Here comes the sun

With the weather warming up it is time to think seriously about protecting your skin from the damaging rays of the sun. Anyone who wants to have fresher, younger and brighter looking skin needs to ensure that sun protection is part of a daily beauty ritual. If you live in Portugal all the time then you will know that even on a grey day sun protection is essential throughout the year but as the temperature rises, so does the need for a good SPF. With such a vast array of sunscreens available, just trying to choose a sunblock is enough to give you a headache, then there’s the task of applying it adequately when you’re about to head out for the day. It used to be a case of picking the SPF you thought you needed but with so many terms and new innovations it can be hard to navigate your way around the world of sun cream. The SPF you thought you needed may not be what you need but with so many terms and new innovations it can be hard to navigate your way around the world of sun cream.

An adventurous health kick

Even the most health-conscious of us can find ourselves getting into a rut if we are not careful. Perhaps we have fallen into food habits, have done the same fitness class for years or are struggling to find enthusiasm for healthy living. If you are looking to kick start your exercise and tackle a boredom then why not consider an adventurous health kick. How can you tell if you are looking to kick start your exercise and tackle boredom? Here are five ways to make daily life a little more daring and health conscious.

1. **Plan mini expeditions**
   - Preparing for and tackling Everest can take years. A few hours on a Sunday is all you can spare, don’t let that stop you enjoying some outdoor adventure.
   - Why not look into nature spots or walks in your local area that you’ve never explored before? Simon Barnett, director of walking development at the Ramblers says: “Everywhere has something special to offer when you’re on foot - whether that’s a secluded tiny urban park offering a respite from the stresses of daily life, or a magnificent vista from the top of a mountain that is the just reward for the effort of climbing it in the first place. Simply by putting on a pair of shoes and going for a walk almost everyone can experience this sense of adventure and excitement.”

2. **Cook your way around the world**
   - Jutting off to South America or Southeast Asia might not be an option, but you can still explore far-flung lands through your taste buds. OK, eating a country’s cuisine is not quite the same as actually visiting the place, but being in a little adventurous in your cooking could really spice up the week (literally, if the dish calls for it!) and help break up that rut.
   - After all, who says that you always have to stick to ‘past Tuesday’s’ and ‘fish Fridays’? Try something exotic and totally out of your comfort zone and give it a healthy twist if possible.

3. **Picnic like a rebel**
   - And while we’re on the food theme... Picnics are one of the joys of summer - so now summer’s on its way, take the time to seek out some top picnic spots in your local area. In the Algarve we have the beautiful beaches along the coast to lay down our picnic rug, but why not also look inland to the mountains of Monchique or into the Ria Formosa natural park or along the Costa Vicentina. Make the walk to your top picnic spot part of the adventure and also part of your weekly exercise.

4. **Go ‘extreme’ with your fitness classes**
   - These days, when it comes to exercise classes, you’ll find so much more than plain old aerobics on offer. From British Military Fitness to CrossFit, there is something for everyone. Fitness classes now provide the chance to escape reality and train like the pros.

5. **Sign up for a challenge**
   - Everest is probably a step too far for most of us (just slightly!), but that doesn’t mean you can’t experience the rewards of taking on a challenge. Whether it’s a 5k run, half marathon or something more grunt-inducing like a Tough Mudder, there are endless opportunities these days. It’s just a question of finding the challenge that appeals to – and is right for – you.

Committing to training could bring new focus and purpose to everyday life, not to mention the satisfaction and sense of achievement you’ll gain.
Hearing - an undervalued topic

"Blindness separates people from things. Deafness separates people from people." Immanuel Kant -philosopher.

It is highly underestimated that hearing plays one of the most important roles in our lives. It is what enables us to interact with others and yet it is taken for granted. Children learn to speak by listening to others, learn to read, appreciate music and learn to deal with the dangers that surround them. In adults, untreated hearing loss has a direct impact on their social life, being at work, with friends or at home with their partners. Hearing problems hinder communication and bring isolation and avoidance of social events due to the fear of simply not being able to keep up with conversations that lead to embarrassing situations. Eventually something has to be done before it is too late. Age isn’t the sole cause of hearing problems; it can be caused by home or work related factors, triggered by a sudden sound blast or explosion, ear infections, hereditary factors, by injury or the effects of toxins.

