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Mar 21, 2014  Tom Heaten  No Comments

## The Heart in Hospice Care and Palliative Medicine

*There's a quiet, irreversible transformation happening in the way we die. Hospice was once viewed with suspicion as a New Age indulgence or fringe religious practice, but now nearly half of all Americans now die in hospice care, often at home. In [Changing the Way We Die](#), (Viva Editions, 2013) Fran Smith and Sheila Himmel share real-world stories of patients, caregivers, researchers and the corporate giants that own the market in the first book to take a sweeping look at the landscape of hospice care. They also discuss the remarkable shift in attitudes and practices around dying, given that 97 percent of Americans say that they want to be better informed about end-of-life care. The following excerpt is from Chapter 1, "What Do You Want to Do With the Rest of Your Life?" and brings to light the positive possibilities of hospice care and palliative medicine.*

### What Do You Want to Do With the Rest of Your Life?

"Oh no, he's giving up. He's just going to die."

All Along, doctors differed on Rusty Hammer's prognosis. One told his wife, Pamela, "If he lasts five years, he'll be lucky." Another kept reassuring Rusty, "You never know. You're doing fine. Just get more rest."

He did last five years, but Pamela will always wonder whether the treatment was worth the torment.

Rusty was diagnosed with acute myelogenous leukemia, a rare and aggressive blood cancer. By the time he died, on Monday, January 28, 2008, he had taken more than 250 medications, received more than 350 blood transfusions, had a stem cell transplant, and spent nearly 600 nights in six different hospitals. He developed severe diabetes and osteoporosis, heart and lung failure. He needed an oxygen tank for breathing and a shunt in his brain to relieve the pain. Visiting the doctor took all day, with the wheelchair, the drive, managing a hospital bed on the other end. It left them both exhausted, and hopeless that their family's suffering would ever end.

But hospice care brought them comfort and calm. In the last six months of his life, Rusty enjoyed the company of family and friends. He explored his religious heritage. He wrote a book, and in a strange way he also became the author of his own experience—a person again, not a medical record number or an object to be handed from one specialist to another for yet another debilitating treatment. The hospice team listened to him. Pamela found herself becoming a better listener too.

This was not how Rusty thought of hospice when a friend first suggested it. He did not imagine an opportunity to reclaim his life, let alone do something new or grow. He thought of hospice as a place you go to die, and he was appalled.

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## The Best Medicine

Rusty's fear is common, as is the desire not to die in a hospital. By better than 2-1, Americans consistently say they want to die at home, without pain, among the people they love. As they tell pollsters: no breathing tube down the throat, electrodes plastered to the chest, IV lines snaking from arms. In a March 2011 poll of 1,000 adults by the Regence Foundation and *National Journal*, 71 percent said it is more important to improve the quality of life of a seriously ill patient than to extend life through every medical intervention conceivable.

Mar 20, 2014  Tom Heaten  No Comments

### *Ex-teacher launches clinic*

Published at 15:43, Tuesday, 18 March 2014

A QUALIFIED primary school teacher has turned her hand to healing aches and pains and opened her own massage clinic.

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Description

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Mar 19, 2014  Tom Heaten  No Comments

### *Brushing up: Anna Sokel gives women the tools to look their best*

When Anna Sokel was still a teenager in suburban Maryland, the aspiring model would test makeup techniques and ideas nearly every night before bedtime. "I knew I'd be washing it right off, but it gave me a chance to practice," she recalls.



Anna Sokel says women leave her hands-on makeup classes at Sokel MakeUp Skin Care with fresh ideas, a better understanding of tools and products, and – perhaps most important – a feeling of confidence.

Within a few years, the looks she created for herself got her noticed by top fashion consultant Yolanda Voss, who asked if she'd help other models with their makeup. Soon she enrolled in classes and found herself on a career path that included high-profile gigs across the country.

These days, Sokel still works as a makeup artist for weddings, fashion shoots and other special occasions, but she also enjoys leading "Makeup 101" classes from her salon on North Charles Street in Charles Town. The classes' objective is simple: Give women the tools they need to look their best

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every day.

