

Makeover! magic!

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How wonderful would it be to wake up one morning and start a new life experience, to dip a toe into uncharted waters and feel the urge to jump in? Well, five brave Irish women did just that when they applied to be a part of the Ultimate Life Makeover with GLOW magazine and TV3's Ireland AM breakfast show! Since the beginning of 2009, each of the five ladies has opened up their lives to us and allowed us to take a peek at what it is we could do to help them with small changes that could make a big difference to their lives. Even though they knew little of what was to come when they entered, our mission was to listen to their concerns and tell us what they wanted to change. Our job then was to give them access to the best experts in their respective fields to make those life-altering changes. Each of these fantastic women represents a different decade, so no matter what stage in life you happen to be at yourself, we hope you can garner some insights by following their individual journeys and experiences so far. Each week on www.tv3.ie our 5 ladies post a diary to share with you on how they have spent the last 7 days trying new things and at www.glowmagazine.ie you can find out in more detail where they have been, what's coming next, and most importantly, each lady has her own web page where you can chat to her directly about her journey and goals, perhaps some of your own too.....

would like to thank the participation and support of the following:

Curves

SLENDERTONE
Time to look and feel good

LIPO CONTOUR

YON KA



MANDALA



CLARINS



on fitness

The minute I walked into Curves in Monaghan town there was a really good vibe about the place, and I knew immediately it was going to be great and I'd fit in fine. It isn't one of these gyms where you think everyone is looking at you, and you get so conscious of what you look like, because here you know everyone is in the same boat. I know this might sound corny but you feel like you're part of a big family and everyone is urging and supporting each other. The 30 minute workout flies by and I know with their help I'll definitely shed the weight I want to. From now on it's going to be 3 days a week at Curves if I want to achieve my goals. They have a new system now called *Curves Smart*. You get a key card and slot it in to every machine as you use it. The machine lights will flash green if you are doing it correctly, and if not, it flashes orange and makes you work much harder, and at the end of the session you put your key card into the computer and it shows you how well you did! To help with the Curves regime we were also given *Slendertone* belts for our tummies and *LipoContour* body shaping underwear, and I was surprised that they are quite comfortable to wear and seem to be working, so I'm using them a LOT!!

on skincare

I started my skincare regime with Marion from Pearl Beauty at Carlingford Lough Co. Louth. The *YonKa* experience completely overwhelmed me, it had been a long time since I had a facial and Marion's skill and expertise were incredible, she is truly gifted with her hands. I had skin analysis to see the problem areas of my skin and then I had the facial. Normally after I cleanse and tone at home I can feel my skin tightening up because my skin is dehydrated! The smell and textures of the *YonKa* products are so beautiful, I know pretty soon I'll have the glowing skin I have always dreamed of.

on holistic therapy/ nutrition

In *Mandala Spa* we are working with holistic therapist Nicki, Integrated Energy therapist Gillian Gavin, and nutrition expert Sinead Burns. I really feel each of these women will benefit me greatly with my emotions and fears. *Mandala* is a fabulous spa, it is just so relaxed you feel like you are entering another

world when you go into it. Integrated Energy Therapy with Gillian was wonderful and I loved every minute of it. It's basically healing with the energy of angels, and Gillian explained that we hold issues deep down inside, not only in our mind but in the different parts of our body too, and she helps to release these emotions. I definitely recommend this and I would be very interested in continuing with this therapy even when the makeover is completed. Sinead Burns, the nutrition expert and I had an amazing session, she was brilliant at pinpointing the little things that were wrong with my nutrition! Sinead is putting together a healthy eating plan to try and restore my body with all the vitamins and minerals that basically I'm lacking. This will give me the perfect opportunity to kick start my 30's not only being slimmer, but healthier too...

on cosmetic treatment

A Hungarian Dental Company, *Madenta*, in Chatham MediClinic, Dublin 2, have offered to fix my teeth, as this is something which I'm most self-conscious about. I have gaps in my teeth, and to me they are like the Grand Canyon in my mouth! I find myself covering my mouth when I talk and would never smile properly for photographs. I met with Director Gabor Levai and Dentist Dr Peter Steinhof who will be carrying out the treatment, and they are taking us to Budapest to fix my teeth. It's amazing the technology that's used there, I have had my consultation with Dr. Peter, and he will be in Budapest to do my treatment there, and then I have my follow up final treatment here in Dublin. I am on such a high about this and will soon have that Hollywood smile in just a few weeks, I don't really believe all of this, it's just amazing !!!!

The excitement is really starting to kick off down here in County Monaghan and people are sending well wishes and always wondering what's the next step in the makeover