

Princess Chamings!



Sophie Chamings is a woman with the kind of insider beauty knowledge the rest of us love and while she employs the skills of make-up, it's the skin beneath that interests her.

The Cheltenham-based 29-year-old, spent years learning the tricks of the trade with a career in the cosmetic industry and there's hardly a product she hasn't had her well-manicured hands on.

Sophie said: "I've tried everything, including the most expensive skin creams on the market. I was never into the orange, trowelled-on make-up look and the longer I was in the industry the more I felt drawn towards natural products.

"I remember a woman with terrible skin walking quickly past my counter but I stopped and asked if I could make her up. She said she was too embarrassed but I was persuasive.

"She was so happy afterwards there were tears in her eyes and she said it was the first time in 20 years she'd felt good about the way she looked. I'll never forget that."

Sophie's desire to make women feel fantastic about the skin they are in saw her set up her own therapeutic holistic practice, the basis of which is organic, cold-pressed and unrefined, plant oils.

Not only does she use them herself but she is quite happy to let you in on the secret of how they are made and how very inexpensive they can be.

Sophie said: "I've found my niche. When I discovered how amazing these oils are for skin, body and mind I used them to make my own range of treatment products.

"They are by far better than any creams I have used. Each has its own distinctive quality and when blended together, I can make superb cleansers, exfoliators, moisturisers and hair conditioners."

A session with Sophie involves her asking detailed questions about your health and any particular concerns.

You will find her looking intensely at your face because she is checking what your external skin says about your internal health after training in Chinese facial mapping.

She explained: "Skin condition says a lot about physical health, for example, spots around the jaw-line are a classic sign of hormonal problems, whilst congestion on the forehead reflects dietary overindulgence; broken veins or dry skin on the nose may signify excess stress."

Sophie offers advice on herbal supplements and nutrition to ensure her treatments are not only tailored to client needs but the benefits go on and on.

Her favourite oil is rejuvenating Rosehip seed, which is suitable for any skin with its



Sophie's self-help recipes

Facial oil recipes should be massaged into skin every night. Each recipe should last 2-3 months.

Protect your skin from your skin in air-conditioned offices full of electronic equipment.

- 40ml Sunflower Oil
- 25ml Rosehip Seed Oil
- 10ml Borage Oil
- 10ml Calendula Oil
- 15ml Vitamin E Oil

Prevent teenage breakouts

- 61.5 ml Rosehip Seed Oil
- 10ml Borage Oil
- 15ml Jojoba Oil
- 10ml Vitamin E Oil
- 2ml Vitamin A Oil
- 5 drops of Tea Tree Essential Oil

Minimise fine lines and wrinkles

- 70ml Rosehip Seed Oil
- 11ml Macadamia Nut Oil
- 18ml Vitamin E Oil
- 1ml Echium Seed CO2 Extract

NB. If products are not going to be used within six months, add 5 drops of Rosemary Anti-Oxidant (CO2 Extract) to each blend to act as a natural preservative.

Sophie's top make up tips

• Sophie's key rule for make-up is getting the base right first, especially colour. Gone are the days of layering on a mask, foundation should illuminate the face and cover imperfections. Try Inika Pure Mineral foundation, (£23) which can be mixed with moisturiser to form liquid



(www.inikacosmetics.co.uk) and Living Nature range £17.62 (www.livingnature.com)

• Bronzer is Sophie's desert island product, not day-glo orange but a gentle sun-kissed look, with Benefit's Hoola (£22.50) a soft matte bronzing powder

(www.benefitcosmetics.co.uk) and Living Nature's natural mineral powder 'Deep' (£17.68) which reflects light for a soft luminous glow (www.livingnature.com)

• Sophie recommend, Skinflash concealer by Christian Dior (£22) for a one-stop wand that really works, followed by Chanel's fabulous 'Inimitable' mascara at £18 but then you've saved all those pennies on skin oils.



■ Is this the world's sexiest chocolate for a very grown-up Easter?

Yin and Yang bars are the latest in the 'I I-strong' 'Feeding Your Imagination' line-up of organic, therapeutic bars created by celebrity chef, Paul Da Costa Greaves.



Yin's dark chocolate contains female-friendly herbs, whilst Yang's combination is designed for especially for men. If these don't tickle your taste buds, then there's Beautiful, Dreamy, Sexy, Gorgeous and Sensual to get your teeth into.

Feeding Your Imagination Fairtrade, organic Belgium chocolate bars cost from £3.99 and can be purchased online or via approved stockists. For further information visit www.feeding-your-imagination.co.uk or email: eatme@feeding-your-imagination.co.uk or tel: 0845 602 6862

■ It's good to talk; if not to someone you love, then to friends, neighbours and people you meet in the street on a daily basis



rich essential oils and nutritional fatty acids.

