

You can make your own beauty products

Kitchen loaded with all things for clear, young skin

By Mia Ponzo

Special to the Arab Times

If you want to do something great for your face (and your skin, in general), you don't have to go any farther than your own kitchen. Your kitchen is loaded with amazing things that can make your skin look totally fresh, clear, and young.

Things like food items, spices and herbs can be the best thing you have ever tried for your skin. If you really want to be beautiful (or handsome), taking care of your skin is definitely one of the first steps (obviously, the very first step would be to take care of what you eat). So, let's go to the kitchen.

Herbs

If you suffer from clogged pores, there are many fantastic herbs that you can use to steam your face with. If you want to take it one step further, you can also use the same herbs in the bathroom and steam with while you are bathing. Some of my favorite herbs for steaming are: chamomile, thyme, sage, mint, lavender,

and lemon balm.

Of course there are literally thousands of other herbs that you can use, but those are some of the ones that you can probably easily find in your kitchen.

All you have to do is boil some water and either steam right out of the pot you boiled the water in, or put the water in a large stable bowl and then crush up the herbs with your hands (just roll them between your two hands) and steam away. (Some people prefer to use a towel over their heads to keep the steam in).

Essential

After the steam goes, you can dry your face with a nice cotton towel (preferably organic) and make sure that you take the opportunity to use the rough side of the towel to exfoliate the dead skin cells on your face (pay particular attention to the spots around your nose and chin, where most of the clogging tends to occur). Make sure that your rubbing motions start at the bottom of your face and move up, so you don't drag down your facial skin.

After you are done steaming you can

carry on your normal beauty routine. If you use commercial face creams or moisturizers presently, you might want to consider switching over to natural ones. And the items you will need can, again, be found right in your kitchen cupboards! Instead of your normal face toner or tonic, use rose water.

Rose water is amazing for the skin and contains a fairly high percentage of rose essential oil (after all, rose water is the waste or byproduct that results from the manufacture of rose attar or rose essential oil... and we know that rose oil is one of the most expensive oils in the world).

Just put a little on a cotton ball or pad and wipe it over your entire face. You might want to pay particular attention, again, to your nose, chin, forehead, or any other place that you have oil or dirt clogging problems.

After you have steamed and toned, you will want to apply some type of moisturizer to replace some of the oil that you just cleaned off your skin. Obviously, the oil you will be replacing was the dirty oil that you just took off.

Keeping it natural, there are many things in your kitchen (or at least available at the local pharmacy) that you might want to use. I suggest trying either nut oils or olive oil. My favorite face oil is calendula, but since that is not one that you would normally find in your kitchen, I'm not going to talk about it. Just choose one that is available (but not corn, sunflower, or any of those other super refined manufactured oils). You can also try coconut oil. Then, you can use it as is, or better yet, add some lovely aromatic and healing essential oils.

All you need is a few drops. If you don't have those on hand, you can always infuse fresh or dried herbs in your oil. The way that you do this is by taking your oil of choice and putting an amount in a glass bottle or jar. Add the herbs you want to use (rose petals are always nice) and let it sit. It will take several weeks for it to infuse in room temperature (but you don't really want to leave it in the sun because the benefits of the herbs might be reduced).

You can use any herb or spice, but,

think before you do it, because I don't think you are going to want to walk around smelling like a curry.

Benefits

Once you have created your face oil, you can keep it in the glass jar or bottle and preferably keep it in a dark cool place. A closed cupboard or drawer at room temperature is fine. You can use it any time of the day, preferably right after washing or using your toner so that you keep the benefits of the water and seal it in with the oil.

Some people are going to be thinking "but I have oily skin and blemishes!" Yes, I am aware of that, and I still say "put the oil on." One of the reasons people with oily skin have oily skin in the first place is because they work too hard to reduce it.

What I mean is that they wash off their facial oil with such vigor that they strip all of the good oil off their faces, and guess what happens when you do that? What happens is that your face will then start to produce even more oil than it did before. Your body is trying to replace what is missing. So, it's kind of a horrible vicious

circle. You wash, more oil comes out. So, the only way to solve your problem is by not washing using harsh cleansers and toners.

Use simple water only, with a good cotton towel (again, preferably organic) and take advantage of that towel to get all that dirt and dead skin off your delicate lovely face (men, too). Then, putting "good" oil back on your face again, which will not only treat your face to some wonderful herbal benefits, but also insure that your face will not go crazy producing more oil. See the logic? Even if you don't, do it anyway, because, trust me, I know what I'm talking about. You will be happy to see your skin becoming beautiful in no time.

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To be continued



Some photos from the event.



