

Feeling hot hot hot!

Beauty products that will keep you warm on the inside

THE festive season is over and chances are you're feeling dreadfully run-down and tired. Why not pep yourself up with self-heating products, which are sure to melt away stress and revive your spirits?

They're also comforting on chilly winter days. After a few rounds of partying and late nights, skin can become clogged and congested easily with blocked pores, blemishes and blackheads. But the warming action works like a mini sauna, gently opening up pores for deeper cleansing. Use a few of these treatments and you'll be ready to bounce out of the bathroom and back into the party scene.

Face up to it

Products that heat up when applied to wet skin are ideal for using post-party, because they help

to draw out the skin's impurities and sweep away excess oils – without getting too hot.

Olay Regenerist Thermal Skin Polisher, £7.50,

Clinique Pore Minimiser

Thermal Active Skin Refiner, £22 and Shiseido

Pureness Pore Warming Scrub, £16.50, will free

skin of dull, dead cells.

Try also Biore Warming Blackhead Fighting Cream

Cleanser, £4.99, contains Zeolite, a refined natural

clay to target pore-clogging dirt and oil. For

something that works a little harder, try

Philosophy's The Microdelivery Peel. Containing

active vitamin C crystals, the two-step facial, £57

from John Lewis, Space NK and Hqhair.com (0870

990 8452), will de-age and brighten skin. Face

masks are ideal if you want a soothing treatment

after festive excesses. Detox with The Sanctuary's

Warming Charcoal Detox Mask, £7 from Boots, or

Origins' You're Getting Warmer purifying clay

mask, £15. Christy's Wild Peach and Cranberry

and Oil Of Avocado face masks, 99p each at Boots

and Superdrug, are great for dry skins and

sensitive skins respectively, while No7's Deep

Cleansing Purifying Mask, £7.50 for four at Boots,

is suitable for all skin types. All are cheap so you

can afford to indulge as often as you like.

Biore's Self Heating Mask, £7.99 for eight,

contains clay that heats up when mixed with

water. It turns blue when you massage it into the

skin, so make sure you're not expecting any

visitors. The shade indicates it's working, as it

absorbs oils and cleans away dirt and toxins.

MD Skincare Intense Hydra Mask, £48 at Space NK

(020 8740 2085/www.spacenk.com), needs to be

massaged into the face for a minute to activate

the heat. Leave on for 10-15 minutes, then

remove with a warm cloth to see a spa-worthy

results in the comfort of your own home.



Stay healthy and grow your own veg

Now is the perfect time to start and new campaign is set to help

If your New Year resolution was to have a go at growing your own vegetables and eating seasonally, there's never been a better time to have a go.

The Royal Horticultural Society will show you how with the start of the Grow Your Own Veg Campaign 2007 which coincides with a new BBC and RHS TV series, Grow Your Own Veg, which began on BBC Two on January 5. It is presented by horticulturalist and award-winning garden writer Carol Klein, accompanied by a book of the same name, published in January (Mitchell Beazley, £16.99). For the past year RHS Gardens Harlow Carr in Yorkshire and Rosemoor in Devon have been the inspirational

locations for the new series which aims to get beginners growing their own fresh produce.

Carol Klein swaps tips on produce ranging from salads and roots to brassicas and legumes and follows the progress of the experts as they attempt to grow a successional harvest in a small 3m by 3m vegetable plot, and shares the highs and lows of novice vegetable growers throughout the country.

Guy Barter, head of the RHS advisory service, said: "Nowadays, growing our own food has never been more pertinent with concern over freshness, food miles and healthy eating, and the taste and satisfaction of eating something grown by yourself is second-to-none."

"I would urge anyone to give it a try, even if they have previously been a stranger to a trowel. The RHS will be here to help you through your first growing year and hopefully inspire you to continue growing your own, to be brave and try new varieties."

The RHS campaign runs throughout the year and will feature a series of events, the first of which is the Grow Your Own Veg Day on February 10 when all four RHS Gardens will be offering free entry and providing a programme of talks, demonstrations, children's activities, guided walks and free advice.

