

# lifestyle

magazine

August / September 18

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# Welcome to lifestyle



Phew! What a scorcher!! We've certainly had a long hot summer – so far!

For those of us old enough to remember it takes me back to the summer of 1976, although that was back in my school days – when the world was generally a sunnier place! It must be another hot one because guess what – United Utilities are set to impose a hose pipe ban as we were going to press!

Despite the odd pocket of rain in recent weeks, including a torrential down pour outside our offices here in Warrington, which caused localised flooding, our reservoirs are apparently running dry.

So from August 5 a hose pipe ban is being introduced across the North West – unless there had been some major rainfall before that date!

This is despite a lengthy lead in time warning people to cut down on bath time and to limit showers to a few minutes.

With the amount of rainfall we generally have annually in this country, it does make me wonder how much water is still disappearing through leaks? United Utilities keep telling us huge investment has

taken place to deal with ageing networks and leaks are nowhere as bad as they used to be – but clearly still more needs to be done – as with global warming things are likely to get a lot worse over the coming decades!

Any way lets enjoy the warm weather while we can because winter will be here before you know it!! Enjoy your holidays!

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## A 'Brazil-iant' carnival atmosphere!

The sound of Samba created a 'Brazil-iant' atmosphere as Liverpool Carnival Company's annual Brazilica Festival returned to the city with an epic Carnival extravaganza!

Visitors turned up in their thousands to witness the visually stunning Brazilica Carnival Parade which made its way from Abercromby Square, along Hope Street, Hardman Street, Bold Street, and Church Street, before it's spectacular finale in Williamson Square.

The samba drums were heard before they were seen as an impressive 16 samba bands all kept the beats going as they made their way along the route. This year's parade bands included: Baque De Axe; Brighton School of Samba; Juba Do Leão; Katumba; Ola Samba; Acros Iris; Paraiso; Grupo Sambafriq; Oya Batucada; ABC Dance; Wirral School of Dance; Worldwide Samba Drummers and Preston Samba Dancers; Batala; Manchester School of Samba; Samba Livre; and of course, Liverpool Samba School who all joined forces to deliver the impressive precession.

The colourful samba dancers got the crowds moving and shaking as they dazzled with their vibrant and energetic performances which was

heightened by their glamorous carnival outfits – with more feathers and sequins than you can shake a drumstick at! The impressive carnival floats also offered the wow factor to the precession.

The build up to the main Carnival Day began when Brasilia fusion band Muntchako entertained crowds at Constellations as they performed in the city for the first time as part of their European tour.

CIRCO bar was awash with colour as it hosted the glamorous Carnival Queen Competition. Ten girls battled it out for Samba supremacy to be crowned this year's queen. Hosted by Radio City 2's Claire Simmo, the impressive turnout all saw 2017 victor Wendy Okoli hand over her crown to this year's winner Katucha Bento.

The Brazilica Main Stage presented a fabulous selection of exciting and talented musicians from across the globe - providing the soundtrack to the day located at The Pier Head Village. Crowds were entertained with Brazilian/Afro Latin sounds from French/Brazilian artist Agathe Iracema, percussion-driven electronic quartet Penya, the "seriously funky" The Fontanas, vocalist Sueli G, and singer-songwriter Aleh Ferreira.

August / September 2018

After the parade, the party continued until the early hours of Sunday morning at Camp and Furnace in Liverpool's Baltic Triangle hosted by carnival DJs with live performances from visiting samba bands.

Speaking about her delight of 2018's festival, Brazilica Director Maeve Morris said: "Wow, what an incredible weekend! Thank you to everyone who came out to show their support we hope you had as much fun as we did."

"As ever it was amazing to welcome so many bands and samba schools to Brazilica 2018 who came from across the UK and beyond and helped make this year's festival the wonderful celebration of colour, music and dance!"

"And of course, a huge thank you to our sponsors, supporters, and all of our volunteers – without whom we couldn't put on such an extraordinary event for the people and city of Liverpool."