Photos by Iehab Qurtal

BLS

Prevalence of cancer in young Arabs high

Women urged to self examine every month

By Chaitali B. Roy

Special to the Arab Times

"Life is a celebration. Live it to the fullest," urged Masha Koliada, a breast cancer survivor and member of the British Ladies Society at the monthly dinner meeting of the BLS at the Movenpick Hotel, Al Bida on Tuesday, October 4 at 8 pm. Introduced earlier by Dr Lebiba Temmin, Executive Director and Head of Medical Affairs of the Ruqayah Abdulwahab AlQatami Breast Cancer Foundation as "our very own celebrity, a fighter who has fought cancer with fortitude," Masha's story is one of inspiration and hope.

Getting through breast cancer requires immense strength—emotionally and physically. And Masha Koliada, has loads of it. "I have become wiser, more philosophical," she said of her fight with the disease. "I have learned to celebrate life and enjoy it," she smiled. "I have become more patient and learned to accept things as they are." Masha, an expatriate in Kuwait was helped in her fight by Ruqayah Abdulwahab AlQatami Breast Cancer Foundation which provided her with free treatment.

"This facility is not open to all cancer patients," informed Dr Temmin of the Foundation. "Our patients must have a file with the Hussein Maqqi Juma Centre and they must be residents of Kuwait. This special facility is open to those who cannot afford treatment." Unofficially established as the "Hayatt Foundation" in 2003 in Kuwait by a group of concerned women dedicated to serving their community and alleviating the suffering caused by this disease, "Hayatt" became a part of the "Ruqayah Abdulwahab Al-Qatami Charity Foundation" in 2008.

All proceeds received from the donations to the Foundation are spent on purchasing chemotherapy for expatriates' patients, non-GCC nationals residing in the state of Kuwait, and helping them with their contacts with their treating physicians to the end of their treatment, and morally supporting them.

"I am excited that we are able to have our first dinner of the BLS year in partnership with Ruqayah Abdulwahab AlQatami Breast Cancer Foundation, which ties in perfectly with October being Breast Cancer Awareness month around the world which is reflected in the wide ranging nationalities within our membership," said Anne Napier, the new President of BLS.

Incidentally Ruqayah Abdulwahab AlQatami Breast Cancer Foundation is the chosen Kuwaiti charity for BLS this year. Speaking to Arab Times, Anne Napier noted, "It is a great opportunity for our ladies to mix with our host nation and learn about the work being done within the health sector here in Kuwait."

Every one of us will know somebody who has been affected by this disease and so the chance to raise awareness and let people know what they can do here and where they can go for help is very important. Our fundraising efforts together will have an impact on us all - including some of our own members who are helped by this same Foundation."

Mammograms

Dr Suzanne Samir, an oncologist from Hussein Maqqi Juma urged the ladies to self-examine themselves to arm themselves against the disease. "If you have a family history of cancer, you are at a higher risk of breast cancer," she told her audience. She reminded them of the importance

mammograms play in early detection.

"Women in the West are at a higher risk of getting breast cancer than Asian, African and Native American women." She warned people against misconceptions such as the role played by deodorants and antiperspirants in causing cancer. "There has been an increasing awareness amongst people," said Dr Samir, when asked about changes in people's perceptions in recent years. "In the last few years we have seen more people coming in for screening in other hospitals. Last year, in November we had ten new early breast cancer cases. They were really small, and so they did not need any major treatment. It was really good." She spoke of the most common diagnosis for women in Kuwait. "One in five malignancies in women is breast cancer. The Arabs have a younger age group than the rest of the world. We don't know why that is the case. Though we get married younger, we have children younger, we breast feed more yet the incidence of cancer is at a younger age amongst Arabs. We don't know why."

When asked for a word of advice for the readers, she urged, "Women must examine themselves once a month, just after their periods not every day, not every two weeks because they know themselves more than anyone else."

Research

Like the British Ladies Society, the British School of Kuwait do their bit as well for this important month of the year. In the past seven years, the BSK has raised over KD 5000 for breast cancer research. One of the charities they have worked with is Breakthrough Breast Cancer UK. This year the BSK Sixth Form students will celebrate Pink Tuesday on October 18.

"Basically they want your designer Bags and Bling as part of their Pink Tuesday event," informed Patricia Wheelan of BSK. "They will sell everything in aid of Breakthrough Breast Cancer (UK) while at the same time run a netball tournament. Last year these events were a major success and with your help I am sure it will be even better this year. So come on the day to shop, play netball and/or send us your bags and bling in advance."

The British Ladies Society have a whole calendar of events planned for this year. "I know that this year's committee will pay close attention to the desires of our membership as our ladies come from a wide range of backgrounds and include young mothers, single ladies and grandmothers as well as ladies who are in employment," said Anne Napier, who has been in Kuwait for over two years.

"To that end, we are planning events such as afternoon tea parties as well as coffee mornings so that working women can come along after office hours for a cup of tea and a chat with their friends. We also have a party planned for November, which is geared towards children to celebrate bonfire night which is a great British tradition with fireworks and party games." She promised more events involving the family along with their regular weekly activities.

