

# Health & Beauty



with Women's Editor Diane Crabtree

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The nights are closing in, so it's time to warm the body in the most indulgent way possible with hot candle oil

## Waxing lyrical

CANDLES have really come into their own this last decade.

But if you thought they were simply used as a form of subtle lighting or to fragrance a room think again.

The latest candles on the market do a lot more. Once lit the hot oil and butter they are made up of is poured over the body for the most sensuous and relaxing massage possible.

LUX massage candles have been introduced to Calderdale by Louise Jones who has just opened her new beauty salon, Therapy Skincare, above Fred Wade's in Rawson Street, Halifax. The 29-year-old who lives in Bradshaw, Halifax, moved from Toni & Guy's in the town centre because she wanted to expand, and now works alongside two other therapists, Debbie Sapsford and Lisa Nethercoat.

Louise, who has been a beauty therapist for the past five years, was looking

for new treatments to offer her regular clients and came across the candle massage from Italian company, Atarnaive.

She liked the sound of it and after trying it herself was hooked because she says it not only warms the body and relaxes it but nourishes, tones and hydrates the skin like nothing else she has come across before. And after trying one I have to agree with her.

"They are pure indulgence for the body and soul and brilliant for this time of year when the skin needs a good drink and the mind needs uplifting," says Louise, who believes the candle massage will take off in this country because it is so different.

The candles are made from a combination of natural vegetable oils and butters and once lit, the butter melts (at a constant 38 degree temperature) and can be drizzled on the skin like normal massage oil.

There are lots of different fragranced candles to choose from depending on your mood.

Think relax, energy, harmony, aphrodesia, love, tranquillity and balance.

They are all dual purpose in that they contain essential oils and once lit fragrance the room and awaken our senses.

The candles contain Shea butter, coconut and almond oil, Shea butter, otherwise known as "the tree of youth" has anti-aging reinvigorating and toning properties and improves circulation.

It is also good for numerous skin conditions like eczema, psoriasis and sunburn and can reduce stiffness and swelling in muscles, making it a useful treatment for rheumatism and arthritis sufferers.

The one-hour massage treatment really does melt away tension and quench the skin. Louise advises clients to leave the oil on overnight and skin really feels soft and nourished the day after.

As well as enjoying a treatment in salon, clients can buy a candle to use at home after a relaxing bath, or alternatively to give their partner a relaxing home massage.

Louise, who has three beauty rooms as well as a nail bar, sunbeds and a spray tan area, normally charges £44 for a full body LUX massage and £30 for a back neck and shoulder massage using candle oil. Both are half price on a Thursday and Friday however until the end of October.

Another opening offer is 50-per-cent off a first treatment (other than a LUX massage) for all new clients until the end of October.

**Candle Massage:**  
Louise Jones at  
Therapy Skincare

**Picture:** Bruce  
Fitzgerald

### WELL BEING



## The secret to staying healthy

GLORIA Hunniford will turn 70 next year, but the bubbly Irish presenter is still as busy as ever and is rarely off our TV screens for long.

Her secret to keeping her energy levels up lies in a balance of supplements.

"I've always been a bit of a supplement freak," reveals Gloria, who is grandmother to Charles and Gabriel.

"I work on energy – I just want to have the energy to do whatever it is I want to do, whether it's work or being with my grandchildren or enjoying my life.

"I've always taken vitamins and supplements to try to keep my energy levels good, so every day I take everything ranging from something for my bones, to something for my skin, extra calcium because women after menopause need to.

"A lot of doctors say if you have a proper diet you don't need supplements and that's probably true, but I'm eating on the hoof a lot of the time.

"I'm eating whatever I can get when I'm out and about filming, so if I give myself the best chance by using supplements, then in an ideal world that might keep my energy levels up."

Gloria became the face of Flora pro.activ's three-week challenge after she discovered her cholesterol was higher than it should be.

She managed to reduce her cholesterol in just three weeks, and raised awareness of the need for a healthy heart. She admits her weakness is food, but says she has always tried to be fit and healthy.

"I've never smoked and I physically can't drink an awful lot," she admits. "I love food, so I have to try to watch that. It would be very hard for me to be on a very strict diet.

"Yes of course, I'd like to be half a stone lighter, but feeling well is my priority – the energy levels are more important now than being a perfect size anything, which I'm clearly not anyway.

"I do my best. I do believe that we all have a responsibility to look after our own health, and I try to be preventive – and therefore I do whatever I can to try to keep myself in the best possible shape."

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