“What I always tell people is that makeup is fun – and it washes off at the end of the day,” she said. “You create a look, see if you like it and then you get to create a whole new look the next day.

“The idea is to practice and get just the look you want.”

Next month, Sokel will offer her basic how-to class three times. The class, which lasts two hours or so, costs just \$25 and offers women the chance to learn about everything from the basics of good skincare to shaping their brows to picking the right foundation. Also covered: eye makeup (shadows, liners, mascara), lips, cheeks, and how to highlight and contour the face.

“It’s very basic, and we go through everything step by step,” she said. “I do a step and then the women do that step on themselves. I keep the classes small – usually it’s six to eight women – so that I can go around and check with everyone.”

Makeup 101 class members each bring their own makeup from home along with their brushes, sponges and the like and Sokel has on hand makeup and tools of the trade for participants to test out. “Everyone comes away with some new tricks, new tips, some things that work better for them,” Sokel said.

Through the year, Sokel also holds some specialized classes, including ones for teens just starting to wear makeup, but she’s equally happy to include teenagers in her regular classes. “It seems like we usually end up with a perfect mix, some young women, some older, some in between – it’s always so much fun.”

Sokel, who opened her shop in 2011, also offers private makeup lessons and a host of other expert services, including facials, waxing, anti-aging treatments, aromatherapy massage and much more. Sokel schedules sessions Tuesday through Saturday by appointment.

Want to go?

What: Anna Sokel's hands-on “Makeup 101” class

Where: Sokel MakeUp Skin Care, 123 N. Charles St. in Charles Town

When: Her next two-hour class begins at 3 p.m. on April 6. Other sessions coming up include April 14 and April 30 (both at 6:30 p.m.)

How much: Just \$25

To reserve a spot: Call 304-728-8801

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Mar 18, 2014 Tom Heaten No Comments

# *How aromatherapy can improve your health and how to use it effectively*

The word “aromatherapy” probably conjures images of sweet-smelling massage oils, a bubble bath or candles made with synthetic scents. But while these products might smell nice, they don’t necessarily contain true healing oils. Authentic aromatherapy uses therapeutic plant extracts, which support the body in seeking balance and carry a variety of health benefits.

Plant extracts, also known as essential oils, are concentrates taken from roots, seeds, leaves or plant blossoms. Different oils, or combinations of oils, can be used in different ways. Some are used to promote physical healing, such as healing fungal infections, rashes or reducing pain and inflammation, while others are used as stress reducers or mood lifters.

Researchers are not entirely on clear how aromatherapy works. Some believe that sense of smell

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plays a major role, communicating with parts of the brain that serve to store emotions and memories and influence our physical, mental and emotional health. Others believe that it's not about the aroma but the process that occurs in the body after their application and how the oils interact in the blood with hormones or enzymes.

Studies have shown that essential oils might have health benefits. As a result, aromatherapy is used in a variety of settings, from spas to hospitals, to treat various conditions. According to Cancer Research UK, it is a helpful complementary therapy for patients with cancer as well as other types of illness. Cancer patients noted improved quality of life, including reduced stress levels, better sleep and less feelings of sickness when undergoing aromatherapy treatments.

Generally, aromatherapy is used to improve mood, promote relaxation and relieve pain. In a study by the National Institutes of Health, participants who used aromatherapy had reduced stress levels during stressful situations. Relaxing and anxiety-reducing scents include lavender, vanilla, chamomile, frankincense and patchouli. Vibrant citrus aromas such as orange, lime and lemon have uplifting tendencies and are good choices to reduce depression. For muscle aches and headaches, chamomile, eucalyptus, ginger and lemon grass can all be used interchangeably.

There are several ways to enjoy the benefits of these healing oils. Diffusers and burners are a practical and effective way to reap the benefits of aromatherapy and are the most widely used methods of diffusing the healing properties of essential oils. Nebulizers process the oils into an almost gas-like state, making the oils easier to absorb and therefore more effective. Special oil-holding pendants can also be worn around the neck for portable benefits and adding a few drops to a bubble bath is a common relaxation technique. Aromatherapy massage is an excellent way to make the most of the benefits of essential oils – as your skin absorbs the oils you also breathe in their scent, all while reaping the stress-reducing benefits of massage.