The UK's largest Samba Carnival event, Brazilica has become one of the flagship events of the year in Liverpool's festival calendar attracting over 60,000 visitors to the city centre.

Liverpool Carnival Company are now looking ahead to next year and have already started to plan Brazilica 2019. Every year, the company set the bar higher in their efforts to improve the festival and always succeed in finding ways to bring it back bigger and better, so get set for another Brazil-iant event in 2019!

**To get involved in Brazilica Festival 2019 or for more information please visit the website at <http://brazilicafestival.co.uk>**



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# RHS Tatton Show is blooming success

**The annual RHS Flower show at Tatton Park was once again a blooming success as it celebrated its 20th anniversary.**

Will Williams, aged 22 from London was awarded a Gold medal and the sought-after title of RHS Young Designer at this year's Royal Horticultural Society (RHS) Flower Show Tatton Park, supported by Bruntwood, as the show celebrated its 20th anniversary.

The competition, which also celebrated its 10th year in 2018, challenged a record number of five finalists aged 28 and under for the anniversary show to create a 'feel good' garden for wildlife and wellbeing in an increasingly stressful and urbanised world. Over the last decade the competition has become instrumental in kick-starting the careers of many successful designers.

Will's winning garden 'At One' was a space designed for a young professional couple to relax and entertain in. Demonstrating a beautiful garden to benefit both humans and wildlife, it showcases a light and airy design that also incorporates plenty of homes for birds, bees, butterflies and insects.

On being crowned RHS Young Designer of the



Year, Will said: "It's amazing to be at RHS Tatton Park and to be able to design a garden. It's been quite a challenge and the whole team has put in so much effort towards it, so to be able to come out at the end of it having won is great, everyone's so thrilled and I'm really happy for all of us."

Silver-Gilt medals were awarded to fellow finalists Max Harriman (26, London) with 'Calm in Chaos' and Nicola Oakey (28, Lincolnshire) for her 'Raised by Rivers'. Meanwhile, Eds Higgins (28, Nottinghamshire) with 'Finding [urban] Nature' and Jimmy McAdam's (24, Nottinghamshire) 'Born to Bee Wild' were awarded Silver medals.

Adding to the portfolio of award wins, 'JW Lees: From Hop to Glass' by Manchester-based designer Leon Davis which celebrates the brewery's 190th anniversary was awarded his fourth RHS Gold medal as well as prestigious title of Best Show Garden.

Meanwhile, Dave Green (West Midlands) scooped the Best Future Spaces award in the category's second year with 'The Oasis Garden' which highlights a range of planting suitable for the hot weather predicted for the future. The Best Back to Back Garden was awarded to 'Bee's Gardens: The Penumbra' by designer Briony Doubleday (Oxfordshire), who was also presented with the esteemed Best Construction award.



In the Floral Marquee, 43 Gold medals were handed out to nurseries with Cheshire Bonsai Society, Hoyland Plant Centre and William's Cactus among the winners, in addition to 28 Silver-Gilts, 22 Silver and 2 Bronze medals.

A full list of winners can be found at [www.rhs.org.uk/tatton](http://www.rhs.org.uk/tatton)



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AUGUST

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AUGUST

19

Sept 30, Oct 28

## Warrington Artisan Market

The market will pitch up in the newly refurbished, old riding school in the spectacular setting of Walton Hall & Gardens. Expect over 40 of the region's best creators, makers and producers, alongside live music and children's activities throughout the day.



## Shopper Loyalty Scheme

Get more bang for your buck this Autumn as we launch our very own Warrington Market Loyalty Scheme. Watch out for our promo team in and around the town and on social media for giveaways and competitions.

SEPTEMBER

1

SEPTEMBER

1

## 1st Birthday Celebration

Warrington's new temporary market celebrates its First birthday on September 1st. Watch out for special promotions and pop along to help us celebrate.