It is important to take action on the early stage of hearing loss. The increasing number of health publications have associated hearing loss with an increasing risk of Alzheimers, depression and mood swings. According to a study by the University of Bordeaux in 2015, "The fitting of hearing aids can help the Hearing Brain re-establish speech understanding and has a vital role in cerebral health".

Hearing aid technology has evolved to a point where it is possible to hear everything in any situation, at a comfortable level, restoring your independ-ence and enjoyment in life. If you seek professional advice on your hearing, Audiocare’s Certified Audiologist Kate van Duijvenbode will be glad to help you.

Beauty Angels

As Beauty Angels moves into its second year, more and more clients are enjoying its unique pampering experience.

Beauty Angels provides an extensive and growing range of advanced aesthetic services using the highest standard equipment, combined with superb products with natural, organic and ecological ingredients.

All aesthetic services are non-invasive, non-surgical and pain free.

Ultrasonic Cavitation provides a natural alternative to liposuction for body sculpting and when combined with Radio Frequency, clients can lose volume while toning and tightening the skin, reducing cellulite, stretch marks, scars and dimples.

Cryolipolysis (fat freezing) is ideal for permanent fat reduction and can be combined with Cavitation for amazing results.

For the face, Radio Frequency, Micro-Current and Photon Light Therapy provide safe and pain free alternatives to surgical facelifts and Botox. These techniques enhance the structure and texture of the skin and reduce the signs of ageing and sun damage.

All Beauty Angels hair & nail services use exclusive products designed to restore, nourish and replenish condition and support the well-being of clients. These specialist products are free of all harsh chemicals, including formaldehyde. Gelvarnish manicures are all performed using the unique ProNails Vital Nailskin System, which provides 100% protection for nails.

The ammonia-free hair-colouring products all include organic and natural ingredients and clients really see the difference in the condition of their hair.

Beauty Angels is now offering an amazing new organic hair straightening service which results in wonderfully straight hair for three to six months, leaving it enriched, manageable and silky smooth. Come and experience the benefits of Beauty Angels for yourself!

For further information or to make an appointment, please call 282 418 221, 968633879, or email info@beautyangels.pt
The Algarve’s excellent year-round climate makes it a Mecca for sporting enthusiasts. In addition to golf, at Quinta do Lago it’s possible to enjoy a huge range of leisure activities including tennis, cycling, horse-riding, bird-watching, hiking, mountain-biking, water sports on the Quinta do Lago lake and more.

Located at roundabout 2 in Quinta do Lago’s Real Estate Centre, Active Q Gym takes advantage of the natural beauty of the surroundings and at its heart is a commitment to a healthy outdoor lifestyle programme. Active Q Gym provides residents and guests with the latest state-of-the-art exercise machines, interactive training programmes and motivational activities, to ensure they get the most out of their exercise and reap the full rewards from the time they devote to it. The gym was opened in 2011 and was designed by Graham Morgan to get people out exercising, enjoying the positive aspects of the natural setting and lifestyle benefits found in Quinta do Lago.

In addition to a modern indoor facility, Active Q gym features an open-air studio with a full programme of activities, including Yoga, Pump and Insanity. To enjoy Quinta do Lago’s unique outdoor environment, Active Q Gym organises various activities, such as beach boot camps or running events, as well as offering the original ElliptiGO® bike—a cross between a cross-trainer and a bike.

Personal training is available for individuals, couples or small groups. One of the most popular services is the personal villa fitness programme that brings the Active Q expertise to your door. Qualified instructors offer the full range of services and classes available at Active Q, in the comfort of your villa. Sessions can be tailored for individuals or small groups, with any equipment required being supplied by the instructor.

For golfers, the gym has developed the Golf Performance Conditioning programme, designed to teach your body to move more freely, optimising your golf swing and releasing your potential. All of this, and more, to help you embrace the challenge of positive lifestyle enhancement!

To find out more about Active Q Gym programmes, please contact +351 289 002 986 or email activeq@quintadolago.com.
Choosing a private health insurance

When it comes to choosing the right private health insurance, more often than not we are overwhelmed by the number of companies, products and options available. It can often become confusing and this can lead to us putting off taking out an insurance policy until it is too late.