Although essential oils are generally safe when used correctly, proper care should always be taken. Some oils can cause skin or allergic reactions and most oils need to be diluted before being applied directly to the skin. Since some essential oils can react with certain medications, or shouldn't be used with certain health conditions, it is always best to get advice from a qualified aroma-therapist when choosing oils. Always remember to check that the oils you use are made from high quality plant ingredients and are not synthetic aromas claiming to provide aromatherapy benefits.

*Jacqueline Banks is a certified holistic health counselor and busy mother. Her focus is on helping other busy moms in all stages of motherhood keep themselves and their little ones healthy and happy. She uses natural and organic solutions to solve individual health problems and promote clean living. Check out her website at [www.jbholistic.com](http://www.jbholistic.com).*

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Mar 17, 2014  Tom Heaten  No Comments

## *Belize's Press Freedom Another Attraction for This Little Country*

 EMAIL



“For those of us in Belize’s eco tourism industry, it means that our guests know that they are in a country where people are intelligent, informed, and not afraid to speak their minds.”

San Ignacio, Belize (PRWEB) February 19, 2014

Belize being singled out for ranking high in the [2014 World Press Freedom Index](#) is one more indication that the little Caribbean country is maturing as an attractive international travel destination according to the owner of The Lodge at Chaa Creek, a Belizean eco resort that sponsors a wide range of educational initiatives and cultural tours.

Lucy Fleming, who grew [Chaa Creek](#) from a family farm into Belize's first eco resort with her husband Mick in the 1980s, said that she considers freedom of press an essential part of Belize's development not only as the Caribbean and Central America's newest democracy, but as a more attractive tourism destination.

"One of the things that make a country an attractive place to live, visit and do business in is freedom of the press, and Belize's recent high ranking in this area is something all Belizeans are justifiably proud of, and is something our visitors can take confidence in," she said.

The 2014 World Press Freedom Index, compiled by the international organisation "[Reporters Without Borders](#)" (Reporters sans frontières) ranked Belize in the top 15% of the 180 countries it listed and as the second highest in the Caribbean and Central America.

Belize even received special mention in the organisation's website:

"This year's index covers 180 countries, one more than last year. The new entry, Belize, has been assigned an enviable position (29th)."

The United States of America, by comparison, placed at number 46, and Belize's neighbour, Mexico comes in at 151.

"An unhindered press and freedom of expression says a lot about a country and its people. It means that citizens aren't afraid to speak their minds, and government isn't afraid of people airing their views. A free press is the cornerstone of democracy and a good indicator of a vibrant, confident country.

"For those of us in Belize's eco tourism industry, it means that our guests know that they are in a country where people are intelligent, informed, and not afraid to speak their minds. We think that, along with stunning natural beauty, a pristine, varied landscape that includes the world's second largest barrier reef, huge tracts of protected rainforest dotted with the remnants of a rich Maya culture including beautiful intact temples and ancient cities, [Belize](#) offers something unique to the discerning visitor," Ms Fleming said.

According to the 2014 World Press freedom Index, the world's top three countries for press freedom are, in order, Finland, the Netherlands and Norway.

Reporters Without Borders lists the bottom three as Turkmenistan, North Korea and Eritrea.

ENDS



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Mar 15, 2014  Tom Heaten  No Comments

## *How the power of hypnosis helped local girl recover from a devastating cancer ...*

A young Lancaster woman struggling to cope with a diagnosis of a rare form of cancer has found inner strength through the power of hypnosis following her referral to local cancer support charity CancerCare.

Suzanne Cremin was rushed to hospital last October after experiencing severe stomach cramps, which turned out to be gallstones.

"I had to have three stones removed and also my gallbladder which was quite scary in itself, but nothing could have prepared me for what was about to happen next."

Following Suzanne's op, an ultrasound revealed something far more sinister: a tumour, on her kidney. The biopsy results showed the tumour was indeed cancerous – Renal Cell Carcinoma – an incredibly rare form of cancer that only affects around 15 people each year in the UK.



