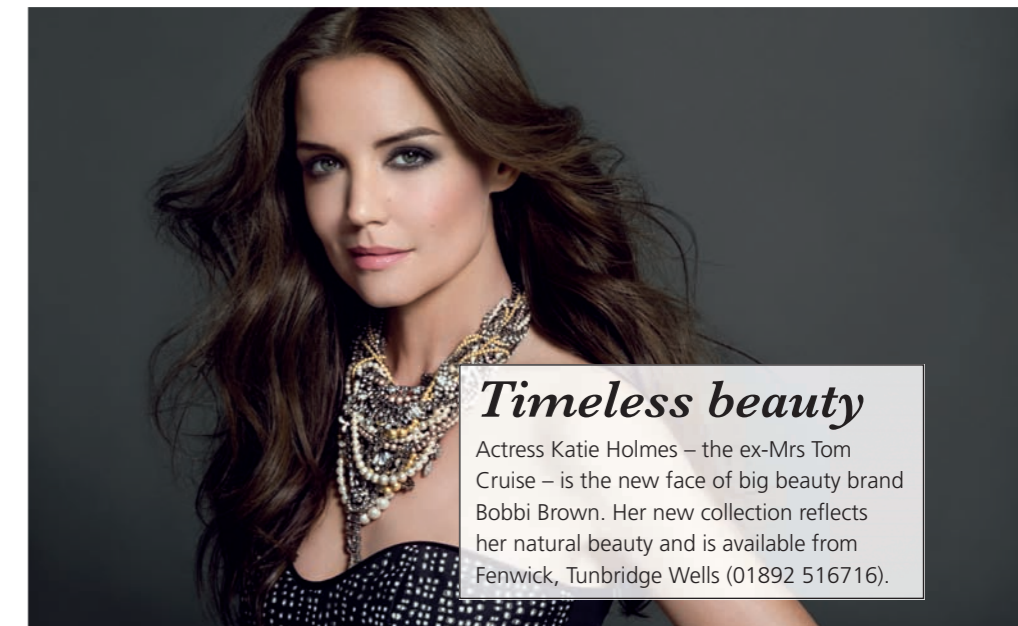
Tunbridge Wells-based South East Fertility Clinic (SEFC), fertility care assistant Charlene McCarthy has been awarded a coveted Royal College of Nursing scholarship for 2013.

Charlene will use the scholarship to further her work as a fertility care assistant by taking a 10-week counselling course at K-College in Tonbridge, at the end of which she hopes to gain a Level 2 Certificate in Counselling Concepts. The scholarship is aimed at providing access to specialist courses benefiting SEFC and its patients.

"I am often in situations with patients

## Timeless beauty

Actress Katie Holmes – the ex-Mrs Tom Cruise – is the new face of big beauty brand Bobbi Brown. Her new collection reflects her natural beauty and is available from Fenwick, Tunbridge Wells (01892 516716).



## Freeze frame!

Launching just in time for summer, Cooltech is a new treatment that literally freezes fat away. It uses the latest technology to gently and effectively

remove fat from stubborn areas of your body. By using this controlled cold exposure to freeze, break down and eliminate fat cells, Cooltech can reduce them by 40 per cent after just one treatment. The innovative treatment was designed after scientists

discovered that children who regularly sucked on ice lollies eventually developed dimples in their cheeks as a result of loss of fatty tissues.

• For information, contact Dr Rita Rakus Clinic, 34 Hans Road London, call 0207 460 7324 or visit [www.driritarakus.com](http://www.driritarakus.com)



The INDEX magazine April 2013 www.indexmagazine.co.uk

## Pastel power

This spring say hello to sweet candy colours and pastels. Here at INDEX we love hip-hop queen of Mac Viva Glam lipstick and lipglass collection in an all-new shade of pastel lavender pink. The full price from the products is paid to MAC Aids Fund and goes towards helping people worldwide affected by HIV and Aids.

• The Viva Glam Nicki Lipglass costs £13.50 and is available from [www.maccosmetics.co.uk](http://www.maccosmetics.co.uk)