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SEPTEMBER

1

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# ISO 45001 Implementing and Migrating

ISO 45001 will be replacing OHSAS 18001. ISO 45001 is based on the same high level structure as quality and environmental systems standards. SDI Support Services will provide a comprehensive training package of ISO 45001 courses to support organisations with their migration from OHSAS 18001 to ISO 45001. The new International Standard was published on March 12th 2018.



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# *Actress Lisa Riley urges public to dig deep and go pink for breast cancer awareness*

**breast cancer  
now**

Actress and TV presenter Lisa Riley is encouraging the public to dig out their pink glad rags for Breast Cancer Now's flagship fundraiser, Wear it Pink, which takes place on Friday, October 19.

Wear it Pink, the UK's biggest pink fundraiser which takes place during October's Breast Cancer Awareness Month, calls on supporters to ditch their everyday colours and pull on some pink to raise money for Breast Cancer Now's life-saving breast cancer research.

The fundraising event, back for its 17th year, encourages supporters to hold events in their communities, schools and workplaces and donate to Breast Cancer Now to help the charity achieve its aim that by 2050 everybody who develops cancer will live, and live well.

Lisa said: "I will be wearing pink this October for my beautiful mum who lost her life to breast cancer. I know the devastating effect this awful disease can have and I want to help raise vital funds for Breast Cancer Now's research so that together, we can all help to achieve a future where everyone who develops breast cancer will live – and live well.

"Wear it Pink is a fantastic event which gets friends, families and colleagues together in support of life-saving research. Please join me, whether it's at home, school or work register to Wear it Pink this October in support of Breast Cancer Now."

Lottie Barnden, Senior Fundraising Products Manager at Breast Cancer Now, said: "Wear it Pink is a brilliant opportunity for people across the UK to get together, wear pink and raise money for breast cancer research. It's so easy to get involved - you can hold a pink cake sale, do a pink non-uniform day in the office or have a pink party at home with your friends.

"This year alone around 55,000 women will be diagnosed with breast cancer, and around 11,500 women and 80 men will lose their lives to the disease. This is why we are urging everyone to get involved in Wear it Pink this Friday 19 October - to raise vital funds for research so we can stop breast cancer in its tracks."

Wear it Pink started in 2002 and has so far raised over £31 million for Breast Cancer Now's vital breast cancer research.

Lisa's mum, Cath, was diagnosed with breast cancer in 2000 and died in 2012 after the disease spread to her pancreas and became incurable.

To take part in Wear it Pink this October, please visit [wearitpink.org](http://wearitpink.org) for further details, fundraising ideas and how to register for your free fundraising pack.





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I am a Grad IOSH member of IOSH and have ten years experience in health and safety management with the public and private sector and currently hold positions with external organisations including a committee member of Manchester Occupational Safety and Health Group (MOSHG).

I also teach and deliver equality and diversity modules and I am recognised by (OFQUAL) The Office of the Qualifications and Examinations Regulator in England, Wales and the Council Curriculum.



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# Iconic New York rockers announce UK tour



Blue Öyster Cult have announced a UK tour for February 2019, which includes a date at the Manchester Academy on March 1.

Over their four-decade career, Blue Öyster Cult have established themselves as one of the most iconic bands of their time, with a repertoire including the hits '(Don't Fear) The Reaper', 'Godzilla' and 'Burning For You'.

Following their highly-acclaimed performance at last year's Stone Free Festival, which saw the band play their eponymous debut in full, Blue Öyster will play eight dates, starting in Norwich on February 21st and finishing in Manchester on the 1st March.

Supporting will be acclaimed blues rockers The Temperance Movement. Since formation in 2011, the band have made a huge impact with three studio albums including their most recent *A Deeper Cut*, which includes the latest single 'Caught In The Middle'. The band are also a notorious live entity having honed their craft opening up for the likes of Jamiroquai, Ray Davies, Feeder and The Rolling Stones.



