

essential

Style + Home + Health

LIFE
Seven great self-help myths exposed, p10

STYLE
Diamonds are still forever, p16

HOME
Pure and simple: the craze for Amish kit homes, p24

The idea of perfection

The Sydney Morning Herald
essential beauty

February 8, 2007 23

The look of love

For energy, looks and health, fall head over heels.



Words Sherrin Gordon

Have you had that glowing skin, the radiant smile and glowing hair? It's not just a dream, it's a reality. The skin acts as a direct reflection of what is happening in our bodies and brains, she says.

Clare Gillis, the director of the Advanced Association of Beauty Therapists, attributes changes in appearance to endorphins, natural morphine-like substances we produce in our brain, sex organs, gut, immune system and heart. "Endorphins affect our looks by way of regulation of the production of sex hormones. The skin acts as a direct reflection of what is happening in our bodies and brains," she says.

There's no question that my wedding day was the most exciting day of my life," Gillis says. "I'm sure I was surrounded by a halo of endorphins. Brides always look so great, their skin glows, they can't wipe the smile off their face and they're spending the day surrounded by the people they love. Everybody's happy."



ADVANCED DERMATOLOGY

sixty minute facelift

40% SOFT

1800 122 280

The look of

For energy, looks and health, fall head over heels.

love

Clare Gillis, the director of the Advanced Association of Beauty Therapists, attributes changes in appearance to endorphins, natural morphine-like substances we produce in our brain, sex organs, gut, immune system and heart. "Endorphins affect our looks by way of regulation of the production of sex hormones. The skin acts as a direct reflection of what is happening in our bodies and brains," she says.

"There's no question that my wedding day was the most exciting day of my life," Gillis says. "I'm sure I was surrounded by a halo of endorphins. Brides always look so great, their skin glows, they can't wipe the smile off their face and they're spending the day surrounded by the people they love. Everybody's happy."