



**Judith Mulgrew**

Judith Mulgrew is the proprietor of Skin Medi Spa, Surrey Street, Lisburn Road.

# New Year Detox

This month Judith gives us her top tips on how to kick start 2019 with a body detox and inch loss.

As a New Year begins you may be wanting to lead a new healthy lifestyle as your resolution for 2019! This month I am going to give you some of the best tips to kick start your New Year with a body detox and weight loss. We all know we like to overindulge in December due to the Christmas festivities but at Skin Medi Spa we have some amazing treatments and products to make your New Year's resolution a reality.

### Universal Contour Wrap

Come January everyone is feeling bloated and wanting a body detox and to lose some inches, our Universal Contour Wrap guarantees you to lose a minimum of six inches just after one treatment. The combination of natural clay solution and specialist body wrapping techniques make this wrap so successful. The clay solution draws out toxins whilst the wrapping technique actively compresses the soft fatty tissues. This creates an instant inch loss, firming and body sculpting effect.

### Velashape

Do you have the dreaded cellulite and are wanting to get rid of it? Our Velashape Treatment is great for getting rid of the stubborn cellulite that won't shift! Velashape is a non-invasive treatment which causes deep heating of the fat cells, their surrounding connective tissue and the underlying dermal collagen fibres. This type of efficient heating and vacuum stimulates the growth of new and better collagen and elastin which results in localized reduction in skin laxity and body volume.

### Advanced Nutrition Programme

Although a good healthy diet and your recommended eight glasses of water per day are great for your body and skin; I also



recommend supplements to really help feed the skin from the inside out. I'm loving the Advanced Nutrition programme at the minute, an effective skincare programme with scientifically formulated supplements which will help address skin concerns and support overall skin health. I recommend trying their Skincare Ultimate Package which is a 28 day combination of five super supplements for your hair, skin and nails.

### Vitamin Cocktails

Are you feeling down, tired, lacking energy or just simply wanting a detox? Then the IV Vitamin Therapy is the thing for you! Vitamin Cocktails are the fastest way to restore health by delivering essential vitamins, minerals and

antioxidants directly into the bloodstream. At Skin Medi Spa, we provide IV Vitamin therapy in a relaxed spa like environment; listen to tranquil music, have a cup of herbal tea, relax in the warmth of our beds and receive a rejuvenating facial or pedicure while having your treatment done.

**For any more information on treatments or products please call 02890681066.**



**For a FREE consultation call us now: 02890681066.**

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|  | <p><b>SKIN</b></p> <ul style="list-style-type: none"> <li>Skin Peels</li> <li>Acne &amp; Scar Treatment</li> <li>Laser Hair Removal</li> <li>Microdermabrasion</li> <li>Cellulite &amp; Inch Loss Treatment</li> <li>Body Wraps</li> </ul> | <p><b>MEDI</b></p> <ul style="list-style-type: none"> <li>(Dr. Mark Hamilton)</li> <li>Anti-Wrinkle Injections</li> <li>Semi Permanent Make Up</li> <li>Lip &amp; Cheek Enhancement</li> <li>Colonic Hydrotherapy</li> <li>★★★★★</li> </ul> | <p><b>SPA</b></p> <ul style="list-style-type: none"> <li>Elemis Bespoke Facials</li> <li>Mother To Be Massage</li> <li>Advanced Waxing</li> <li>HD Brows</li> <li>3d Lashes</li> <li>Make Up / Tan / Gel Nails</li> </ul> |
|  | <p>tel: 028 9068 1066</p>  | <p>Judith Mulgrew Fertility</p>   | <p>Avigo Maya Massage Pregnancy Massage</p>   |



Amanda Conroy and Charlotte McIlvenny.



Judith Mulgrew at work in the Dermalux Treatment Room.

## SKIN MEDI SPA CHRISTMAS EVENT

Skin Medi Spa celebrated their 10th Anniversary this year with their annual Christmas event with lots of added extras. Friends, family and clients alike were treated to an evening of pampering and socialising with a champagne reception, live demonstrations and a luxurious goodie bag being just some of the highlights.



Sisters Kelly, Paula and Judith Mulgrew.



Carol Keys and Judith Mulgrew.

## ULSTER TATLER SPEAKS TO JUDITH MULGREW FROM SKIN MEDI SPA

### What does 2019 have in store for Skin Medi Spa?

2019 is a very exciting year for us all as we plan to bring more advanced treatments to our already extensive list of services! New Dermaplaning, Dermalux light therapy, an exciting new inch loss treatment as well as the Bespoke Semi Permanent Make Up that I specialise in. Plus exciting new products with our Image Skincare range. All the secrets will be revealed!

### Are there any new, innovative treatments we can look out for?

Dermalux is my new favourite treatment at the minute; it's relaxing and stimulates collagen in the skin. It works using three lights to repair the skin in various ways depending on what your skin requires. I love to use this in combination with Micro needling and IPL as the results are unreal! And of course in conjunction with our Image Skincare Retinol (vitamin A) product. If you want to avoid any anti wrinkle injections or fillers this is definitely a great natural alternative!

### What treatment do you find is most popular with your clients?

We offer many different treatments at Skin Medi Spa which many clients don't know about until they visit which is always a nice surprise! In more recent times clients are really wanting skin treatments with results so Image Peels, Micro Needling, and IPL to name a few are very popular with our clients. I also really like to treat each client as an individual; take into consideration their lifestyle and inner well-being so it's really an experience having a treatment at Skin Medi Spa.

### What are the highlights and the challenges you face in your career?

I love what I do, so I don't really see it as a challenge, I believe it's how we look at life. Sometimes our challenges turn out to be our greatest blessings! I have a good positive outlook on life in general and very much believe we reap what we sow.

### How have you seen styles and trends change within the beauty industry over the years?

Massively! I trained at The Roberta Mehan Beauty Training College 20 years ago! Now I'm telling my age! In those days it was the good old-fashioned facial with a bit of steam

and extractions! Well, now it's using Lasers, IPL, Micro Needling and of course Peeling! It's amazing actually; I truly love working with the skin and firmly believe if you train with the best then you become the best! I'm very grateful for training and working with some of the amazing doctors and skin experts that I have done over the last number of years.

### What would be your top piece of advice for reviving your skin after Christmas and going into the new year?

Firstly if you are only to ever use two products and you are over 30 and concerned with ageing they would have to be SPF daily and Retinol Vitamin A at night. Why?... Retinol stimulates the fibroblast cells to produce collagen as well as hydrates the skin, increases collagen plus helps to keep the lines and wrinkles away. A good healthy diet will of course be a good support with plenty of fresh fruit and vegetables rich in anti oxidants. This is essential to good skin and of course eight glasses of water per day to keep hydrated. I also recommend supplements to really help to feed the skin from the inside out I'm loving the Advanced Nutrition programme which we have available at Skin Medi Spa.