

# FOCUS ON: SERUMS

With Gillian O'Meagher

Maybe it's because of our harsh, dry climate, but the intensive moisture boost offered by skincare serums has proved popular among Australian consumers.

Serums are designed to give dry skin an intense nourishing and moisturising boost.

Karen Bowen, therapist and owner of Karen Bowen Dermal Therapist in Applecross, said serums had a high percentage of active ingredients like peptides, vitamins and antioxidants.

"They are formulated with smaller molecules, so they can penetrate deep into the skin," Ms Bowen said.

She recommends the DermaQuest Peptide Mobilizer, as it is a 60 per cent peptide serum — the highest active product in the range.

Cathy Reid, honorary secretary of the Australian College of Dermatologists, said to exercise some caution when applying new products to the face, in case of a reaction to the ingredients. Common irritants included alcohol and plant-related ingredients.

Dr Reid said it was worth investing in an SPF 30 broad-spectrum sunscreen to counter sun damage to the skin, rather than trying to reverse it once it had occurred.



## HEALTH + WELLNESS

Improve your health with naturopath Michael Treloar ND

**Can folate be toxic if you take too much? Di.**

More is not necessarily better. Folic acid, found in green leafy vegetables, is recommended in a supplement form before pregnancy to avoid birth defects, and also assists dementia sufferers. Folic acid falls into the group of vitamins that are water soluble, as opposed to fat-soluble vitamins such as D and E. If excess amounts of water-soluble nutrients are consumed in a supplement, it is easier for your body to get rid of them through your urine and it is unlikely that excessive levels will build up. Your supplement of folic

acid is likely to be in a very low micro-dose. Yes, it looks like a lot, as it will be described as being in the hundreds of thousands of units, but this is not the case. Folic acid at high levels can compete with vitamin B12, so better to take a lower-dose supplement and ensure a good diet, high in green leafy vegetables. This is not a problem of toxicity — more like one nutrient elbowing another out of the way. Excessive folic acid can feed some cancers and inhibit some; it's all about the balance. It is very unlikely you will get excess folic acid in your diet as nutrients in food, generally, are buffered by other nutrients.

Send your health questions and details to Health+Wellness, Mind&Body, PO Box 2908, Perth 6800 or [mind@wanews.com.au](mailto:mind@wanews.com.au)

## NATURAL BEAUTY

Ask natural skin-care specialist Marian Rubock your beauty questions

**My feet are in a terrible way — my heels are horribly dry and cracked and they look awful. How can I repair them? Sue.**

One of the best off-the-shelf products that I have used comes from a company called Witherspoons; they make a 100 per cent natural product called Working Hands that can be used also on the feet to scour away dry, callous skin. As always, nutrition is important and after showering or soaking your feet, use an exfoliator that is either fruit acid-based or physical (such as a pumice stone) to remove the dead skin. My tried-and-true recipe for dry, cracked heels is: 10g of beeswax, 30ml of avocado oil, 10ml of wheatgerm, 15g of Shea butter and 5g of plant-based emulsifying wax.



Heat to 65-70C, add (mixed together) 30ml of water, 5ml of glycerine, 20 drops of citrus seed extract that has also been heated to about 65-70C. Mix together and once the mixture is well incorporated, allow to cool. When it cools to 45C, add 25 drops of lavender and 25 drops of myrrh essential oils. Apply to heels.

Send your beauty questions and details to Natural Beauty, Mind&Body, PO Box 2908, Perth 6800 or [mind@wanews.com.au](mailto:mind@wanews.com.au)

These views are intended only for general purposes and health professionals should be sought for specific advice.

## DREAM READER

Understand the meaning of your dreams with Charmaine Saunders

**I was living in America but had the sense it was some time in the past. There was a civil war on and I was trying to make my way north. I built a hot-air balloon and flew over an old church. The churchgoers had built a giant pair of cartoon scissors and were trying to snip my balloon cables and I crashed it. They put me in a tiny cell that was all the same dull blue which I believed was to make me go crazy. I noticed a beehive in a corner, also the same blue, and felt I had to keep watching it. The wall of the cell in front of me turned to glass and the priest was standing behind it. I noticed a small hole in the glass and managed to kick and shatter it. This is when I woke up. I usually don't dream so this is especially troubling for me. Gwen**

Firstly, we all do dream, every night. You're just not a natural recaller. To have a powerful dream like this that you remembered in such detail, it must have significance. I would love to know your religious affiliations because of the appearance of the priest. As I don't know, I'll have to work around it. You're in the middle of a war but you fly over it, escaping. At every turn, you dodge a bullet. Blue is a safe colour to dream, so that in itself suggests protection. Bees are potentially dangerous but again the hive is blue and you keep your eyes open to stay safe. Finally, the glass wall which you're able to break through. Glass means transparency — you know your enemy. The overall message is clearly that whatever the war, bees and attacker represent in your life, you will overcome all danger.

Send your questions and details of your dreams in total confidence to therapist Charmaine Saunders: [charmaine@charmainesaunders.com](mailto:charmaine@charmainesaunders.com) or Box 637, Subiaco 6904.

hot!

**Elemental Herbology Cell Food Protection and Repair Serum, \$97, from Mecca Cosmetica stores.**



**Dr Le Winn's Ultra R4 Rejuvenation Serum, \$74.95, stockists: (03) 9676 1800.**



**Marini Skin Research C-Esta Serum, \$130, stockists: (03) 9571 9990.**



**DermaQuest Peptide Mobilizer, \$298, stockists: 1300 799 709.**



**Huni Night and Day Serum, \$69, from David Jones stores.**



**Pevonia Botanica Soothing Propolis Concentrate, \$111.95, stockists: 1800 069 116.**



**Franc Serum Intense Skin Rescue, \$72, stockists: [www.franc.com.au](http://www.franc.com.au).**

**Sodashi Calming Serum, \$106.50, stockists: 9336 6837.**



**WIN! HUNI GIFT PACK**

Mind&Body and Huni are offering one lucky reader the chance to win a Huni Gift Pack, including the Huni Everyday Moisturiser, Huni Everyday Whitening and Huni Every Night Moisturiser, valued at \$147. To enter, write your name and address on the back of an envelope and post it to: Mind&Body serums competition, GPO Box 2908, Perth 6800. Competition closes on Monday.



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**Retreats**

**CHINA TOUR**

A free evening for the tour will be held at 7pm 17 February at Floreat, venue to be advised. For those interested ph Glensy or Eric on 9457 0965