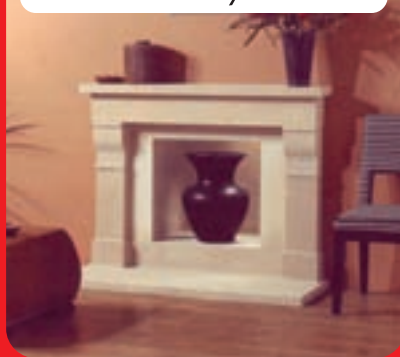
www.rhs.org.uk/vegetables

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Friday 23rd Feb **Robbie** £20.00

Friday 2nd March **Elvis** £20.00

Friday 9th March **Wham** £20.00

Saturday 17th March **Lee Lard's Peter Kay Experience** 4 Course Gala Dinner, Comedian, Disco & late bar £35.00

Friday 23rd March **Abba** £20.00

Saturday 24th March **Motown** £22.50

Friday 30th March **Robbie** £20.00

Saturday 31st March **Murder Mystery** £22.50

Fun Fridays - Party nights start at 7.30pm with a 2 course buffet and Include cabaret act, disco and late bar until 1.00am

Star Studded Saturdays - Party nights start at 7.30pm with a 3 course dinner and Include cabaret act, disco and late bar until 1.00am

Friday 26th Jan
Saturday 10th Feb
Friday 16th March
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Waging war on the troublesome germs

Tips to help you keep the winter bugs at bay

By Gabrielle Fagan

Don't be fooled by the unseasonably warm weather – that flu and cold hazard remains. Travelling on crowded buses and trains or working in over-heated office buildings are all situations that expose us to bugs. It's not just coming into contact with people coughing and sneezing. Some strains of the cold and flu virus survive outside the body for a day or more, so everything you touch – from a toilet door handle to a lift button – could be teeming with invisible germs. Flu cases normally peak towards the end of December through to March, and on average over nine million Britons battle colds. But Dr Alyn Morice, professor of respiratory medicine at the University of Hull, believes there are ways to minimise the risk of contracting winter ills. He said: "At the moment the number of cases is lower than normal because of the mild weather. Viruses like the nose to be cold as it is easier for them to implant in the mucous

membranes, so a cold snap will see cases rise. "Until then people still have time to use common sense and a few hygiene rules which could minimise their chance of getting ill." He added that studies have shown that improved hand hygiene can reduce illness by up to 20 per cent and days lost from work and school by up to 40 per cent. Dr Morice, who's also head of Hull Cough Clinic, said: "Wash hands regularly because touching a contaminated surface in an office that could be a telephone, keyboard, or even the communal microwave – and then touching your face can allow germs to get into your system. "On average we touch our faces about three to four times a minute allowing germs to enter through the mucous membranes of the nose, mouth and eyes." Sitting next to someone suffering an infection means you're more likely to be infected – one cough

can spread 10,000 infectious viruses more than 20 ft. Dr Morice says: "Try to move away from an infected person if possible, and also avoid shaking hands with them. If you have to, always wash hands afterwards." With the help of Dr Morice and other experts we've devised a flu-guard package to help you ward off and beat those germs.

Flu facts

Flu is highly infectious – about 15 per cent of us suffer from it, meaning 150 million working days are lost as a result in Britain annually. The virus changes every year so just because you haven't caught it before doesn't mean you'll be ok this time. The virus is so small that 3,500 flu viruses can fit onto a pinhead. People can pass it on even before they show symptoms. Every day we inhale 10,000 litres of air and 100,000 flu particles can be projected into the air with one sneeze.

Wash your hands

It's estimated that more than half of all colds are transmitted by hand-to-hand contact. Viruses can survive on surfaces for up to 72 hours. American research reveals that one of the germiest things in a public space is the ground-floor lift button, while desktops harbour 400 times more bacteria than a toilet bowl. Dr Morice added: "To kill bacteria and viruses on hands, use warm water and soap or an anti-bacterial handwash and rub it on the hands for at least 15 seconds." He recommends: Vicks First Defence Protective Hand Foam, £4, which carries on killing bugs for up to three hours after you use it. Boots pharmacist Angela Chalmers said: "Don't underestimate the effect stress has on lowering the immune system, making us vulnerable to germs."

HAPPY NEW YOU!

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|--|--------------------------|--------------------------|
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| 3. Chest & hips measurement similar? | ☐ | ☐ |
| 4. A toned, firm & lean body throughout? | ☐ | ☐ |
| 5. Ideal body weight? | ☐ | ☐ |
| 6. Excellent posture? | ☐ | ☐ |
| 7. Youthful bust line? | ☐ | ☐ |
| 8. Great shape to legs? | ☐ | ☐ |
| 9. High fitness/Energy level? | ☐ | ☐ |
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New Year, New You

Volunteer in 2007

IT'S New Year and we're all determined to improve our lives. But what's the problem with a new gym membership, enrolling on a career course, or trying hypnotherapy to quit smoking? They all cost money.

And after indulging over the festive period and in the January sales, most of us don't have the spare cash to fork out on resolutions that will probably hit the rocks by mid-January anyway.

Yet there is another way. If you get down to your local Volunteer Centre, they'll show you how volunteering is an easy and cheap way to reach your New Year goals.

