

IF YOU WANT TO LOOK

GREAT THIS SUMMER, YOU HAD BETTER START NOW!

Lazy days on the coast, wandering through our country's glorious countryside with its natural flowers and laden trees – it all seems a million miles away when we are huddled up in front of the fire in the middle of a dark winter afternoon.

But spring is only a few weeks away, and if you want to look your very best for 2007 you need to take action now.

There are lots of great new products on the market for 2007 but perhaps the most exciting is a new light treatment, a simple non-invasive treatment which permanently reduces unwanted hair. Whether you shave, wax or use any of the other systems, nothing beats new light therapy for convenience, simplicity and fantastic results.

Light therapy is very new – at the moment there are only a handful of White Light Therapy Skin Centres in Britain – but wherever you live it is worth the journey because once you have completed the treatment, you will be able to forget all about your old shaving routines.

The use of variable pulsed light in health and beauty treatments is already well established in America and Japan. The treatment works through carefully targeting the melanin in hair follicles. No harmful UV light is used, and the treatment is quick and simple. It can be used to treat unwanted hair almost anywhere on your face and body. Can you imagine what it is like never having to worry about hair growth on your legs, underarms or even on your bikini line?

You do need to start thinking about that summer weather now, though, because light therapy doesn't work overnight. For the best results, you need a course of treatments, perhaps six treatments for legs. But each treatment is so easy and can easily be completed in a lunch hour or a quick visit at weekends; so really for little commitment you can free yourself of that tedious time consuming routine of regular hair removal.

You can find out all about light therapy at the White Light Therapy Skin Clinics on www.white-therapy.com