Before assuming leadership of the BLS, Anne was the Communications Officer looking after the website and weekly newsletter. She is also involved in other voluntary work and is the mother of two teenage children who thoroughly enjoy their multicultural environment and love the fact that they have both the desert and the sea on their doorstep. Next week on Sunday, October 9 BLS will host Moms & Tots from 9:30 – 11:30am.

Health

Treatment mainly focuses on aftercare, relapse prevention

Are you addicted to the Internet?

By Dr Nicholas Scull

Special to the Arab Times

Anything in the world can be addictive and even healthy things, taken in excess, can become a problem. People are addicted to all kinds of things such as food, relationships, television, work, and substances. The Internet (including online video games, chat rooms, and gambling sites) is no different. The concept of Internet addiction is relatively new and was first introduced to the American Psychological Association in 1996.

However, today we know a great deal about Internet addiction as psychological research on the subject has been conducted in several countries around the globe. Moreover, options for treatment have grown considerably and residential treatment centers for Internet and video game addiction now exist around the world.

For some, the Internet is addictive because it serves as a distraction from problems while for others, it is a way to connect with people. However, like everything else, when taken to the extreme, the Internet can have serious consequences. This article aims to inform you of important signs of Internet addiction, reasons for the addiction, potential consequences, and ways to get help.

Some signs of Internet addiction:

- Staying online longer than you had intended.
- Neglecting other responsibilities (e.g., work, household chores, school).
- Preferring the excitement of the

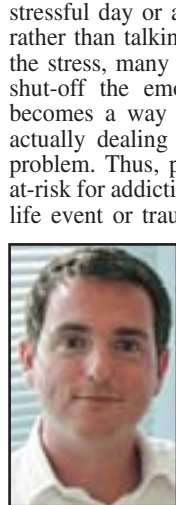
Internet to intimacy with others.

- Others complaining about the amount of time you are spending online.

- Becoming secretive about the amount of time you spend online.
- Feeling depressed or irritable when you are not online for longer periods.

Why people get addicted to the Internet:

Distraction from one's problems: People get addicted to the Internet for a number of reasons. For many, the Internet becomes a way to disconnect from life stress and pressures. After a stressful day or a stressful life event, rather than talking about it or feeling the stress, many go to the Internet to shut-off the emotions. The Internet becomes a way of escaping without actually dealing with the underlying problem. Thus, people are especially at-risk for addiction following a major life event or trauma (e.g., death of a



Dr Scull

loved-one, divorce, financial problems).

Substitute for relationships:

People who are addicted to the Internet often have difficulty forming intimate relationships with others. Therefore, the Internet becomes a non-threatening place in which they can connect with others. Someone who has difficulty forming intimate relationships off-line may feel more comfortable expressing themselves

online. When people go online, the anonymity of the Internet allows users to recreate their identities, be someone different, and engage with people in ways they never would when they are off-line. Moreover, virtual relationships can give the impression to the user that they are less valid so if a rejection occurs, it may be less emotionally painful than if a rejection occurs in an in-person relationship.

Consequences of Internet addiction:

One of the most common consequences of Internet addiction is that it can damage interpersonal relationships with family, friends, and coworkers. Internet addiction has been responsible for destroying once healthy marriages. In a very early study of Internet addiction in the US, about 53% of online addicts reported serious problems with relationships including marital discord, separation and divorce. Internet addiction can also interfere with peoples' ability to maintain their responsibilities at home, school, and work. Internet addiction costs businesses billions of dollars a year in lost revenue and many major corporations (e.g., Xerox, Dow Chemical, and Merck) have terminated employees due to incidences of abuse.

Treatment: Treatment for Internet addiction typically requires assistance from a psychologist or mental health clinician and it can take some time for recovery. Often treatment begins with helping the person increase their motivation for treatment and for change. Treatment then focuses on helping the person limit or remove access to the

Internet.

The person is also taught how to recognize triggers for Internet use (e.g., stress from work, loneliness, etc.). Treatment should also help the person understand and resolve underlying issues that led to the addiction in the first place. Then, treatment typically focuses on aftercare and relapse prevention. Like any treatment, the success of it is largely based on the person's motivation to improve.

The Internet is an extremely valuable tool. However, even potentially healthy and productive things can become problematic when used in excess. Addiction to the Internet including online gaming, chat rooms, and gambling is reaching epidemic proportions and is a legitimate psychological concern. Fortunately, treatment in Kuwait exists.

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Nicholas Scull, Ph.D is a licensed psychologist and Clinical Director of the Psychological Services Department at Fawzia Sultan Rehabilitation Institute. He is also the President of the Middle East Psychological Association and has a specialized certificate in Internet Addiction and the Psychology of the Web. He is available for individual, family, couples, and group counseling and works with both adults and children.

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