



Did you know?

Beat those sugar cravings

Drinking green tea or iced water with a lemon slice are great ways to kill a longing for sugar as are chewing sugar free gum and mints. Brushing your teeth is also a proven technique to quell cravings.

Go nuts

A portion of 10 nuts each day ensures that you get a good dose of healthy fats, protein, fibre and vitamin E, have them with a piece of fruit as an afternoon snack, which will help to ward off the pre-dinner munchies. When it comes to which type you choose, walnuts stand out as the clear winner as they contain exceptionally high amounts of good fats.

Get lashed

The eyes have it!

Eyelash enhancers are the new beauty buzz. Big beautiful lashes are in! Latisse is a new innovation in lash enhancing technology from Allergan, the company that gave us Botox and Obagi have just launched their new product called Elastilash, which is a peptide based eyelash enhancer. Stateside, people are going crazy for Latisse, which was launched in 2009 and is the only FDA approved prescription only product for eyelash enhancement. It targets the eyelash follicle increasing lash growth, extending the growth cycle and delaying the cycle of lash loss.

Every year women spend millions of dollars on mascara to exaggerate their eyelashes. Cosmetic companies advertise and market their brands to women all over

the world who want sexy and enticing eyes. Now there is a simple way to get the dramatic eyelashes you've always dreamed of without sticky false eyelashes or extensions. You can grow your own fluttery flattering eyelashes with celebrity appeal. Lash lengtheners are the new mascara.

Researchers are impressed with Latisse, according to the New York Times, Rory Gal, who says, "I think this is a fairly big deal, it's a new idea in a market that loves new ideas and frankly it works".

For best results with both these products apply one generous stroke to the upper lash line every night and you will see fuller, thicker lashes in as little as 4-6 weeks.

For more information on Latisse and Elastilash, visit www.skinstation.co.uk