She said: "It's one of the most nourishing oils and amazingly it's not greasy because it's absorbed so quickly leaving little or no residue."

At £14.99 for 100mls (go to www.essentialoilsonline.co.uk for all oils mentioned) it's a lot cheaper than manufactured moisturisers without compromising quality.

Sophie is a fan of Vitamin E (£14.49, 50ml) which she uses in all her skin care products and advocates its addition to diets.

Apricot kernel oil (£3, 100mls) with its rich fatty acid content is used to soothe sensitive skin and research suggests it may have anti-cancer properties so is potentially beneficial for those who sunburn easily or who have had skin cancer treatment.

Other useful oils are peach kernel oil, (£3, 100mls), almond oil (£5.99, 100mls) and olive oil from the supermarket, as long as you ensure it's cold pressed and unrefined.

Sophie added: "Many of these oils you can take internally to boost skin texture, for example rosehip seed oil, cod liver oil and flax seed oil."

Sophie also makes a special hair conditioner from castor oil (£4, 100mls) which she says not only has amazing cleansing properties that gently draws out impurities but if combined with coconut oil (£12.72 for 250gm pot) and left on overnight will transform dried-out frizz to shiny silk.



Sophie also offers make-up lessons and 'Cinderella' shoots, for women who want a style and beauty make-over with photographs for £100 and bridal packages for £90.

For real credit crunch beauty bargains see Sophie's recipes below, with oils

to blend that will give your face a glow for less than £10.

For body skin Sophie recommends thick, densely textured balms made with Shea butter (£2.50, 100gm), beeswax (£3.98, 100gm), almond and macadamia oils (£4, 100mls) for in-depth protection and locked-in moisture.

Holistic treatments with Sophie cost £45 or a facial massage is £20 and includes mapping, herbal and dietary advice.

Teenage skincare regime classes are £35 and Sophie said: "Often teenagers strip the skin with harsh chemicals the minute they see a blemish, dabbing on toothpaste but results in more oil and it becomes a vicious cycle. I show how gentle products can lead to a lifetime of great skin."

For more information go to www.sophie.chamings.co.uk or telephone 07734 994 783. For oils go to www.essentialoilsonline.co.uk

In last month's issue we misprinted the phone number for Dr David Beales whose Mindful Physiology Institute is based at Spring Bank House, Tunley, near Sapperton. The correct number is 01285 760286 and the website address is www.mindfulphysiology.co.uk

because loneliness can make you ill, regardless of how many friends you appear to have on Facebook.

Psychologists believe that social isolation can raise blood pressure, stress levels, dampen down the immune system and increase the body's general wear and tear.

American scientist Professor John Cacioppo, who is the author of 'Loneliness: Human Nature and the Need for Social Connection', said that the health difference between a lonely person and a popular one could be compared to 'a smoker and a non-smoker' adding: "the lonely have poor health, they exercise less, are more likely to quit. They comfort eat more fats and sugar. It is really easy after a bad day to have that second scotch and a third to get some comfort." So it may be time to get off the computer and organise a get-together with your neighbours or your nearest and dearest.

■ Palm oil may help lower the risk of strokes, the antioxidant-rich red African oil is also packed with potent Vitamin E, thought to help protect the body from cell damage and may even protect against cancer. Malaysian researchers are conducting trials

and believe this powerful supplement will protect the brain against strokes, as well as lowering cholesterol and cutting the risk of blood clotting.

■ Vitazyme® Flex is an innovative 100 per cent natural liquid supplement derived from 19 fermented fruits and vegetables, including aloe vera, cherry, pineapple, hawthorn and mustard greens, with added 1,500mg vegetarian glucosamine and 250mg MSM (Methyl Sulfonyl Methane) that may help flexible joints in active people. Its unprecedented 540-day fermentation process breaks nutrients into miniscule elements at molecular level ensuring they are swift take-up by the body easing aches and pains and improving recovery from injury. Vitazyme® Flex costs £21.95 for 14 sachets (two weeks' supply) from www.revital.com or call 0870 45831 12.

■ While not advocating binge drinking, it seems a little tippie goes a long way to helping the over-50s stay



mobile. New American research has found that the French habit of a couple of drinks-a-day appears to put a bit of a spring in the step of mid-lifers after a 10-year study of 4,000 healthy people in their 50s and 60s.

■ Tucking into cereal twice-a-day may help you with weight loss as long as you use portion control.

Out of 41 overweight and obese people who took part in trial 78 per cent lost weight, especially those who tried different varieties. However, after two weeks you might be desperate to sink your teeth into a doorstop bacon butty.

■ Children should get their daily dose of sunshine as it may help their bodies make vitamin D which may be able to in turn protect them from pollution-related asthma. Vitamin D is vital for good lung development in the womb and in childhood and thousands of British children are to take part in research to see what effect the vitamin has on asthma levels.