## Blue Oyster Cult UK Tour Dates 2019

- Feb 21: **UEA, Norwich**
- Feb 22: **Eventim Apollo, London**
- Feb 23: **O2 Academy, Newcastle**
- Feb 24: **O2 Academy, Glasgow**
- Feb 26: **O2 Academy, Leeds**
- Feb 28: **O2 Institute, Birmingham**
- Feb 28: **St Philips Gate, Bristol**
- Mar 1: **Academy, Manchester**



# Evening of Cultural Diversity' proves to be a huge hit

An Evening of Cultural Diversity' event at Walton Hall and Gardens proved to be a huge success with over 250 people taking to their seats in the special DADs marquee as part of DAD 2018 Week.

Hosted by Warrington South MP Faisal Rashid, in association with Warrington Disability Partnership, the event brought together a range of cultures for an evening of entertainment and good food.

Thanks to generous sponsorship from a local business, Faisal was able to announce that the event would be free for all.

The multi-cultural evening featured an impressive line-up of entertainment. Performances throughout the evening honoured cultures and nationalities from across Asia, Africa and Europe. With traditional and contemporary dancing, musicians and singers, each performance was exceptional and was thoroughly enjoyed by all.

Food on the night was provided courtesy of Cinnamon Lounge on Sankey Street in Warrington.

The evening's charity raffle prizes included vouchers for a complimentary Leisure Day pass for a family of four, an overnight Bed & Breakfast stay for two, both at The Park Royal Hotel in Stretton, and a signed bottle of House of Commons wine donated and signed by Faisal Rashid MP. The money raised from the raffle is being donated to



Warrington Disability Partnership.

Faisal said: "I am delighted that so many people came along to this fantastic event to appreciate and value the rich diversity of our town.

"By bringing many of our communities together and creating an environment where people can enjoy the different cultures within Warrington, I believe this event has been a great way in helping to strengthen the bond between our communities.

"I would like to thank all of the acts that took part in the evening and everyone involved in the execution of the event and a big thanks to everyone at Warrington Disability Partnership for their work to ensure the event was such a big hit.

"It truly was a great evening of enjoyable entertainment, delicious food and great company."





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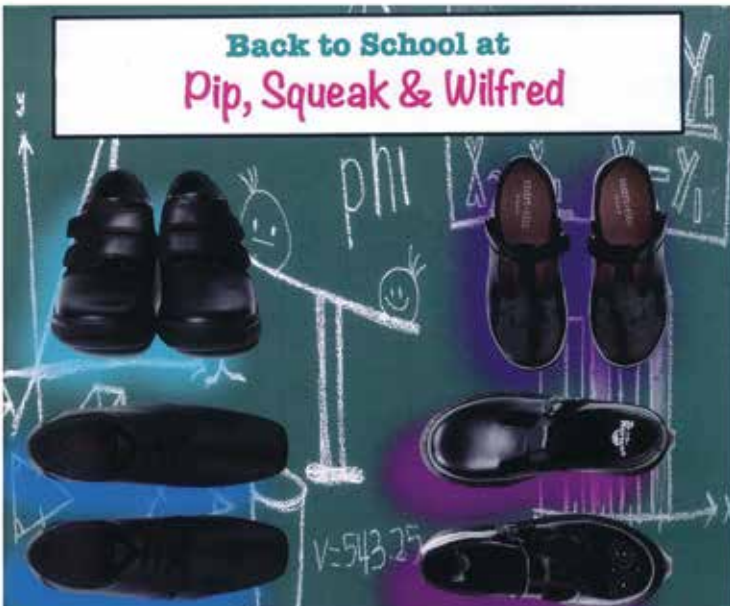
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# Suncream mistakes and myths

With summer in full swing Dr Anjali Mahto, Consultant Dermatologist & British Skin Foundation spokesperson is on hand to tell us the most common sunscreen mistakes and myths, so they can be avoided in future.



## Myth busting

***'I can't get sun damage on a cloudy summer day.'***

Even if you can't see any blue sky, a significant amount of UV rays can still get through the clouds, so it's best to apply sunscreen if you're out and about during the summer.