"If I was going to get cancer then I may as well get one of the rarest forms there is!" the 30-year-old said.

"I can joke about it now but being told I had cancer after thinking I had gallstones is pretty shocking to say the least.

"I reckon most people would have a hard time taking that piece of news in."

After an operation to remove the tumour – which turned out to be more than 13cm long – as well as half a kidney, doctors told Suzanne she was lucky they had been able to remove it successfully and without the need for chemotherapy.

"Funny thing is I didn't feel lucky at all," she said. "After my op I was expected just to get on with life and return to normal but I found that to be such a struggle.

"I was finding it much harder to cope mentally with it all than I was physically.

"I just kept asking myself, why me? I am young and healthy. It didn't make sense to me.

"Cancer at 30 is the last thing you expect. I just lost all my confidence in life, all my plans and hopes for the future.

"I felt really depressed. I didn't even want to leave the house – it was taking me five hours just to get dressed some days.

"But I then I thought enough is enough and I knew I needed help. I really wanted to move past these feelings and get better.

"So I visited my GP who then referred me to CancerCare, a local cancer charity. It was the best thing he ever did."

CancerCare supports local people like Suzanne whose lives are affected by cancer as well as their families, carers and anyone who has been bereaved by cancer.

They offer a wide range of free professional support services delivered by experienced and qualified staff including counselling, hypnotherapy, aromatherapy massage, creative art therapies and exercise classes to name but a few.

The charity also offers a dedicated Children and Young People's Service for children as young as three.

Suzanne soon started a course of hypnotherapy sessions at CancerCare's centre in Slyne Road, Lancaster.

"A lot of people think hypnotherapy is just Paul McKenna type stuff but it's so much more than that" Suzanne said.

"I think everyone should try it! Hypnotherapy is like receiving an injection of positive thoughts.

"During the session you are put into a deep state of relaxation. It really helped me deal with my anxieties.

"It has also given me new mental strength, clarity, and way of coping better with everyday life.

"It has also brought some stability back into my life and given me motivation to start looking forward to my future – I've started exercising again, something I had previously given up on.

"And, I am also getting married next year to my wonderful fiancé! Both our worlds came crashing down the day I was told I had cancer but now I feel I've turned a corner and am starting to feel stronger and happier every day.

"The wedding will be amazing, I can't wait!

"The work CancerCare do is so important and I just want everyone to know about how they have helped me come to terms with my illness.

"Hypnotherapy might seem a bit strange to some people but it's really helped me in ways I didn't

think it could.

“The great thing about CancerCare is that all their services are free of charge and I only had to wait a couple of weeks for an appointment.

Just like me, you never know when you or your family might need them.”

For more information about CancerCare call 01524 381820 or visit [www.cancercare.org.uk](http://www.cancercare.org.uk), follow CancerCare on Twitter @CancerCareLocal or on

Facebook at CancerCareCharity.

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Mar 12, 2014  Tom Heaten  No Comments

## ‘WOW’. SO HEARTLANDS IS CRAP!



*pix show 'shabby chic' furniture, and some of the art commissioned for Heartlands; main pic 'Mineral Wall' by Michael Rowe*

*by Bernard Marx*

**A £37million theme park built with taxpayers cash on a historic Cornish mine is already in financial trouble, CCN can reveal.**

'Heartlands' in Pool – where there's long been a [big industrial estate](#) boasting flourishing [factories](#), bargain [retailers](#), thriving local businesses and a [popular and affordable market](#) – was trumpeted by Whitehall and the council as 'regenerating' the area.

In January Heartlands laid off two staff – now it's in crisis talks over dropping its business rental rates.

The Heartlands project raised a furore on Facebook when it emerged so much public money was going into it, and that the council was a financial partner in its running.

Promotional videos went viral and were ridiculed as 'Soma-land' – a reference to the mind-numbing happy-drug of Aldous Huxley's 1930s dystopian classic '[Brave New World](#)'

But criticism of site was crushed at launch.