Spokeswoman Jane Heath, from Volunteer Centres, said: "There's a huge rush at the start of the year to join a gym or commit to new hobbies as we all make an effort to improve our lifestyles. But these activities involve long-term financial investment, and more often than not we quickly lose interest even though we've committed a lot of money. "Volunteering can help you achieve many popular resolutions – from getting fit to gaining new skills or spending more time with your loved ones. We've even got new research that shows almost 90 per cent of people would feel happier and more fulfilled if they were making a difference in their community.

"At your local Volunteer Centre, there's someone on hand to help you find the best volunteering opportunity to improve your life in 2007."

So, if you're tired of making and breaking the same old resolutions, try something that comes with a much better guarantee of success.

● Get fit and lose weight

Instead of spending £50 a month on a gym membership you rarely use, get active in the great outdoors. By joining a BTCV Green Gym in your area and helping out with conservation and gardening activities, you can burn almost a third more calories in an hour than you would in a step aerobics class.

● Get less stressed

A course of acupuncture or regular massages are out of most people's budgets. Why not try volunteer counselling or mentoring? Providing a listening ear to someone genuinely in need of your time can be a good way to get a new perspective on your own problems and is a truly rewarding experience.

● Get a new career

If you can't afford a career break or training course, there are plenty of organisations that need your help. Writing a newsletter for a local charity can give you experience for a career in journalism, or organising fundraising activities can help you get a foot in the door in events management. If fashion is your dream job, why not help design the window displays or customise clothes for your local charity shop?

● Spend more time with people you love

A few pizzas, cinema tickets and drinks make for an expensive night out. Instead rally the family, escape the rat race and help out on a farm. Taking care of the animals is a fun way to spend time and bond with your loved ones.

● Take up a new hobby

Volunteering is a great way to make unaffordable hobbies a reality. Riding centres for disabled children want volunteers to help teach lessons and look after the horses; youth charities call for volunteers to teach adventure sports; while theatres need your help to work with groups of children on plays and musical productions, and even costume design.

To get in touch with your local Volunteer Centre, call 0845 347 9360 or visit www.volunteercentres.org



‘Ireland in Spring’ A Bargain 5-day Coach Holiday

The Village of Lisdoonvarna on the West Coast in County Clare

Your 5-day Ireland Tour in Spring:-

Meet your coach early on **Monday** morning to Holyhead for the 9am sailing to Dun Laoghaire (HSS fast ferry). Once in Ireland we travel across-country to the West Coast with several stops on the way arriving at our hotel early evening. On **Tuesday** you'll enjoy a sightseeing day out - first we cross the fascinating landscape of 'The Burren' for a stop at Ballyvaughan which has spectacular views of Galway Bay then we wend our way along the Coast and admire the famous Cliffs of Moher On **Wednesday** we'll go to Galway City and on **Thursday** your driver will offer you an optional trip. We travel home on **Friday** - sailing at 4pm from Dun Laoghaire - arriving home 8pm onwards

You'll stay in Whites hotel in Lisdoonvarna (lovely 3 star) with 4 nights H/B full choice breakfast and dinner, entertainment on most nights and all travel and excursions as described for just £179 - Departs from Warrington Town Hall 04:00hrs

'Ireland in Spring Departing Mon 26th Mar and Mon 2nd Apr £179

Bargain Devon Spring Break

A Special 4-day Spring Break at Queen's Hotel in Paignton

Friday: You'll arrive at your hotel in the late afternoon to be greeted with a warm welcome and refreshments. Time to Settle-in and freshen up before joining everyone for a Sherry reception followed by a candle-lit dinner and later, a great night of entertainment. **Saturday:** We're off to the market town of Totnes on the River Dart - and later we'll go on to Buckfast Abbey Tonight, dinner is followed by Bingo and live entertainment. **Sunday:** After breakfast you'll enjoy a trip to Exeter City - famous for it's Cathedral and attractive Riverside area. You can explore here for a couple of hours before we make our way back to our hotel for afternoon tea and Bingo. After dinner this evening - there's a special party night with optional fancy dress **Monday:** Homeward bound with a lunch stop in the beautiful Cotswold village of Bourton-on-the-Water

Queens Hotel Paignton has a flat, level position - just a few minutes stroll to the seafront and town centre shops and amenities. The hotel's restaurant is spacious light and airy with a good table d'hôte menu offering excellent food made with fresh local produce. The Entertainment lounge, dance floor and bar have something on each night and the hotel also benefits from an indoor pool.

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The long drive to teenage road safety

Terrified of seeing your offspring behind the wheel? We find out how best to help your child through the learning-to-drive phase, and how to keep your cool during those practice sessions

By Jo Walker

NOTHING strikes more fear into the heart of the average road user than a teenager behind the wheel. And it's no picnic for parents, either – handing over the keys can be a stressful and worrying affair.

