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# skin solutions

Renowned beautician Ruth Minoletti  
shares beauty tips with **Hayley Nissen**

**F**ROM age eight, my mum instilled in me the virtues of skincare – and I've been thanking her ever since.

I was probably the only eight year old who cleansed, toned and moisturised on a daily, sometimes twice daily, basis.

And consequently, I have never really had problem skin – something that I believe comes down to genetics and good habits. Cleansing my face became like brushing my teeth.

I did suffer the occasional breakout during my teenage years, but they were always short-lived.

But then when I turned 24, something happened. All of a sudden, I began noticing patches of skin with red blotches that were slightly raised and nothing I did seemed to shift them – until I met Ruth Minoletti.

With more than 40 years' experience in the beauty industry and with hands that have worked on celebrities and royalty, including Princess Diana, Ruth came highly recommended. Ruth is based in the UK and her reputation has meant she has never had the need to self-publicise, relying solely on word of mouth. However, a driving need to educate more people than the close circle who are able to see her for treatments, has encouraged Ruth to release the Skin Solutions DVD.

Filmed on the Sunshine Coast (one of Ruth's favourite places, after working here several years ago), the DVD aims to show viewers of any age that it is not what you use on your face that counts, but how you use it.

Skin Solutions reveals how to get the best from your skin even if you're time-poor. Ruth hopes to eventually market it to schools across the country and abroad so that proper skincare can begin at an early age.

"My clients – men and women – range in age from 9 to 84, so I've designed this DVD to address the key skin care issues across three broad age groups, from the teenage years through to the over 50s and beyond," she said.

"Through my years in Australia and my experience in the West Indies, where I grew up, I've also been able to build in some important messages about sun protection and risks of sun damage.

"The Sunshine Coast has a huge place in my heart. I spent three wonderful years here when I dropped out of the London rat race and opened a small therapeutical practice in Mountain Creek. I would have loved to have stayed but it wasn't to be."

Ruth was on the Coast to launch the DVD last month and I was lucky enough to be able to see her one-on-one. And when it was time to meet her in person, I didn't expect to be taken aback by her flawless complexion – but I was and I secretly thought to myself: "If she can't help me, no one can."

Ruth began by sweeping my hair away from my face before explaining what she was about to do and why it was important.

In the past few years, I have come to think



## RUTH'S TOP TIPS TO BEAUTIFUL SKIN

◆ The best thing you can do for your skin is to protect it from the long-term damage and loss of structure that is caused by unprotected exposure to the sun. A daily application of a good SPF (often found in moisturisers for both females and males) is easy to find these days. Wear sunglasses in direct sunlight: it will help stop lines around your eyes.

◆ Spend time cleansing your face, neck and décolleté. You will see good results in a short time and it will be the second-best thing you can ever do for your skin.

◆ By the time you have reached your mid-20s, you should be using topically-applied vitamins and antioxidants on your skin.

◆ Use an eye cream in the morning. It works even better when you are in an upright position for the period after use.

of facial toners as secondary to cleansing and moisturising. However, Ruth explained it was actually the other way around: using a toner is the most important step in your routine because it removes dead cells, stale sweat and rancid oil from the skin.

Ruth also pointed out the reason for the breakout on my cheek was because of a blockage of clogged cells on my nose, which was beginning to spread to my T-zones. She advised a 10-day trial where I followed the cleansing routine she had just shown me, and promised I would see results.

But I didn't need 10 days: I began seeing the results after three days and, by the end of day 10, my skin was practically glowing.

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