In 2011 small businesses crossed their fingers the play-park would work as bosses spent thousands of public pounds on a vast PR drive which appeared to consist chiefly of an attempt to get supporters to post 'Wow' on social media.

Big pink and pastel signs – since partly ripped down – at a large traffic junction rebuilt near the parks entrance also proclaimed 'Wow'.

As the site opened, four ladies moved into the business units: a photographer, a psychic, a maker of '[shabby chic](#)' furniture, and a holistic healer.

Some of the four exchanged the remark 'Wow' on Facebook.

[Costly modern art](#) was commissioned from hip and busy [artists of international renown](#), and a pay car-park – right next to a privately owned free one – tarmaced over for visitors.

The staggering [PR drive](#) for Heartlands oozes soft-soap about 'diversity', 'diaspora' (six granite boulders representing the Cornish Diaspora), before inviting locals to plunge into an 'immersion-scape'.

Folk from the proud working class towns of Camborne and Reduth can snap up a [Hand Forearm Aromatherapy Massage](#) for a tenner, enjoy an hour of foot '[reflexology](#)' for £20, or for just £28, get their ears candled.

At [Magnetic Earth](#), the shop-girls, grease monkeys and struggling small tradesmen of the two towns

can enrol in 'Mayan Cosmology Courses workshops', and undergo 'Soul Readings', whilst resting assured of a "stunning selection of high grade Crystals pendulums", should they have any readies left over.

Typical of recent events at Heartlands was January 2014's [Holistic Health and Spiritual Weekend](#)

For two quid visitors got the chance to browse stalls offering "healing, reiki, shiatsu, herbal medicine, homoeopathy, aura soma therapy, sound healing, reflexology, massage, readings", and last but not least – 'angels'

Supporters say over the last two years Heartlands has proved a vital community hub.

Critics say it's a pointless shrine to hippy-divorcees-who-lunch.

Opinions aside – in 2014, Heartlands can't afford to pay its staff, or charge for its units.

CCN got an email last week from a local who said they knew one of the two people laid off early this year. It offered a scathing, if blunt, description of the beleaguered site.

The message, which focused on a seperate story, read in a brief aside: "**The place is bollocks.**

"Nobody goes thear (*sic*). They told mate had a job but now has to go back on the dole."

Just weeks after sacking the two staff, Heartlands held a secret meeting with on-site traders about a 'new business plan'.

A council spokeswoman told reporters: "There has been a meeting between the traders at Heartlands and the Heartlands Trust.

"It was not be a public meeting. It provided an update to the traders on the new business plan and future aspirations of the site.

"The change of use application is an element of the new business plan for Heartlands.

"The change of use aims to give greater flexibility over the type of business which is allowed to occupy the units available for rent in Market Square at Heartlands.

"Heartlands aims to see Market Square populated with a diverse mix of units which provide a year round presence.

"This is emphasised in the new business plan by more advantageous rental rates compared to other forms of use."

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Posted by [admin](#)

on March 10, 2014. Filed under [POLITICS](#), [Today's Top Cornish Stories](#).

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Mar 10, 2014



Tom Heaten



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## *Lester Senior Housing Community Expands Wellness Program for Assisted ...*



EMAIL





Social worker Heather Roman (left) and Community Life Coordinator Cheryl Fisch learn how to use a large room diffuser from trainer and aromatherapist Barbara Rimorin (seated)

Diffusing essential oils in residents' rooms can help avoid or minimize the use of prescription drugs.

Whippany, NJ (PRWEB) March 10, 2014

The [Lester Senior Housing Community](#) in Whippany, N.J. is broadening its wellness offerings with a new aromatherapy program called "Gentle Scents." The senior living community's Josh and Judy Weston Assisted Living Residence is launching this complementary modality this month for residents as part of its evolving services offered through its Wellness Center. The Lester Senior Housing Community, which offers both independent living and assisted living options, is owned and managed by the Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC).

