



Prevention isn't the only Cure

The best time to heal pregnancy stretch marks is while they're still fresh, those delightful shades of red and pink. Once they're white and mature, creams and potions will have little effect and a different approach is needed.

Let's begin with prevention. The simple theory to preventing stretch marks is keeping the skin nourished and more elastic during pregnancy, so it can stretch without tearing in the deep layers. It's in these deep layers that our body produces the collagen and elastin fibres that give skin its firmness.

When skin has to stretch considerably in a relatively short space of time, the deep layers need to stretch without tearing, and it's these tears that show through as stretch marks.

Stretch mark prevention creams work by feeding and nourishing the deep layers of skin, healing, thickening and elasticising the skin so it can stretch without damage. Some creams even help ease the incessant itching that happens as the skin is stretching, again showing that healing and prevention is happening. I stock the RégimA Scar Repair & Anti-Stretch Complex.

While stretch marks are still shades of red and pink they are healing and this is when you can really help yourself. The same RégimA cream can now be used to heal damaged skin. The stretched area again needs feeding and nourishing, and this will give the best opportunity to regain firmness and for any

stretch marks to mature quickly, thicken and begin to blur away.

If you like oils, for prevention and to heal, Rosehip oil is truly wonderful. It's the skin elasticity oil, with naturally occurring high levels of Vitamin E, Vitamin A and essential fatty acids. Like the RégimA cream it assists with skin healing. During pregnancy it should be used neat (without any essential oils), but it does have a bit of a fatty oil smell.

Stretch mark prevention creams work by feeding and nourishing the deep layers of skin - so it can stretch without damage

Once stretch marks are mature (white), the skin has settled. Creams and potions will have minimal, if any, effect as the tissue is now essentially stuck in this damaged state. You need to wake it up and give it a chance to heal again. This is where clinic based treatments are advised as home based treatments have little effect, or are simply dangerous. I'm talking here about the inappropriate use of skin needling devices, such as a derma roller. Just because you can buy one, doesn't mean you should use it. For obvious reasons I'll not go into how to use a derma roller but will simply say, as a trained professional I'm only allowed to use depths up to 1.5mm, while doctors and nurses can use depths over 2mm. Safe home use is up to 0.3mm, this

is because at this depth you are not going into blood levels and the risks associated with such treatments.

Skin needling is proven to reduce and improve the appearance of mature stretch marks by causing new collagen and elastin to grow as a response to the needling. But not all skin needling devices give the same level of result. On stretch marked skin the derma roller

alone is not the best treatment, it causes new collagen and elastin at the same level in damaged and undamaged skin, a roller cannot be precise. A derma roller, for those who've not heard of one before, is a small handheld device with a few hundred needles on a roller, and looks like a lawn aerator for the skin. Yes exactly! Why would you want to do that to yourself?

(continued over the page)

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I have a secret I want to share with you... but please don't keep it a secret!

by Kelly Bassett
The Foo Foo Funclub

O kay, so how many of you love to run, bounce on a bouncy castle or jump on a trampoline? How many of you still do but wear a sanitary towel or pad?

How many of you avoid these things like the plague but seriously wish you could join in?

You may think that because you have had children this is what happens, or you may not have had children and just think this is what happens as you get older or it is just something that as a woman you have to learn to live with.

Well, the great news is that you can fix this! You can strengthen your pelvic floor muscles and guess what? It does not matter how old you are, young you are, how many children you have had or what stage of life you are at.

There is an educational, holistic, core restore and pelvic wellbeing programme that will blow your mind and enable you to educate, reconnect and move your body!

You see the thing is this - one day you wake up and for whatever reason, whether it is a lifetime ambition, something you want to achieve before you are thirty, forty or fifty or maybe a group of you want to raise some money for a charity

- you decide you are going to run a 5k race, a 10k charity race, or even a marathon. You don't just wait for the day and run it. You set yourself a plan to achieve your goal. You plan to have the time to train and take rest time in your day-to-day routine to enable yourself to achieve your goal.

You listen to your body - you

start with just that small walk around the block, then you build up and start to run to that lamp post and then walk to the next one; you build a pattern to work for you. Over the next few months you feel stronger, you cannot believe that you can run around the block without stopping, your breathing is controlled, you feel strong, you have made some nutritional changes, you have built your confidence, you feel empowered and you know you can run that race.

You can see how your body has adapted to this change, how you have trained it to become stronger, changed plans and made time and now you can achieve your goal.

Guess what? Your body is amazing! You know what else? The same principle applies to the change and strengthening of your pelvic floor and core. You need to invest time, do your homework, clean up your diet, give yourself a chance to heal and repair. Your pelvic floor is no different to any other group of muscles and to achieve a stronger muscle it needs to be used and do the right exercises to make it stronger.

It will take time to connect back with yourself and we are all

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You plan to have the time to train and take rest time in your day-to-day routine to enable yourself to achieve your goal...

I have developed a two-fold skin needling treatment, dry tattooing and derma roller combined, to help reduce and improve mature stretch marks and stretched skin. The derma roller is for skin tightening and dry tattooing is for the individual stretch marks. Dry tattooing uses a digital tattoo machine and no pigment. Good numbing creams are used and the treatment itself is surprisingly painless during and after. Whilst this is tattooing, specialised training is required as damaged skin reacts differently to normal skin, and further damage can easily be caused. Those specialising in permanent makeup treatments may take an advanced training course to offer dry tattooing for scars and stretch marks, as the same machine is used.

Wonderfully, one of the results of skin needling, and most visibly with dry tattooing with its intense and precise stimulation, is a natural return of normal pigmentation. So yes, those white shiny stretch marks can look visibly reduced simply because the colour looks more normal! This is unlikely to happen with other stretch mark treatments such as laser or carboxy therapy as only the deep layers of skin are treated, missing the layers where melanin is created alongside the new tissue.

The same process of healing stretch marks by dry tattooing can be applied to scar tissue. Once scars are six months old dry tattooing can brush through any scar tissue, allowing it to re-heal smoothly, and again helping the tissue return to a more normal colour. ^A_B_C

If you'd like further information please contact Lisa on 07530 978856 or visit www.skin-confidence.com Skin Confidence is a trading name of Beautiful Ink Ltd, a private studio based in Crown Street, Central Brighton BN1 3EH

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