***'I can't get sunburnt in the UK; the UV rays aren't strong enough.'***

Wrong! Always protect your skin even in the UK.

***'My sunscreen says it's water resistant, so I don't need to reapply regularly.'***

Despite what the packaging promises, swimming, sweating, rubbing, or towelling down means you will end up removing the sunscreen from your body. Always reapply after sporting activity or at least every two hours.

***'My skin is only damaged if it turns red.'***

Sunburn and skin peeling is the extreme end of skin damage from UV rays. When the skin 'tans' this is damaging your skin and putting you at risk of skin cancer in the future.

***'I can't get sunburnt through windows.'***

Wrong! UVA radiation can penetrate glass. This can be a car window, or even your windows at home. Be sure to protect your skin if you're on long car journeys or spend a lot of time sat by sunny windows.

***'SPF25 is half the SPF protection of SPF50.'***

SPF50 does not offer twice the protection as SPF25 even though it offers a higher level of protection, so don't be fooled!

## Common missed spots for suncream

### Eyelids:

The sun's rays can damage the eyes and surrounding skin over time. The skin of the upper and lower eyelids is thin and fragile, requiring protection. Eyelid cancers account for about 5-10% of all



skin cancers and occur most frequently on the lower eyelid. The best defence against this is to wear sunglasses that offer adequate protection against UVA and UVB which cover as much skin as possible.

### **Back of knees:**

The legs are the commonest anatomical site for melanoma in females. It is important to reapply sunscreen regularly to achieve the SPF on the bottle, particularly if you are in and out of the water or sweating excessively.

### **Ears:**

The ears are a high-risk area, particularly for non-melanoma skin cancers such as basal cell carcinoma and squamous cell carcinoma. These occur as a result of UV exposure from sunlight. Skin cancer on the ears is commoner in men than women. The ears are the third most common place on the body to develop basal cell carcinomas.

### **Top of feet; sides of face; hands; underarms:**

The same principles apply for all these areas of the body. Any areas of skin that are exposed to UV sunlight should ideally be protected by sunscreen. This should be broad spectrum, containing UVA and UVB protection, with an SPF of at least 30. Try not to miss any areas and leave your skin vulnerable to sunburn.

### **Scalp & hair:**

Skin cancers can develop on the scalp. Men, with reduced or thinning scalp hair may be particularly vulnerable to sun damage in this area and should ideally wear a hat. For women, ensure that sunscreen is applied adequately to the margin of the hairline.

### **Lips:**

The lips are often an overlooked site for non-melanoma skin cancer. These most commonly affect men over the age of 50 years with fair skin types. The lower lip tends to get more sunlight than the upper lip, and is therefore more likely to be affected by skin cancer. Don't forget to use a photoprotective lip block or lip balm to block UV rays.

### **The V (chest):**

Dermatologists advise that sunscreens should be applied at least 30 minutes before going outdoors and then regularly reapplied every 2 hours. One way to avoid missing areas may be to apply sunscreen before getting dressed.

## **Other common mistakes**

- Ensuring you get the right sunscreen for your skin type; many are greasy and unsuitable for oily or acne prone skin which require lighter formulations.
- Those with olive or pigmented skin often think they don't need sunscreen. Skin of colour is also sensitive to damage caused by UV and requires protection.
- Not using enough sunscreen – the average-sized adult should apply more than half a teaspoon of sunscreen (about 3ml) to each arm and the face/neck, and just over one teaspoon (6ml) to each leg, the front of the body and the back of the body. Use about a quarter of a teaspoon for the face.
- Incorrect layering of products on the face – moisturise first, then apply sunscreen afterwards followed by make-up if you choose.
- Check expiry dates as sunscreens lose their potency over time.

## **Remember!**

It's safe to go out in the sun when wearing sunscreen. When choosing a sunscreen look for a high protection SPF (SPF 30 or more) to protect against UVB, and the UVA circle logo and/or 4 or 5 UVA stars to protect against UVA. Ensure you apply plenty of sunscreen 15 to 30 minutes before going out in the sun, and reapply every two hours and straight after swimming and towel-drying.

