

In this edition:

# Beauty & Wellness

Advertising features

advertising@cbnews.es

## Post-workout mistakes you didn't know about

By Liz Connor, PA

From fuelling badly to skipping the cool down stretch, Liz Connor speaks to a personal trainer to discover the bad habits sabotaging your workout.

You might think fitness results are gained by hitting the weights room as hard and heavy as you can, but many experts say what you do after a workout is just as important as the effort you put in at the gym.

If you aren't in the habit of following a post-workout routine, you might be struggling to see results. We spoke to personal trainer James Stirling to find some of the major after-care errors that could be hindering your progress.

### 1. Forgetting to rehydrate

We all know that getting enough H<sub>2</sub>O throughout the day is important, but it's even more crucial after a heavy sweat. "During exercise, you

lose vital minerals through sweat, so it's really important to rehydrate and replace the water you've lost, not just immediately after a gym session, but throughout the day too," says Stirling.

### 2. Not refuelling properly

Giving your body the fuel it needs to recover after a workout is also vital. "Making sure your post-exercise nutrition is appropriate is really important," says Stirling. "So try to get a balanced portion of protein and carbohydrates. But if fat loss is your goal, it's also important to be cautious not to over-consume, as this will outdo the calorie deficit you've created."

Vigorous exercise also cause damage to the cells in your muscles, and refuelling with protein can help to enhance muscle mass, as well as repair damage.

"Ensure your protein consumption is high throughout the day to ensure recovery of the muscles," advises Stirling. "Some people say you have to get it in immediately after exercise, but as a general rule, just make sure you're getting a good protein intake throughout the day."

Quality lean meat, fish, eggs, beans and legumes, and soy products like tofu, are all good sources of protein.

### 3. Not tracking your progress

Fitness is as much a mental game as it is a physical one, and tracking your gains in the gym can give you the motivation to keep going. Whether you've shaved 20 seconds off your personal best or have managed to lift your heaviest weight yet, hitting a personal milestone can be super satisfying.

"Taking a note of your prog-

ress, or how you felt during a session, is a great way of seeing how far you've come," says Stirling.

"Sometimes just getting into the gym and completing a workout from start to finish is hard enough, so make sure to also reward yourself for the work you've done."

### 4. Forgetting to stretch

Plenty of people skip stretching after their workout, but this is one of the most effective ways to minimise stiffness and aching in the days that follow.

"Stretching is so important," says Stirling, "but it's the one thing most people forget to do when they're rushing off to the office from the gym.

"If you've done a workout and then you're going to be sat at a desk all day, it's probably best to try and stay as active as you can."

Stirling suggests taking a walking break to stretch out the muscles - whether that's taking a quick breath of fresh air or offering to do a tea round. Your body will thank you the day after.



## Are you struggling going up and down stairs?

Have you considered installing a stair lift? A simple and easy solution. It doesn't take up much space, it's quick and easy to install and doesn't require building work.

Mobility problems make getting around difficult, especially for older people, even within their own home. Stairs become one of the main obstacles in daily life, being the principal cause of falls.

Fortunately, there is a wide range of solutions available to help going up and down stairs offering maximum comfort and

safety. Such as stair lifts, lift platforms and wheelchair lifts.

Stair lifts are a perfect solution for family homes, providing a simple way to go up and down stairs, in safety and comfort, without fear of falling. Stair lifts are ideal for older people and those with reduced mobility. They are also foldable, so occupy very little space when in not use and can be fitted indoors or outdoors.

### Can I fit a stair lift in my home?

Of course, you can. Firstly, all

stair lifts are custom made for each staircase. Therefore, a technical advisor needs to visit your home to take measurements and will give you a no obligation quote, he will be able to advise you on the type of stair lift most suitable to your needs.

### Válida Sin Barreras

Válida sin barreras is the reference company in Spain, for the installation of accessibility solutions. Válida sin barreras is leader in sales and has made more than 10,000 installations throughout Spain. They are a highly trusted company with experience and guarantee a job well done. Válida sin barreras only use the best brands on the market, all of which are produced in Europe to the most rigorous quality and safety standards.

If you have stairs in your property and want to continue enjoying life in your dream home, have a stair lift installed. Trust the best, trust Válida sin barreras.





**Looking for a STAIRLIFT?**

- Comfortable and reliable ride
- Bespoke stairlift installation
- Same day installation

www.validasinbarreras.com

**900 414 000** GET A FREE NO OBLIGATION QUOTE NOW

**VÁLIDA SIN BARRERAS**  
 ☎ 900 414 000  
 www.validasinbarreras.com

# Heidi Tryland: a UK qualified osteopath working in Denia

She graduated from the British College of Osteopathic Medicine in London in 2005. She is Norwegian and also speaks English, German and Spanish.

After she graduated she went to work in Dubai, United Arab Emirates at the Osteopathic Health Centre in Jumaiah, Dubai. She was there for 7 years before she moved to Mombasa, Kenya and set up Mombasa Osteopathic Clinic which she worked and managed for 5 years.

Heidi moved to Denia in August 2017 and is working in C/Marques de Campo 60, Denia.

Heidi decided to study osteopathy after she had treatment herself from an osteopath in England. She studied 4 years in London which is the required years of education to be a qualified osteopath. In Spain this is not always the case as osteopathy is not protected here in the way it is in England. It's important to know if the osteopath you see or know of is properly qualified, ie has a 4 years full time degree.

