

Our regular beauty column... helping YOU to look your best!

## LOOK GORGEOUS

With Molly Hanson Steel

Molly Hanson Steel provides expert beauty advice for our readers in this regular column. Molly, CertEd BTEC and BABTAC, is a fully qualified lecturer and national trainer, and has her own beauty clinic, Uber Beauty, at 146 London Road, Stockton Heath.



# Aromatherapy... mother nature's gift

BEING a lecturer in Advanced Aromatherapy I so value what Mother Nature has to offer us mere mortals.

Every day I learn something new about what plants and their oils can do for our general wellbeing and how they can be used to relieve stress, headaches, insomnia, tension, pain, and to aid relaxation.

The feedback I gain from my clients is priceless when assessing the effectiveness of my organic blends in this understated treatment. It's also becoming more and more common to have oils used on patients within hospitals, for cancer care and in sports therapy for psychological and physical well-being.

Essentially, Aromatherapy is a natural, non-invasive treatment system designed

to affect the whole person not just the symptom or disease and to assist the body's natural ability to balance, regulate, heal and maintain itself by the correct use of essential oils.

It's amazing the effects that this therapy can have.

If all the above does not convince you that Aromatherapy is for you, the massage itself will de-stress and relax, having an hour of 'ME' time is something we all need now and again.

To talk to a specialised professional, to book an appointment or if you have any questions that you would like to be answered in the next issue, please visit our new website: [www.uber-beauty.com](http://www.uber-beauty.com) or call 01925 261 673.

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