Protect your skin with clothing, and don't forget to wear a hat that protects your face, neck and ears. Make sure you spend time in the shade between 11am and 3pm when it's sunny. Always keep babies and young children out of direct sunlight.

**The British Skin Foundation is the only UK charity dedicated to raising funds for all skin disease research including skin cancer. Our unwavering commitment**

**to funding quality research means we won't stop until we've found cures for common skin problems like eczema and acne through to potential killers like malignant melanoma. To date we've raised £16 million to fund research projects since 1996.**





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# Freakshake!



Freakshakes are a cool fun treat mishmash of a dessert and a drink

## Ingredients:

- Cold milk
- Choice of a milk shake mix
- Ice cream
- Sweets
- A cup cake
- Squirry cream
- Sauce to swirl over
- Big long spoon
- Straws
- A tall slim glass (that a cake will not fall in)

## Method:

Play some cool music to get in the happy zone mood, Swirl some sauce on inside of big glass and then pour in freezer.

Mix up in jug the milk shake mix and cold milk Take out glass out freezer put in two big scoops of ice cream pour over milk shake, mix, put in straw and long spoon you will be able to balance a cake on top of floating ice cream. Squirt cream on sides of cake, add sweets and pour sauce over the top. The messier it looks the better!

**Yum yum**

*Not to be consumed too often  
A special special fun treat*

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**Freakshake it!**

## Step into a dance delight



Dance fans are in for a treat this Autumn with a wide-ranging programme of work from some of the UK's most exciting contemporary companies appearing at Chester's Storyhouse.

The season begins in September when Candoco Dance Company, an internationally-renowned company of disabled and non-disabled dancers, presents its latest dramatic and powerful double bill, *Face In* and *Let's Talk About Dis*, on Tuesday 18 September.

Yasmeen Godder's *Face In* is a sensual and disturbing ode to intimacy and imagination, where images are interwoven with daring and uninhibited dance, while visual artist Hetain Patel's *Let's Talk About Dis* aims to challenge notions of identity and appearances.

Meanwhile the Olivier Award-nominated Michael Clark Company arrives at Storyhouse on Tuesday 2 October with its to a simple, rock 'n' roll . . . song, triple bill of works. Clark's work seamlessly crosses the boundaries between classical ballet, contemporary dance, fashion, music and visual

art.

The first piece is a reflection on Erik Satie and his influence on Clark's mentors past and present, with the dance meticulous and coolly refined. Next, commanding choreography pulsating with a propulsive force to the punk rock of Patti Smith's landmark album, *Horses*. Then, an iridescent tribute to David Bowie, intricate, sublime, the mood moving from elegiac to joyously rebellious.

The performers and dance stars of the future take their place in the spotlight on Sunday 21 October, when House of Dance presents its annual production at Storyhouse.

Hip hop meets Victorian underworld when Avant Garde Dance and The Place present Fagin's *Twist* on Friday 2 November and Saturday 3 November. The show tells the untold story of a notorious and complex villain, imagining Fagin's youth, driven by greed and ambition in the face of overwhelming poverty.

Audiences will see Charles Dickens' *Oliver Twist* in a new light as Tony Adigun's Avant Garde Dance flips expectations of five familiar characters, with its unmatched contemporary hip hop style.

Finally, Stoppap Dance Company takes to the stage on Tuesday 6 November with the moving and uplifting *The Enormous Room*. The story follows a father/daughter relationship as the pair gradually come to terms with the loss of their wife and mother, Jackie. Thoughtful, moving and uplifting.

Storyhouse Artistic Director Alex Clifton said:

"We're very excited to be presenting our second Autumn season of visiting productions at Storyhouse, which includes a very strong dance programme. Storyhouse is forging close links with, and building a real reputation among, the dance world and there is some thrilling and thought-provoking contemporary

work being staged here this coming season. I can't wait to see our audience's reaction."

