

# HOME

## & lifestyle

IN ASSOCIATION  
WITH SPECTRUM FM

WINTER 2011/2012  
ISSUE 19



### Centre of Attention

A SEAT IN THE HOUSE

SENSATIONAL

### Fireplaces and Rugs

### Gems of Nature

LUXURIOUS SEMI-PRECIOUS  
STONE SURFACES

### Exquisite Creations

CARRERA Y CARRERA

### 12 Floors 19 Stars

A VISION OF AVANT GARDE

## Winter Comfort

### Good Karma

THE ECO-CHIC FISKER

DÉCOR • DESIGN • OUTDOOR LIVING • LEISURE • HEALTH • BEAUTY • STYLE • CUISINE

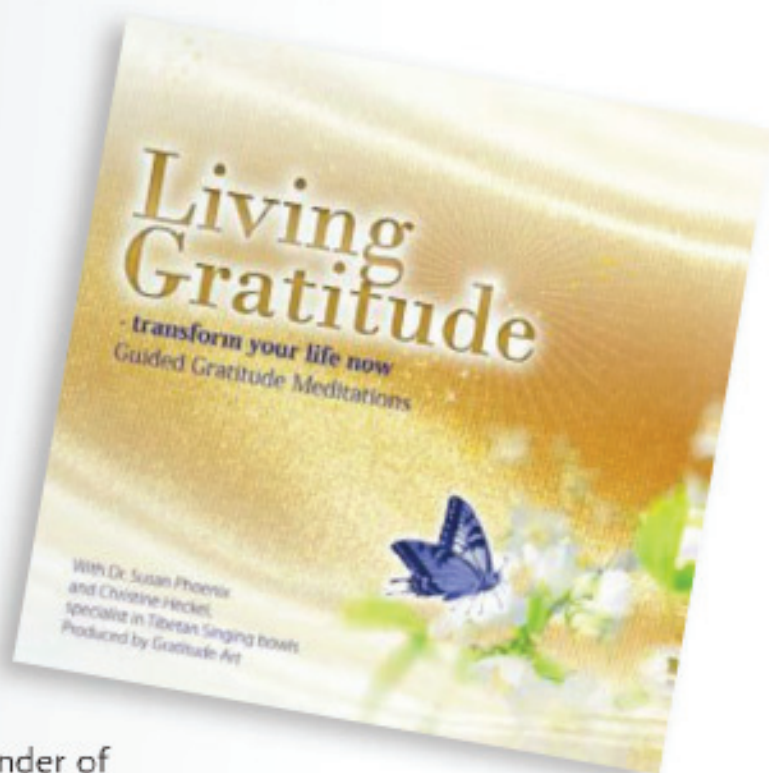
LOCAL BUSINESSWOMEN  
COLLABORATE ON

# Meditation CD

British Psychologist and author Susan Phoenix and German Christine Heckel, light worker and Tibetan singing bowl expert, recently joined forces with Line Lyster, the Danish founder of

Gratitude Art, to create an innovative meditation CD. The philosophy behind this new collaboration is the desirability of adopting an "attitude of Gratitude" towards one's life, a mindset that encourages the participant to live in the present and to identify the opportunities in any given situation, however unpromising it may initially seem.

The three women all live and work on the Costa del Sol and decided to pool their talents to produce this CD, which has already sold well at various events on the Costa del Sol. The three meditations on the CD are enhanced by the sound of Tibetan singing bowls, which are used in Buddhism to help listeners to maintain an intense focus.



*The CD can be purchased online either as a hard copy  
or as mp3 files by visiting the Gratitude Art site*

**[www.gratitudeart.com](http://www.gratitudeart.com)**

## Get Red That Lasts

NEW LASTING FINISH LIPSTICK, THE FIRST COLLECTION CREATED BY KATE MOSS

Developed by Kate Moss in collaboration with Rimmel, Kate Moss Lasting Finish Lipstick with light-reflecting Black Diamond captures the essence of Kate's oh-so-effortless glamour with 15 mesmerizing shades in cool matte black packaging signed by the supermodel. The rest of the Rimmel Winter 2011 Collection takes inspiration from Kate's hip London style for three cutting-edge products: Union Jack Eyeshadow, Extra Wow Lash Mascara and Instant Art Press On Colour, the hot new trend for nails.

1. Kate Moss Lasting Finish Lipstick
2. Union Jack Eyeshadow
3. Extra Wow Lash Mascara



LOCAL BUSINESSWOMEN COLLABORATE ON

## Meditation CD

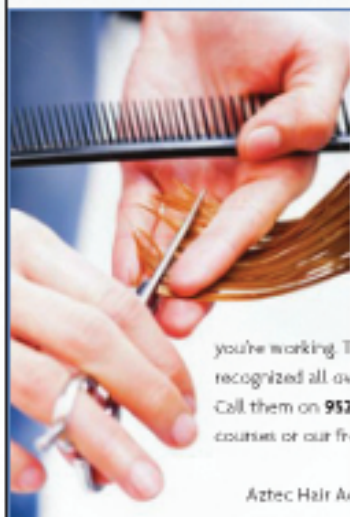
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## Train to be a hairdresser!



Just left school or want a career change? Now's your chance to train at the **Aztec Hair Academy**, to become a professional hairdresser. Full or part time courses available, re-train while you're working. The BTEC International hairdressing qualification is recognized all over the world! Your career prospects are unlimited. Call them on **952 47 55 71** or **657 44 17 40** to find out more about courses or our free training day. Your future's in your hands!

Aztec Hair Academy leading the way [www.aztechairacademy.com](http://www.aztechairacademy.com)

## Varicose Vein Treatment

IF YOU SUFFER FROM PROBLEMS RELATED TO VARICOSE AND SPIDER VEINS, YOU ARE NOT ALONE.

Varicose veins are gnarled, enlarged veins and any vein may become varicose, but the veins most commonly affected are those in your legs and feet. That's because standing and walking upright increases the pressure in the veins of your lower body. Spider veins are similar to varicose veins, but they're smaller. Spider veins are found closer to the skin's surface and are often red or blue. They occur on the legs, but can also be found on the face. ally, veins deep within the legs become enlarged. In

Fortunately, treatment usually doesn't mean a hospital stay or a long, uncomfortable recovery. Thanks to less invasive procedures, varicose veins can generally be treated on an outpatient basis. Self-care such as exercising, losing weight, not wearing tight clothes, elevating your legs, and avoiding long periods of standing or sitting can ease pain and prevent varicose veins from

getting worse, and wearing compression stockings is often the first approach to try before moving on to other treatments.

If you don't respond to self-care, compression stockings, or if your condition is more severe, your doctor may suggest one of these varicose vein treatments: Flebosclerosis (ECHO-Guided Sclerotherapy), Catheter Based Therapies or Surgery.

For more information on the above treatments or to discuss what treatment is best for you contact:

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