

## TREATMENT OF THE WEEK

SOMETIMES the best treatments aren't the ones involving aromatherapy oils, massage and mood music. Hanna Somatics is a subtle therapy that works on correcting small postural problems that can cause years of pain if left untreated. It isn't glamorous, but it works.

I went to see former Birmingham City footballer Jonathan Hunt, who discovered Hanna Somatics when looking for a cure for his own injuries and then became a practitioner.

I wanted to see what he could do about my lower back pain, caused by a break I suffered in a car crash some years ago.

'Did the car hit you from the right?' he asked correctly. I was astonished. I'd never noticed until it was pointed out to me, but my right shoulder sits lower than the left and my right hip higher than the other, as if my upper body is curving to one side.

'When muscles are routinely

contracted, say from constantly using a computer mouse or carrying a heavy bag, or are traumatised, they can keep on contracting long afterwards, giving you permanently hunched shoulders or a curved lower back brought on by learned bad habits,' he explains.

He then spent an hour teaching me a series of small movements and exercises to coax the body back into its correct posture. It's tricky to get the hang of at first, but by the end of the session, my shoulder and hip have visibly relaxed and my body has now

uncrumpled. More importantly, I can feel the difference.

Jonathan gives me a series of exercises to keep doing at home. It's life-changing stuff, but surprisingly simple 'After about three sessions, most people are well on the road the recovery and don't need to see me any more,' he says.

■ £95 per session;  
somaticliving.com

ALISON TYLER



# Bush up!

Plucked your eyebrows to death? Hi-tech transplants can bring them back to life

by Olivia Walmsley

**T**HE bold, defined brow remains a beauty staple: everyone, from catwalk models to Hollywood actresses (see Megan Fox's Ava Gardner arches) is going for big brows.

But what if yours are fine, fair or straggly? Well, panic not. A host of high-tech treatments will give you back the brows you plucked into extinction, or simply never had in the first place.

Transplants and semi-permanent solutions are now more convincing than ever.

In the past few years, hair transplant surgery has become far more sophisticated. Previously, it was almost impossible to replicate the natural angle and growth of the eyebrow and lashes. Now, one follicle can be implanted at a time, and, crucially, surgeons are able to control the precise angle of the hair, which is very acute in eyebrows. This new know-how can now be used to implant hairs into the lashline, too, giving you a fuller, thicker set of lashes.

Dr Bessam Farjo, who has been working on hair loss treatments and transplants since 1992, explains that hair transplant techniques have rapidly advanced since the days of plug-grafts. During the latest procedures, a very thin strip of skin (6-7 cm long, and 4-5mm wide) is taken from the area of the scalp where the hair is softest.

The surgeon then removes each hair from the piece of skin with a thin needle. Next, he makes up to 50 tiny incisions with a scalpel where the eyebrow should be, and, using a needle, inserts each hair follicle into the incisions.

The results are not immediate: it takes two to three months for the new hair to grow through the skin, and up to six months for a well-defined eyebrow. The new brows need trimming about once a



**The bold and the beautiful: Make a statement with your brows**

month as the hair continues to grow as it would on your head.

Mary Hornby, 30, from Sale in Greater Manchester, underwent an eyebrow transplant with Dr Farjo. She began tampering with her brows at just 14: 'I would over-pluck and be left with pencil-thin eyebrows, which at the time didn't bother me,' she says.

'As I got older and wanted a fuller shape and I tried to grow them out. But repeated plucking had meant they had stopped growing.'

She found the surgery 'a breeze' — even if a somewhat lengthy three hours. 'It was completely painless and all done under local anaesthetic,' she says.

'It took about six months for me to start seeing the results, but now I couldn't be more thrilled. Dr Farjo has done an amazing job, easily surpassing my expectations and leaving me with beautiful, natural, full eyebrows.'

Eye lash transplants are more compli-

MailLife  
Home & Furniture

ONLY  
£29.99  
PLUS P&P\*

Less mess and less time



with the Paint Runner™ System  
- a revolution in home decorating

The Paint Runner™ is a revolutionary design in paint rolling. No more bending down to charge the roller, no more balancing with a tray on a ladder and no more mess. This really is the best DIY purchase ever giving trouble free painting of walls and ceilings. The roller head can hold up to one litre of paint and can be constantly used for up to 10 minutes covering up to 17 square metres of wall. The patented fabric and distribution system ensures even coverage on all surfaces.

Included with your kit is the Paint Runner Edger, great for painting evenly along side doors, windows and skirting boards. As you don't have to mask around the objects, it will cut your decorating time down to minutes, not hours. Constantly re-useable the kit includes paint runner head, paint runner edger unit, jug and 85cm (33 1/2") extension pole. Complete with full instructions. Also includes free additional roller and corner tool worth £15. Only £29.99 plus P&P\*.

FREE!  
ADDITIONAL  
ROLLER AND  
CORNER TOOL  
(WORTH £15)

Three easy ways to order:

1 [www.maillife.co.uk](http://www.maillife.co.uk)

2 0845 543 5729

Quote  
PMDM139

Lines open 8am - 8pm, 7 days a week.  
Calls charged at local rate.

3 Please send cheques made payable to Daily Mail to MailLife Paint Runner Offer PMDM139, PO Box 75, Rochester ME2 2DB and clearly state your name and address.

Remember to  
add £3.99 P&P\*

Calls cost 4p per minute from a BT landline. Please allow up to 14 days for delivery. Price will be refunded if item is returned unused within 14 days of receipt. Offer applies to the UK and is subject to availability, which is finite. Goods are supplied and fulfilled by Plusmail Ltd. \*P&P plus handling is charged at £3.99 per order. When you respond Associated Newspapers Ltd and other companies in the DMGT Group may contact you with offers/services that may be of interest. Please give your mobile or email details if you wish to receive such offers by SMS or email. We will not give your details to other companies without your permission, please let us know if you are happy for us to do so. For further terms and conditions, please see [www.maillife.co.uk](http://www.maillife.co.uk)

## SHOWER ESSENTIALS

FROM LEFT:

Muscle Relief Bath Soak, £18,  
[www.spacenk.co.uk](http://www.spacenk.co.uk)

Bath & Shower Gel, £16,  
[www.cowshedonline.com](http://www.cowshedonline.com)

Grapefruit Shower Gel, £30,  
[www.jomalone.co.uk](http://www.jomalone.co.uk)

Cleansing Milk, £3.89,  
[www.boots.com](http://www.boots.com)

Vitamin E Body Treatment  
Scrub, £62,  
[www.jomalone.co.uk](http://www.jomalone.co.uk)

Body brush, £18,  
[www.elemis.com](http://www.elemis.com)

Soaps, large, £5.60, small, £4,  
[www.brissi.co.uk](http://www.brissi.co.uk)

Japanese wash cloth, £18,  
[www.spacenk.co.uk](http://www.spacenk.co.uk)

Bath rack from  
[www.brissi.co.uk](http://www.brissi.co.uk)

Shower head from  
[www.diy.com](http://www.diy.com)

STYLING: ELIZA SCARBOROUGH.  
PICTURE: TOBI JENKINS