I have worked as a health insurance specialist for over 15 years, and my role is to guide you through the process and find the right insurance product that best suits your needs. Every individual is different and everyone's medical history and personal requirements are also different. This can sometimes make people worry about where and how to start. That is precisely what I am here to do.

It is my job to make sure that not only do you get the right insurance policy at the right price, but to provide you with continuous support throughout the life of the policy.

I believe that health insurance is a personal product that requires time and tailoring to the individual, so I would need to go through your requirements, either by telephone or email, and then I can prepare a simple comparison showing the main benefits of the policies together with the monthly or annual premium. After which you may find it useful to have a meeting at one of our offices, or at a location in the Algarve which is more suitable for you. In this way we can discuss the policies in depth so that you have a better understanding about the administration of the policy and very important, how the claims procedure works.

We work with most of the leading International health insurers including: ALC Healthcare, AXA PPP, BUPA, Exeter, IMG and Morgan Price as well as the Portuguese insurers: Victoria Seguros and Lusitania.

Contact me now!

Angela Barden
Medical Insurance Sales Manager
Ibex Insurance
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281 325 842 / 289 399 774

Opalina Atelier
began making jewellery 20 years ago by designing and creating a unique collection of pieces in its modest little workshop in Lagos, which were sold at artisan fairs and exhibitions.

Upon request, pieces were adapted to the client’s individual taste. Today, Opalina has its own shop, located in the beautiful historical and cultural heart of Lagos, next to the old Slave Market and Santa Maria Church, and which is open every day. The store features an enormous collection of stunning handmade jewellery, simple silver necklace and bracelet sets and colourful gemstones, such as opal, garnet, ruby, topaz and amber set into rings, earrings and stylish pendants, all making perfect elegant gifts.
Health and Beauty are going hand in hand at Anne Swart Clinic

Dr. Anne implements a holistic approach combining Dental Care, Aesthetic Medicine and Anti-Aging lifestyle concepts to make people look and feel their best. The most important part of any treatment is that patients feel ‘at home’, noticing that we care for their wellbeing.

Even though not all patients have an interest in Anti-aging medicine, most do understand that good dental health increases the quality of life and general health. Replacing missing teeth with fixed bridges or dental implants, for example, maintains a good facial bone support and makes efficient chewing possible and therefore has an influence on how you look and how you feel. Rejuvenating worn teeth with porcelain veneers or whitening teeth that have gone darker with age are other examples of how dentistry has a tight connection with anti-aging concepts.

For those who want a little more help in maintaining or regaining a youthful appearance, Aesthetic Medicine offers a non-surgical solution. With the help of facial fillers, Botox, tread lifts, peelings and other collagen-stimulating treatments; always following Dr Anne’s motto: ‘progressive treatments with natural looking results’. To help obtain and maintain the best results, the clinic also offers beautician services at reduced prices.

Of course it is not enough to look good from the outside if your general health is not as good as it could be. Anti-aging medicine can help you adjust your lifestyle and correct health issues in a more natural, preventive way than traditional medicine. In traditional medicine you will have to get ill first, or show symptoms before treatment starts with the help of (lifelong) medication, for example to treat high cholesterol, high blood pressure, (pre)diabetes, arthritis, hormonal imbalances and other age-related illnesses. During an anti-aging consultation it is possible to predict your risk of certain illnesses and invert this risk with personalised supplements and lifestyle changes.

Keeping in mind that we all want a longer and healthier life, looking the way we really feel inside, it makes sense to integrate all three treatment modalities in one clinic. To complement Dr. Anne’s treatments, the clinic has its own dental laboratory, a Med Spa beautician service, nursing services and consultations with specialists in Psychology and Chinese medicine/ Acupuncture.

For more information on the above mentioned treatment you can contact Dr Anne’s front desk manager and ‘right-hand’ Anabela or check out the clinic’s website. You can find Anne Swart Clinic in Portimão, on the river side. The ground floor premises have easy access and a public parking lot, a bus and taxi stop right in front.
Aesthetic Medicine - it’s personal!