Staff training took place on February 18, led by aromatherapist Barbara Rimorin, who is also a certified assisted living administrator and certified dementia practitioner. In addition to key staff members, Rimorin trained nurses, nursing aides, activities aides and several volunteers in the proper use and administration of essential oils for wellness. The aromatherapy sessions will be incorporated into community life programs, from recreational activities to guided imagery and sensory programs, as well as through the personal care provided by the nursing team. The Gentle Scents program will be managed by the residence's Wellness Director, Bola Kuku.

Essential oils are plant-based and are the most potent part of the plant. Rimorin said that aromatic protocols date back 5,000 years and, "When used properly, aromatherapy is a safe and effective tool in holistic nursing. As a complementary treatment, essential oils can enhance the quality of life for seniors by promoting relaxation, stimulating appetite and energy levels, helping to manage pain, and sharpening the mind's focus." Essential oils may also be used to fight infection naturally. The oils are safe, effective, and easy to use, and can be diffused as well as applied externally, taken internally in diluted form, or inhaled.

Laurie Loughney, Chief Operating Officer of the JCHC, explained that the essential oils will be used for personal as well as community enhancement. "Wellness aides will use the appropriate essential oils during personal care for residents who are restless or have trouble sleeping, and for those who are anxious or feeling disoriented at the end of the day," she said. "We also want as many residents as possible to benefit from aromatherapy, so essential oil diffusers will be placed in the Wellness Center's waiting room and in use during activities such as games, music or art projects. That way, the oils' scents will be distributed throughout the room for all to experience the healing properties."

Loughney has lectured and written many articles about various aspects of long-term care and the importance of harmonizing the mind-body-spirit continuum in pain management and anxiety relief; she has cited aromatherapy, massage and guided imagery as complementary modalities that produce positive outcomes for the elderly. Loughney is a licensed nursing home administrator, certified assisted living administrator and a certified social worker.

Some of the oils that the Weston wellness staff will use are Lavender and Peace Calming to decrease agitation and anxiety, and Peppermint to improve alertness during group activities. Rimorin said that diffusing essential oils in residents' rooms can help avoid or minimize the use of prescription drugs, as her own family did during her father's journey with Alzheimer's dementia.

"We used several essential oils during my father's illness in place of psychotropic medications to alleviate some of his symptoms," she said.

The Josh and Judy Weston Assisted Living Residence is part of The Lester Senior Housing Community, an upscale senior residence that offers a wide range amenities and programs, restaurant-

style dining, and spacious rental apartments for older adults. The Lester Senior Housing Community is located at 903-905 Route 10 East in Whippany, on the Aidekman campus of the JCC Metrowest. For more information call (973) 929-2725 or visit <http://www.jchcorp.org>.

###

About the Jewish Community Housing Corporation of Metropolitan New Jersey Founded in 1982, the Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC) owns and manages more than 470 apartments in four buildings for older adults in Morris and Essex counties in northern New Jersey. The non-profit organization offers seniors a range of options in terms of services, amenities, location, and cost, all within a traditional Jewish environment. The JCHC provides housing, programs, and services for the independent elderly as well as those who need assisted living. For more information, go to <http://www.jchcorp.org>.

About Barbara Rimorin, CALA, CDP

Barbara Rimorin is a certified assisted living administrator and a certified dementia practitioner; she is an approved Alzheimer's and dementia trainer, credentialed by the National Council of Certified Dementia Practitioners. Rimorin specialized in care for the elderly in various settings, and provides natural aromatic tools for health and wellness as part of that care.



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Mar 7, 2014 Tom Heaten No Comments

## *The Miracle That is Almond Oil*

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Dr Blossom Kochhar

A clear visionary, Dr Blossom Kochhar is the founder of The Blossom Kochhar Group of Companies. She has always been at the forefront of the beauty industry with her wide experience and expertise in Aromatherapy. She has been responsible for reviving and establishing the culture of aromatherapy in India. Her name is synonymous with successful brands – Aroma Magic, Blossom Kochhar College of Creative Arts Design (BKCCAD) and Aroma Veda.



*Almond oil acts wonders for both skin and hair.*

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Almond oil acts wonders for both skin and [hair](#). It contains both oleic and linoleic acid, thus acting as a complete moisturiser. It is very useful for healing not only all kinds of [hair](#) troubles like [hair](#) fall, dandruff, graying and tapering, but also helps one in maintaining a healthy skin.

