

# citywoman



Your guide to health, style and happiness

natalie.slater@reading-epost.co.uk

**F**ORGET Botox – non-obtrusive anti-ageing treatments are all the rage in celebrity circles, and for good reason according to one Reading beautician.

Sahar Hooti moved to Reading a few months ago and has opened the first centre in the town to offer the GuaSha Facial, said to help fade wrinkles naturally.

Using ancient Chinese treatments, Mrs Hooti says it not only provides a 'natural facelift' but also rejuvenates the skin and prevents further ageing.

Kylie Minogue is the latest A-lister to ditch Botox for a more natural approach to anti-ageing and with the side effects of other treatments starting to become apparent, the GuaSha will become more popular.

Mrs Hooti is a specialist in cosmetic acupuncture and starts off her treatment using the needle therapy to encourage the body to release more natural collagen and to increase the flow of blood to the face.

She then takes jade stones in a variety of shapes and massages the skin on the face to bring it back to life and give it a healthy glow.

Practicing from the Therapy Centre in Church Street, off London Street, she explains: "The special GuaSha technique encourages our body's normal metabolic and waste removal process so it can relieve stuck blood and congestion in the treated area.

"It targets wrinkles and enhances the skin texture and although it is

## The pursuit of natural beauty

A-list celebrities are searching for non-obtrusive treatments to fight the signs of ageing. **NATALIE SLATER** tries the GuaSha facial, derived from an ancient Chinese practise

not a lifting treatment, after just one session you will see a noticeable lifting effect on your facial contours.

"I utilise an enhanced GuaSha Facial method that gives clients that extra bonus of noticing an apparent lift to their facial contours. The lifting result will depend on the severity of the skin's sagging.

"It is very popular for a one-off event as well as offering a longer-term effect if clients follow a recommended course of treatment which can restore skin hydration, iron out fine lines and wrinkles and exfoliate the skin.

"But it's not just the benefits in appearance," she says.

"The immune system is

strengthened through the process of waste removal and a feeling of relaxation and overall health and wellbeing is gained.

"A GuaSha facial stimulates the cells to lay down new collagen fibres under wrinkles, thereby filling them in and resulting in an immediate 'filled look' to your skin."

The GuaSha is particularly recommended for women suffering from premature ageing from smoking or a poor diet – but is beneficial to women as young as 26 who want to try to prevent the skin from ageing.

■ Treatments start at £90. Call (0118) 9572 697, visit [www.acucosmetics.co.uk](http://www.acucosmetics.co.uk) or email [sahar@acucosmetics.co.uk](mailto:sahar@acucosmetics.co.uk).



**IT'S BETTER, NATURALLY:**  
Sahar Hooti gives Natalie a GuaSha facial  
Picture: PETER BLOODWORTH (Ref 101437)

## 'Not gentle but your skin is revived'

I WAS intrigued by the idea of a natural facelift so I met Sahar to see what her treatment was all about.

I am 26 so I am not yet showing any clear signs of ageing but I appreciate that I need to look after my skin now to take care of it for the future. The tell-tale signs of crow's feet are creeping in around the eyes and I must act now.

Arriving at the centre, I had a long chat with Sahar who went through my diet, lifestyle and beauty regime before starting to determine her treatment.

After around 20 minutes of acupuncture in my body to increase

the blood flow to my face, Sahar took some strange shaped stones and started manipulating my face.

It is not a soft and gentle treatment, the skin is being revived, but the overall feeling is not unpleasant. After around an hour with Sahar, my skin looked more radiant, healthier, and I could certainly see a fresher look in my face in the days after.

The immediate effects will be more noticeable with heavier wrinkles, but even on my skin type, the GuaSha definitely showed to me natural is 100 per cent better.

## Have I really lost weight? Great!

Barbara Frost is gearing up for an epic cycle ride from Land's End to John O'Groats in September. The plucky Home-Start volunteer, of Eastern Avenue, Reading, turned 60 in April and is celebrating by raising £10,000 for the family charity she supports. Barbara is checking in once a month with *City Woman* to report on her progress

**C**YCLING, stamina training sessions, core training sessions and spin classes – what more could a girl ask for in life?

I went to Evans (my most favourite cycle shop) to book the bike in for its major overhaul in August – their computer will not take bookings for August until it is August and then I was told – and I quote – to "stop fussing".

I then went to Cotswolds (my most favourite outdoor clothing shop) and bought yet another cycling top – how will I fit them all

into my two panniers? I think I will have to get some sort of trailer to carry everything!

I had a bit of a boost when I went to my gym, Caversham Health and Fitness, for a massage.

I was told that I looked as though I had lost weight – I don't think I have but maybe with all this exercise I have firmed up!

Thanks to the kind remarks I am feeling quite positive about the whole thing – of course, my mood will change tomorrow when I think of all the things I haven't yet done.

However the good news is we raised £622 on our quiz night for Home-Start. Thanks to the generosity of my sponsors, the tombola raised nearly £200.

The second spinathon on Broad Street raised just over £160, so thanks to everyone who gave.

Oh yes! I nearly forgot – I now tweet and if you would like to follow me you can by visiting [www.twitter.com/barbybikes4kids](http://www.twitter.com/barbybikes4kids).

As I write this I have collected nearly £4,000 – I would like to make it £5,000 by the time I set off on September 8, so if you would like to help you can by going to [www.justgiving.com/upthecountry](http://www.justgiving.com/upthecountry).

Thanks to everyone who has given so far.



Thank you,  
Barbara x

ADVERT NOT FOUND

Urn: 0117228

Revision: 0

Section: ROP

Size: 4 cols x 17.0 cm's

Name: Royal Windsor Raceco

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Urn: 0071928

Revision: 0

Section: ROP

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Name: Circulation