As our longevity increases, and our health “lasts longer” the desire to look as good as we can for as long as we can has become a priority.

Since our knowledge has broadened through ever-increasing forms of social media championing aesthetic medicine, which used to be the domain of the rich and famous, is continuing to adapt and develop to accommodate growing interest in this area of medicine. More and more individuals, both men and women, from all walks of life, armed with this knowledge and the desire to improve their outward appearance, are seeking out trained specialists in this field to help them achieve their expectations.

Our philosophy is that you cannot turn back time but Dr Joanna Karaman can advise clients on the treatments that she feels would suit each individual with the aim of reaching the desired results of a lifted, refreshed, rejuvenated look.

The changes made are generally progressive as a small change may be all that is needed for an individual to feel that the enhancement they are after has been achieved.

The aim of aesthetic medicine is as much spiritual as it is physical. If you look good, you feel good.

Please phone either Luzdoc in Praia da Luz on 282 782 700 or Medilagos in Lagos on 282 786 217 if you would like to make an appointment.

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Recover the energies of your body and mind at Vale d’Oliveiras Quinta Resort & Spa

Vale d’Oliveiras is an elegant 5-star resort with 22 rooms, 2 suites and 80 townhouses located between Carvoeiro and Ferragudo, offering magnificent views to the Monchique hills and the Gramacho golf course. The traditional local architecture with Moorish influences provides a calm and tranquil environment.

The Healthy Days Packages at the Lisvaya Spa are the perfect way to enjoy all the services this stunning resort has to offer. The highly qualified therapists will provide you with a memorable experience and extraordinary feeling of lightness and well-being.

Between treatments, we suggest you a 3-course low-calorie menu in the Mediterranean atmosphere of The Olive Tree Restaurant or Jasmin Pool Bar. Overlooking the resort’s lake this will be the perfect scenario for a relaxing meal. In order to make your day complete, try out the steam bath and the Health Club facilities which feature an indoor heated pool, Jacuzzi, Sauna & gym offering panoramic views over the carefully maintained gardens and the surrounding countryside.

For more information: info@valedoliveras.pt / +351 282 309 549
A NEW SET OF TEETH IN JUST ONE DAY WITH THE ALL-ON-4® TECHNIQUE

ALBUFEIRA — Once you start losing teeth, you will actually start looking old. But permanent tooth loss is not just about aesthetics. It has considerable adverse effects on your functional, social and psychological wellbeing. Fortunately, there is an easy, fast and reliable way of putting an end to that.

Belgian Implant Dentist Dr. Cris Piessens is proud to offer the convenient and revolutionary All-on-4® dental implant procedure to Albufeira and the Algarve community. Dr. Cris Piessens can most certainly help you turn your life around and (re)gain self-confidence and quality of life.

With over 25 years of experience and thousands of dental implants placed, he can assure you he delivers predictably high quality results that look and feel remarkably natural.

Dr. Cris Piessens, what is the All-on-4® concept?
It is a quick, safe and cost-effective treatment procedure which provides the patient with a new set of fixed teeth that is screwed onto dental implants placed on the same day. This means that the new set of teeth will stay in place and is only removable by a dentist. In this case, a fixed bridge replaces a full arch of missing teeth with only 4 dental implants.

Who is the ideal candidate for the All-on-4® procedure?
Typical patients are people suffering from missing teeth (that are completely or partially edentulous) or failing dentition most commonly due to severe periodontal (gum) disease. Many of them are complete or partial denture wearers and endure ill-fitting dentures. Others, that are about to lose their teeth, can’t stand the idea of having dentures. Age doesn’t really matter. The oldest patient I ever treated with dental implants was 91 years old. Basically, almost every patient is a candidate for the All-on-4® procedure, even those that were told they are not candidates for conventional implant options.

Assuming the patient still has some teeth, would they have to be removed?
Should extractions be needed, they will be done at the same time as the implant placement surgery.

Can patients really have new teeth in one day?
Yes. On the day of the implant procedure an initial fixed bridge is fitted, which is a temporary bridge with 10 teeth. This is why the All-on-4® is also known as “Teeth in a day” or “Same day teeth” — it provides aesthetic and functional teeth in just one day.