Tickets for all shows are now on sale. Please check individual shows for ticket prices.

Storyhouse has a dynamic pricing policy on the majority of shows, ensuring that the earlier you book your tickets, we guarantee you of the cheapest and best seats available.

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# A healthy heart — more benefits than you may think!

Our heart is one of the most precious organs we have. Optimal blood flow is essential to ensure oxygen and vital nutrients can reach every cell within our body. A healthy heart can not only give us that healthy 'glow,' but it also plays a role in allowing us to achieve a long and healthy life. We've asked our experts to share the ways a healthy heart can benefit your whole body, and the best ways we can help keep our heart in tip-top condition!

## Healthy heart = healthy gut

Exercise can do more than just help your waistline! A recent study has found that people with better cardiovascular fitness have more of a certain type of good bacteria in their gut, leading to good gut health and composition.

*Nutritionist and Fitness Instructor Cassandra Barns explains: "Lack of exercise is the single worst risk factor for heart disease in both men and women. Aim for 30 minutes of exercise a day - every effort is a step in the right direction; use the stairs, play with your children in the park, take up dancing - whatever it takes to increase your heart rate."*

Even more reason to lace up those trainers and get your heart rate pumping!

## Healthy heart = healthy cholesterol levels

High cholesterol can be genetic however for many people it comes as a result of lifestyle choices especially diet and exercise. Diets heavy in saturated fats found in white bread, processed foods, rich dairy products and confectionary are likely to heavily increase your cholesterol, especially when coupled with a lack of exercise. It is therefore important to find the right balance between a wholesome diet and regular exercise to keep your cholesterol under control.

In addition to these lifestyle factors, it can be wise to invest in a natural supplement to help keep your cholesterol in check for a healthy heart.

*Cassandra explains: "Red yeast rice is a natural substance created by fermenting red rice with a type of yeast called *Monascus purpureus*. The fermentation process produces a substance called monacolin K, which has been found to help maintain healthy cholesterol levels. It may help lower both total and LDL ('bad') cholesterol. Red yeast rice supplements are a popular choice among those who are trying to*

*lower their cholesterol in a more natural way than via medication."*

## Healthy heart = healthy brain

A recent study in the Journal of Neurology has shown that caring for your heart in your twenties could lead to better brain health in middle age.

*Dr Marilyn Glenville, Leading UK Nutritionist and author of Natural Solutions for Dementia and Alzheimer's (www.marilynglenville.com) explains, "We all know that exercise is important for our general health. However, it is also important for mental and cognitive health - not only does it promote feel-good factors, but (along with a healthy, well-balanced diet) it helps prevent weight gain. You will know that it is important for your general health and wellbeing that you are not overweight but it is just as important specifically for your brain function. Your brain could age ten years faster if you are overweight when you are middle aged compared with someone of a normal weight at that age."*

## Healthy heart = healthy skin

Eating a healthy and balanced diet is key for ensuring your heart is happy and healthy, and oily fish is one of the best foods for heart health. Omega-3 fatty acids, commonly found in oily fish such as mackerel and salmon, are important because they can also help to prevent blood clotting abnormally.

*Dr Glenville explains: "Omega 3 fish oil has been shown to reduce the risk of coronary artery disease and heart attacks. The anti-inflammatory effects they have on the body are very important in prevention of heart disease and lowering cholesterol."*

*"Omega-3 fatty acids also play an essential role in the structure and appearance of the skin. They are incorporated into cell membranes in the epidermis (the top layer of skin) and form a matrix around the cells, helping to maintain the skin's barrier function and prevent moisture loss. They are also thought to have a role in the dermis (the lower layer of skin) by controlling inflammation and minimising collagen damage from UV rays. Try to eat a good serving of oily fish such as salmon, mackerel and sardines three times a week. It is also beneficial to take a good quality supplement such as NHP's Omega 3 Support."*



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