etc.
December 2007
our FREE magazine
WIN!
Free entry for every reader to the Santa Christmas circus at Shoots garden centre
Goodie bag
beauty • home • food • shopping • fashion • travel
Covering Chichester to Lewes and up to Haslemere, Horsham and Crawley

Don't wait for surgery

Option... ...the easy route to affordable fixed price surgery.

We have no long waiting lists and you can have your operation at a time to suit you, whether or not you are insured. With our Option self pay packages, there are no worries about unexpected bills. You'll be told in a written quote exactly what is included, and what isn't, when we confirm your admission*.

Option packages cover a wide range of procedures including:

- Cataracts
- Endoscopy
- Hernia treatment
- Joint replacement
- Varicose vein treatment
- Women's health

Call our helpline for more information on

01903 700767

BMI *Goring Hall Hospital*

Bodiam Avenue Goring-by-Sea
Worthing West Sussex BN12 5AT
www.bmihealthcare.co.uk/goringhall

*Option packages are available for a wide range of procedures but may not be appropriate for some patients.

Registered by the Healthcare Commission
Cert no. 1110000853

aesthetic advice

The eyes have it

They say that the eyes are the window to the soul. It is certainly true that how we're feeling is often expressed through our eyes. Tiredness, stress, lack of sleep all have detrimental effects on how we look, which is why so much focus is placed on cosmetics that make the eyes look more open, less baggy and more youthful.

Botox has had a terrific impact on rejuvenating the skin around the eyes. Frown lines between the eyebrows and crows feet can be effectively softened with a couple of simple injections. Forehead lines can also be softened or even eliminated. However, it must be remembered that over time the relatively mobile skin of the forehead tends to sag which shortens the gap between the eyebrows and eyes. This tends to make one look sad or angry, and also makes the upper eyelid skin appear even looser.

When the forehead has drooped significantly, Botox can make the situation worse, and it is at this time that surgery may be considered. Eyelid surgery alone cannot raise the eyebrows to a more youthful position and so a brow lift is required. There are a number of methods for performing a brow lift. Fortunately newer, less invasive techniques allow the brow to be raised using small incisions hidden in the hair - a so called 'endoscopic brow lift'.

Sheila is a mother of seven and found that her face no longer matched the way she felt. She underwent an endoscopic brow lift and eyelid surgery in combination with a facelift performed by Mr Charles Nduka, FRCS(Plas).

Mr Nduka's patient said " My treatment has given me a complete new lease of life, I feel years younger as well as looking it."

For independent information about a range of cosmetic procedures, including safety, training, and questions to ask at your consultation visit www.aesthetic-advice.co.uk