After 6 months of osseointegration, the patient can replace the bridge by a definitive one with 12 teeth made of more durable materials.

What is the difference between the All-on-4® and conventional dental implant techniques?
The All-on-4® utilizes as few as four implants per arch, whereas conventional dental implant techniques utilize anywhere from six to eight implants in each arch. The implants of the All-on-4® procedure are also strategically placed to take maximum advantage of available jawbone: two are placed vertically in the anterior region and the other two are placed up to an angle of 45° in the posterior region. This enables the placement of longer implants, which allows for increased anchorage in the bone and better osseointegration. By doing so, there is no need for bone grafting or sinus lifts, making the procedure less invasive. Thus, the All-on-4® technique gives the chance to patients with severe bone loss to get fixed prosthesis on the same day of the implant surgery where other conventional techniques would need a few months of healing period. The All-on-4® reduces the time and trauma, permitting remarkable results with minimal treatment time and a smooth recovery.

Is the All-on-4® procedure painful?
Most patients experience no pain during the surgery and very little discomfort and swelling afterward. The patient is sent home with prescription analgesics and anti-inflammatories. We use local anesthesia and apprehension can be relieved with sedative or anti-anxiety pre-medication.

The implant placement surgery is performed in a sterile environment.

What does the All-on-4® procedure involve?
It involves an initial consultation, a clinical examination of the patient’s mouth and a 3D CT’s scan (CBCT) in order to assess the bone quality and to identify the areas where the implants will get good bone support. Furthermore, I use a specific software to plan the surgery to ensure that the implants are placed in the optimal position. Then I make impressions and a bite registration, as well as some photos and a short video to determine the final look of the new teeth.

On the day of the treatment, the implants are placed. Afterwards, the patient gets to rest in our supervised recovery room while his prosthesis is being customised on-site. A few hours later, a fixed bridge is fitted and the patient returns to his normal activities within a day or so.

Where will patients come for treatment?
The Cris Piessens Clinic is located at Rua dos Calicos, Edificio Calicos-Mar, Albufeira. This is where I carry out all of the procedures. To book an initial free, no-obligation consultation please call us on 289 589 000 or 966 017 783 or send us an email to info@crispiessensclinic.com. Our secretary Fátima will be happy to help you out.

Mrs. Swingler has been told over one year ago that she was not a candidate for a fixed bridge or dental implants as the loss of bone and gum disease in her upper jaw was so bad the only alternative was to have a full denture. In the meantime, she was successfully treated by Dr. Cris Piessens who carried out the All-on-4® procedure.

How did you react to finding out you would be losing all of your upper teeth?
Having spent over £5,000 in South Africa on an intense treatment to replace upper teeth with crowns and bridges and also the lower jaw I thought my dental problems had been sorted for life. It was devastating to me to be told that I had lost the battle and I have been worrying and trying to adjust mentally that I would have to have a full upper denture. It has also been very difficult to eat over the last 12 months with fear that my teeth would just drop out.

How did you hear about the All-on-4® dental implant procedure?
I read an article in The Portugal News that changed my life. The article was by Dr. Cris Piessens who was writing about the All-on-4® treatment. What caught my eye was the fact that bone loss was not an issue and you could have a fixed upper denture all done within one day — unbelievable.

Describe your experience.
I emailed him immediately and got a response by return, I made an appointment for a free consultation and recommendation for treatment. Dr. Piessens agreed that the All-on-4® method was suitable for my mouth and I made an appointment that week to have the preparation for treatment.

Three weeks later I went into the surgery at 9.00 a.m. and was prepared for a lot of pain and a very long day. To my surprise there was no pain at all and the time flew as the medication took care of all this, even though you remain conscious. My husband picked me up at 5.30 p.m. and we drove home. I slept well with no pain at all and the next day friends came to visit me and could not believe how well and normal I looked. There was slight swelling but really no pain at all. Two days later I had mild bruising under my left eye which lasted 3/4 days, apart from that I cannot believe how easy the whole process was carried out.

How has your life improved after All-on-4®?
I now have confidence, can eat and probably have nicer looking teeth than I have had in my whole life.

What advice do you have for future patients? Do it!