"The first year of solo driving is when the crash risk is highest", said Kevin Clinton, head of road safety at The Royal Society for the Prevention of Accidents (RoSPA).

But good news for those whose youngsters are still on their L plates: this is one of the safest driving periods. The more on-road experience and good habits they pick up now, the better equipped they'll be to drive responsibly after their test.

"Really, it's experience that reduces the risk in the end, not age. Maximising experience during the safe learning period reduces the risk once the youngster can drive on their own," said Kevin.

Traditionally this is done through professional lessons and private practice with parents or family friends. Research suggests learner drivers should clock up about 50 lessons with an instructor, which can get pricey, so make sure your child is getting the most out of every session.

"The first step is finding the right instructor," said Maria McCarthy, author of *The Girls' Guide To Losing Your L Plates*.

"Check out that the person is qualified as opposed to just a trainee."

"You could also quiz them over the phone, or ride along on your child's first lessons."

Gearing up for private practice sessions could even include a refresher lesson for yourself as well as a bit of swotting up on the Highway Code. It's a reminder of how you should be driving, which may be different from the way you are driving.



Your child's instructor can also advise you on when to start private practice and what to cover.

"The main thing to bear in mind is never to take the teenager beyond what they've done with the driving instructor – always work below," explained Maria.

"If they're out on dual carriageways with the driving instructor, do town drives with them. If they're just doing town drives with the driving instructor, stick to the supermarket car parks."

The main thing is for both parent and teen to agree to stay calm during practice drives. Shouting and sarcasm won't help. The young driver may make mistakes – in fact it's natural – or make decisions that might seem strange to an experienced driver like the parent.

It's useful not to get too picky during the drive, but maybe talk about what happened a little bit later. Parents need to be aware that they're not distracting the learner, because learners don't have autopilot like

experienced drivers develop. So they will need to spend a lot more of their conscious mental effort on looking for things and making decisions.

And remember, a bit of a pep talk never goes astray: "A good training method is to offer praise and then a little bit of constructive criticism and then praise again," Kevin added.

But no matter how supportive and involved parents are, some children will still struggle with the task of learning to drive. In some cases, throwing in the towel – even for a little while – could make sense. Let them know they've got the option of giving up. "They haven't got to learn to drive now if they don't feel like it, just because perhaps their brothers and sisters did," said Maria.

"In those teenage years, you're doing exams, you might be involved in sport, you might have your first serious relationship. There's a lot of general pressure. And driving can be just another pressure."

Motorcise has given me my life back



Mother-of-two Sheila Reynolds used to frequent an intensely competitive high street gym before being hit by arthritis.

Now 48-year-old Sheila is a regular at Motorcise and insists the relaxed and friendly atmosphere is a million miles away from the cut-throat gym world dominated by fitness fanatics.

After 18 months of Motorcise and a hip replacement Sheila is stunned at how quickly and successfully her mobility has returned.

She said: "The machines here are great. They have been absolutely fantastic and the mobility I have now is far better than I could have imagined."

"The whole place is so welcoming – they make you feel at home. There is no competitiveness like at other gyms. This is full of genuine people. I've also lost weight and dropped a dress size – which is fantastic."

Janet Carr was facing up to the prospect of losing her leg. The 61-year-old grandmother had undergone three years of unsuccessful rehabilitation – both conventional and alternative – to treat the debilitating nervous condition RSDS that was ruining her life.

Wheelchair-bound and faced with the prospect of amputation Janet discovered Motorcise and now she has amazed the medical profession with her return to fitness.



Motorcise changed our lives: from left to right: Jan Murray, Sandra Jones, Janet Carr, Sheila Reynolds, Catherine Lisle and Margaret Harford

Janet, who now only needs a walking stick, said: "The doctors are amazed at my recovery. I'd tried everything else – physio, acupuncture, hydrotherapy. But nothing worked."

"Motorcise has made a massive difference to me. Before I was stuck in the house because I couldn't walk – now I've got so many friends after meeting them here. Motorcise has given me my life back."

Eighty-one-year-old **Catherine Lisle** has been given a new lease of life thanks to her regular half-hour sessions at Motorcise.

Catherine, who was having respiratory troubles and carrying a little excess weight but after 18 months of Motorcise she is a picture of health.

She believes the social benefits gained at the centre are equally impressive as the physical and fitness gains.

She said: "It has been marvellous. It couldn't be any better. I've lost almost a stone in weight and I feel really great now – so much better in myself."

"It is a beautiful atmosphere down here. The staff are great and everyone gets on so well together."

"The whole place is so welcoming – they make you feel at home. I've lost weight and dropped a dress size – which is fantastic."

Sheila Reynolds

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