#### **Skincare benefits of almond oil:**

##### **Aromatherapy massage oil:**

The oil extracted from almond is also used as an aromatherapy oil to massage the body. Almond oil for skin is suitable for all skin types as it gets easily absorbed into the skin and gives off a wonderful and calming aroma. It nourishes the skin and makes it healthy from within.

##### **Natural moisturiser:**

Almond oil is a natural moisturiser and helps your skin to remain supple and nourished. After cleaning your face thoroughly, apply a few drops of almond oil to your face. Massage your skin in upward strokes including the eye area. Applying it daily will impart a glow to your skin making it more soft and smooth. It does not have any greasy effect on the skin as it gets absorbed by the skin completely without clogging the pores.

##### **Treats acne, blackheads whiteheads:**

Skin problems like acne, blackhead and whiteheads are often caused by dirt and oil trapped in the pores of the skin. The essential fatty acids found in almonds control the amount of oil secreted by the sebaceous glands to prevent breakout. The [acne](#) problem will lessen if treated regularly. Almond oil applied on skin soothes inflammation and reduces rashes.

##### **Reduces dark circles puffy eyes:**

Almond oil and paste is very effective for treating under eye dark circles. Soak almond in water

overnight and grind it to make a smooth paste. Apply it around the eye area and leave it overnight. Almond's anti-ageing properties will moisturise the fine line and will help in reducing the dark circles and puffy eyes.

#### Age-defying nature:

Almond is believed to have age-defying properties. Massaging face with almond oil fights the signs of ageing to keep the skin supple and youthful.

Procedure to prepare an anti-ageing mask:

Make a face mask by combining honey, almond oil and lemon juice in equal quantities. Use this simple face mask twice a week to reduce wrinkles and revitalise the skin. Apply the mask and leave it on for 20 minutes. Then rinse off.

#### Hair benefits of almonds:

##### Strengthens nourishes the hair:

Almond contains [hair](#) friendly nutrients like polyunsaturated and mono fatty acids as well as vitamin A, D, B1, B2 and B6. These nutrients penetrate into the [hair](#) strands to make the [hair](#) healthy and beautiful. The combination of fatty acids and fats in almond softens, strengthens and nourishes the [hair](#).

##### Promotes hair growth:

Almond contains high amount of magnesium, which is an essential mineral for growing healthy strands. Deficiency in magnesium is often linked to [hair](#) loss, thus consuming magnesium in high amounts not only helps to maintain proper functioning of the body but also encourages the [hair](#) growth.

##### Reduces hairfall:

Massage your scalp with almond oil mixed with rosemary and lavender essential oil to reduce [hair](#) fall. Apply a few drops of oil on the roots of the [hair](#) and massage your scalp in circular motions. Leave it for 2 hours and then shampoo as usual.

##### Treats scalp inflammation:

Regular exposure to dust, heat, pollution and application of [hair](#) styling products like [hair](#) gel and styling tools takes a toll on our [hair](#) leaving it damaged and brittle. Almond oil penetrates deeply into the [hair](#) shaft and softens scalp tissue to treat scalp inflammation.

Procedure for treating dandruff:

Mix almond oil and neem oil in equal quantities and massage it onto your scalp. Almond oil nourishes and moisturises the scalp to remove flakiness, while neem oil's antibacterial properties treat dandruff and inflammation.

Leave it overnight and then wash it off the next morning. Follow this process regularly and you will notice the difference.

#### More On [Beauty](#)

*Image courtesy:©Thinkstock photos/ Getty images*

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Mar 4, 2014  Tom Heaten  No Comments

## *A Tranquil Hideaway at Sofitel Paris Arc de*

# Triomphe

Just off the bustling Champs-Élysées brimming with cafes, designer boutiques, and cinemas, lies a tranquil home away from home, the Sofitel Paris Arc de Triomphe.

Named after the glorious monument built to honor those who fought for France, particularly during the Napoleonic Wars, the hotel is a 5-star property with a recent new design.

