

Face Value



Let's face it – we live in a “makeover culture”. So what's the secret?

The secretive and clandestine nature surrounding cosmetic procedures continues to fascinate me. Given this is my chosen profession and I am not as mystified as some, I see little difference in softening frown lines with Botox to covering my grey hairs with a much-needed appointment at the hairdressers – and let's not forget that it was not long ago hair dying was done secretly behind a screen.

We have a common ethic that approves self improvement. We recognise and applaud healthy eating, weight reduction and exercise programs and a variety of beauty routines to assist us in looking our best, but where do we draw the line? When is self improvement considered to be a labour of love and no longer vanity? Maintenance and not self-indulgence?

Consumer demands in Australia have seen a 160 per cent increase in cosmetic surgery and a 760 per cent increase in non-surgical techniques such as injectable wrinkle treatments and lip enhancement. Botox injections are commonly used for cosmetic facial enhancement, and there are no major or harmful side effects. Much higher doses of Botox are used to treat children as young as two who suffer from cerebral palsy – the medication is

administered to help them walk. In fact, Botox has been used for the past 25 years to treat a variety of medical conditions.

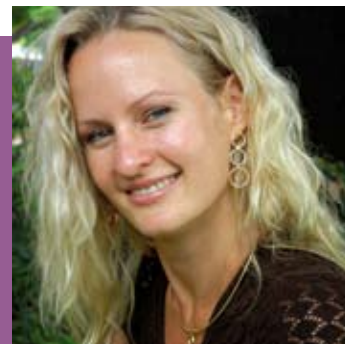
It has been dubbed the “lunchtime facelift” for its ability to erase wrinkles and restore a youthful appearance with minimal discomfort and downtime. In addition to softening unwanted facial expressions it can also be used to successfully treat bunny lines, gummy smiles, excessive sweating and to produce an eye-opening browlift. It also has the added benefit of preventing future wrinkles. Not many people actually want to look 20 years younger, they just want to look their best – instead of having a good hair day they want to have a good face day.

We don't have to accept what nature throws at us – though time may be a great healer, it is a lousy beautician. There is nothing wrong with trying to improve the package though, for men and women alike. It's not vanity to improve the outside, just as it is not vanity to improve your relationships, including the one you have with yourself.

Actually, it is a sign of a healthy esteem to value yourself enough to be constantly improving, inside and out. That is the true definition of a beauty.

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The Dare Challenge – Dare To Be Yourself



Do you compare yourself to others, worry what others think of you or even hide behind a mask pretending to be someone you are not?

Have you seen the movie *Cool Runnings*? It's based on a true story where a bunch of Jamaicans enter the winter Olympics. It was the first time any Jamaicans had entered as a bobsled team. Arriving in Canada, they acted as themselves. They got ridiculed, laughed at and criticised. At first, they tried to change themselves to suit others, however they soon found they were not happy. They decided that in order to enjoy the journey, they needed to get back to being themselves – with their colourful outfits, singing their tune and giving it a go.

It was scary at first, however they did it. By doing so, they not only had the time of their life but they also gained the respect of the people around them. Why? Because they didn't care what others thought. They believed in themselves.

Follow these three steps to gain self-belief:

1. Take time out for yourself – focus on calming your mind and connecting with your feelings. People lose themselves when they fill their life up with too much noise and clutter. Create space in your life so you can feel good. Only when you feel good mentally and emotionally will you be able to be yourself.
2. Affirm to yourself these empowering beliefs – I am good enough. I am talented, brilliant and amazing. I am safe, it's okay to be me. I can deal with anything that comes my way. I am worthwhile and I value myself and have something to contribute.
3. Live by the SW SW SW philosophy – some will, some won't, so what? Meaning some will love you, some won't, but so what? As soon as you realise you cannot please all people, you will feel free. Love being you, surround yourself with those who do love you and love life. As Bill Cosby says, “I don't know the key to success, but the key to failure is to try and please everybody.”

Why try to fit in when you are born to stand out?

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