

Beauty Therapy with Cancer

Finding that you have cancer is devastating, and coming to terms with the cancer treatment, the last thing on your mind is how to look after yourself, keeping your skin, hair and nails healthy and looking good. Giving yourself a beauty treatment can help to give yourself a lift which will be a real boost to your self-esteem.

It will be important to maintain some semblance of normality in your everyday routine, when nothing is going to be normal again. Giving your skin a deep moisturising treatment or an all over body treatment will help to keep you going.



Skin treatment. Dermalogica®, has the perfect ingredients in their products to help you through this. The cancer treatment can be harsh and drying throughout chemotherapy and or radiotherapy. Dermalogica®, has nonstimulating fragrances and alcohol free toners, ingredients which can be harmful or irritating during treatments. All Ingredients are hypoallergenic essential in skin care during Cancer treatments. Keeping skin moisturised is really important, The AGE Smart® range is designed to address the three main biochemical triggers that lead to skin ageing and the UltraCalming™ range for serious relief of sensitised skin. Dermalogica®,

environmental control deodorant is aluminium free, essential for sensitive skin or for someone who has had breast cancer.

Much more important now is to make sure your skin is protected from the sun, when having cancer treatments. SPF [Sun Protection Factor] 30 minimum to SPF 50 is vital in any of the products you use. Keeping out of the hottest part of the day, and covering up by wearing a hat, sunglasses and light sleeves on tops.



If you find you are losing your eyebrows and lashes, we have the skill to help you use the correct make-up to fill in the brows or recreate them completely. We will also teach you how to do it yourself. Eye lashes, if you have not lost them all we can fill in the gaps for you.

Keep away from Nail extensions when having cancer treatments. We do not recommend you using them at this time. If you find your nails discolouring during treatment or not looking their best, come in for a manicure and we can use polishes to still give you a natural look or to use some cheerful colours. Again we stress that you use acetone free nail polish remover.

Highlights or any chemical hair treatments are not

recommended for up to six months after, following chemotherapy or radiotherapy. The scalp will be more susceptible to UV rays. Keep hair covered when you go out, either with a sun screen or hat. If you decide to try a wig, keep a lock of your natural coloured hair to colour match, or go for something different. Hairdressers & cancer units will advise on this.

It has been proved that aromatherapy massage and reflexology is beneficial for a cancer patient. I qualified as an aroma therapist many years ago. I have worked with Marie Curie Cancer Care using special oils for the massage to improve systems and quality of life. Come in and treat yourself a stress Relief massage using stress relief oils produced by Dermalogica®, easing away aches and pains.

It's all about keeping your life as normal as possible when having cancer treatment. We are fully trained to help you in your time of need. Book yourself a treatment and look after yourself.



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