“Our aim was to make guest feel like they were staying in a French flat with timelessly chic rooms that offer a Zen feel,” says Olivia Putman, director of the design firm Studio Putman (founded by her late mother, the iconic designer Andrée Putman) that renovated the hotel. “We created a small lobby so it doesn’t feel like a hotel and the rooms have a flowing feel with partitions that allow you to close off parts as you see fit.”

Upon entering the Haussmann-style exterior—think multiple levels of sand-colored stone set off with iron balconies and elaborate stonework—you glide to a small check-in area bathed in sunlight pouring in from the floor to ceiling side windows. To your left is Le Bar, a comfy café-cum-eatery, where you can relax over a coffee or flute of champagne and order a pastry, lunch or light supper. Behind the check-in you’ll find the lounge, richly decorated in tones of cobalt and gray and warmed with a fireplace. Stacks of art books and wall prints by well-known artists, like Christo, give you the sense this room could be part of a wealthy Parisian’s home.

In keeping with its boutique feel, the hotel has only 124 rooms ranging from Superior Guestrooms to two apartments. While room styles vary slightly, all aspire to lend a sense of tranquility. My Junior Suite had no jarring colors and sported soothing white and pale lilac walls, a creamy leather banquet, softened with silk pillows illustrated with a black and white map of Paris, and an oval white desk, designed to bring to mind a Paris bistro table. Beyond the meringue-soft bed, outfitted with a white featherbed mattress, is the room’s showstopper: a massive white tiled bathroom. A vanity-sink area rests on the LEFT side of the bathroom, to the right is a roomy shower, and front and center sits a huge soaking tub begging to be filled with steamy water and the Hermes amenities bath gel.

“Since the hotel does not have a spa, the idea was to make each room feel like a mini spa,” says Putman. A generous menu of in-room treatments is available, such as the luxurious aromatherapy massage.

One of the hotel’s most appealing draws (and this is true all Sofitel properties) is a how local artisan and designers have been integrated into the hotel experience to give it a distinctively Parisian feel. Le Bar, for example, is a collaboration with Jose Da Rosa, a Paris food purveyor to the city’s culinary stars, so to speak. Da Rosa has chosen the choicest Southern Mediterranean products to feature on Le Bar’s menu of light noshes, such as Spanish cured ham and smoked salmon. Da Rosa also chose the twenty-six teas for Le Bar’s tea menu, along with the tea bag selection offered in each room. Da Rosa’s teas are available for purchase at Le Bar, along with various jams and the addictive salted almonds and chocolate covered Sauterne-soaked raisins served with coffee.

Another artisan the Sofitel Paris Arc de Triomphe has teamed up with is Serge Bensimon, best known for his casual, fun sneakers. At the hotel, Bensimon has a sort of pop-up shop in the lobby selling fun gifts like gold birds, notebooks, and, yes, his famous sneakers. French fragrant expert, Rami Mekdachi, developed the hotel’s signature scent—Candle 14, which exudes notes of patchouli, mahogany, and smoked tea—while Baccarat crystal provides some of the glassware at L’Initial, the hotel’s sixty-four seat fine dining restaurant. With a second entrance to make it feel more like a neighborhood eatery than tourist spot, L’Initial offers elegant, market-fresh French fare, like frothy seafood bisque and seared duck breast with winter fruit. The six desserts, also served at Le Bar, have been created by some of Paris’s top pastry chefs (the meringue, cream, and sweet chestnut Monte Blanc dessert is sublime).

For exercise enthusiasts, there is the SoFit gym, which has a small selection of cardio machines and weights. However, given the hotel’s location, it’s more tempting to head outside and enjoy the nearby sites of Paris. The famous Arc de Triomphe is a mere truffle’s throw away; the Jardin des Tuileries and Musée du Louvre are less than an hour away by foot. Walking truly is one of the best ways to explore the City of Light and should those tootsies need pampering upon your return? Look no further than that dreamy bathtub in your room.

Visit website: [Sofitel Paris Arc de Triomphe](#)



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