



Terri's
JIPS
WITH SCOTLAND'S
NO.1 BEAUTY EXPERT

Q I am a heavy smoker and read about the effects of smoking on skin in your column.
I have noticed that I am beginning to look older than my aunt, who is 15 years older than me.
I am sure it is the smoking that's doing it. I would really like to stop but, each time I do, it lasts only a few weeks. Do you know of anything that can help?

A It is true that smoking can destroy the elasticity of the skin and can cause premature wrinkling.
The reality is that smoking is one of the hardest things to give up.
With the technology of today and the ancient art of acupuncture, there is an answer to all your problems.
The Anne Penman Laser Therapy Centre, established in 1992, has helped thousands of people kick the habit ... with simple laser therapy treatment combined with full counselling and back-up support.
The centre treats weight control and stress, which can be the cause of most of our over-eating and smoking problems. For a consultation and information on prices, call 0141-423-9375.