

Ask **ANYTHING**



RAPID QUESTION:

Break your tooth playing sports? Here's how to fix it.

According to Specialist Dental Surgeon, Dr. Miguel Stanley, the first step is to book a consultation to design your new smile. Once all of the planning is done, execution usually only takes two visits and will be as minimally invasive as possible (thenovaclinic.com).

I've got a wobbly tum. Any way I can fix this?

Exercises that 'burn belly fat' are a myth that I get asked about all the time. It's not possible to target specific areas of the body for weight loss. Having said this, abs are definitely built in the kitchen, and can be supported by larger compound movements that specifically train your core.

Angelica Yassine,
branch manager,
Warehouse Gym
(whgym.com)

I have a wedding coming up and I want to be in tip-top shape. How long for a transformation?

Train five times a week, keep your diet clean and healthy and it will come. Everyone is different and will lose at different rates. It can be anything from 4-12 weeks before you see the difference, but after staying consistent you will feel the difference within two weeks. It's not what the scales say, it's how you feel about yourself that matters.

Michael Lomax,
branch manager,
Warehouse Gym
(whgym.com)

What's the big deal with vitamin C?

From our mid-20s, our natural collagen reserves begin to diminish so Vitamin C helps top this up. Beyond this, vitamin C is also an antioxidant, so regular use will effectively combat blemishes, scarring and other discoloration concerns resulting in a smoother and brighter complexion. But as vitamin C contains active ingredients, it's worth doing a product clear out every three to six months. Exposure can impact their productivity. – Bianca Estelle, bea-skincare.com

Do I really need a 10-step Korean skincare regime?

The reason the K beauty method has proven so popular is because it works. It would be fab to have just one product that does miracles but in reality, product formulations don't allow for the that.

Saying this, I tend to prescribe my clients around seven products. – Bianca Estelle, bea-skincare.com