## What is osteopathy

Osteopathy is a way of diagnosing and treating injured or



damaged parts of the body, such as muscles, ligaments, nerves and joints. When our body is balanced and efficient it will function with minimum of wear and tear. This is what osteopaths helps you with.

Osteopaths treat a variety of common conditions such as :

- Back pain
- Neck pain
- Headaches
- Dizziness
- Arthritis
- Shoulder pain
- Knee pain
- Repetitive strain injury (RSI)
- Sports injuries
- Pregnancy pain and



posture issues  
■ Treatments for babies and children often using cranial osteopathy

Osteopaths identify abnormalities within the body structure and function, using only their hands. Osteopaths then facilitate the body's ability to heal itself through the treatments which includes various stretches, mobilisation of joints and manipulation techniques. Exercise advice is given to help reduce the symptoms and preventing the situation to reoccur.

Osteopaths also treat babies with sleeping problems or colic and children of all ages with pain or injuries or problems like bedwetting. Also pregnant women in pain benefit from osteopathy with reducing the pain, mobilising the pelvic muscles and getting help to prepare the body for giving birth.

Heidi also uses cranial osteopathy in her treatments.

Osteopathic treatment involves work with the muscles and tendons, and mobilising joints and the spine to reduce pain and create more flexibility.

The list is long of conditions that osteopaths treat and if you are not sure you can always call me and ask if your problem is something we treat.

**C/Marqués de Campo 60  
DENIA  
2nd Floor , Door 15,  
Doorbell 315  
Tel\WhatsApp:  
+ 34 625709515  
Facebook: Denia  
Osteopath Spain  
www.deniaosteopath.com  
heiditryland@yahoo.co.uk**

# Beauty treatment at the Sandos Monaco Beach Hotel & Spa

Sandos Monaco Beach Hotel & Spa, located in Benidorm, has created the 'Beauty' room intensifying its concept focused on wellness. A room type that stems from customer demand for treatments that our clients request when booking the hotel. Many of them are very curious about our treatment menu. However, we have discovered that customers have many doubts when booking our treatments from their homes and prefer to do so on arrival with the information provided by our team of therapists. That is why we have thought about providing a selection of the treatments by creating an essential program, specially designed with the aim of being radiant in 3 days.

The 'Beauty' room requires a minimum stay of three nights in a superior room based on 2 pax sharing. One of the customers automatically receives an extra benefit meaning that he/she can enjoy our special programme simply by staying in this room type. The other customer can add this special benefit for an extra charge.

The proposed programme is comprehensive with carefully

chosen details and is designed to obtain the best benefits of each treatment. That is why the proposed order is important. At the end of a 3-day program, our clients will feel pampered, relaxed and ready for any event.

We initiate the program with a body cleanse to eliminate dead cells and with a body nourishment or a body hydration (according to the needs of each person) as they will be able to choose between exfoliation and hydration or exfoliation and a body wrap. It is a 50min treatment that is performed after the Spa circuit and will provide a relaxation and a spectacular body comfort.

The second day proposal is aimed at facial care and beauty (75 minutes of treatments). More importantly, the Spa circuit is made prior to treatments, since a deep facial cleansing will leave your face fully prepared for the next day. In addition, while the face mask is applied we will give



you an express manicure to show off some beautiful hands.

Lastly, in order to feel radiant we will perform a session of facial rejuvenation Indiba after the Spa circuit. It will give your skin elasticity and brightness, making it appear alive, improved and with a beautiful glow.

It only takes 3 days to feel renewed, rested and well in the Sandos Spa.

**Spa Sandos**  
☎ 971 783 302  
www.sandos.com

## 3 DAYS BEAUTY PROGRAM

Enjoy this special offer only for our guests.  
Make your appointment at the Spa reception.



- DAY 1 Spa circuit + Body treatment ⌚ 2h ⌚ 50min
- DAY 2 Spa circuit + Treatment (Facial hygiene + express manicure) ⌚ 2h ⌚ 75min
- DAY 3 Facial Indiba ⌚ 50min



**149€**

Telephone and bookings:  
T. +34 971 783 302  
Sandos.com

Av. Periodista Emilio Romero, 11  
03503 Benidorm  
Alicante, España.

# What if?

What if there was a product that reduced the risk of dying from heart disease by more than 50%?

What if there was a product that played a vital role in the prevention and cure of diabetes, arthritis, osteoporosis, insomnia, obesity, stress and many other chronic conditions?

What if there was a product that made people leaner, lighter, shapelier, smarter, stronger, more flexible, agile, mobile, alert, energetic, confident, optimistic, and not to mention, more attractive!

What if there was a product that was associated with eating better, drinking less, smoking less, and was strongly associ-

ated with having more control over your life?

What if it was becoming better known every single year, that the value of that product, while important at every age, becomes even more important as men and women advance from their 30s, to their 40s, 50s, 60s, 70s, 80s and beyond?

What if top medical practitioners of the world went on record to say that NOT using that product was the equivalent of smoking a packet of cigarettes a day?

What if these claims for that



product didn't come from advertising agencies or sales firms, but rather from scientific journals, university laboratories and independent international research?

And if all this were true how much would you pay for the privilege of this product? Hundreds? Thousands? Millions? Or billions?

What if we could offer this product? For less than a sandwich and a cup of coffee a week? What crisis would it take for you to do something about it? Would you stop making excuses and deal with your life head on? Would you need to think about it anymore? Or are you prepared and step up to take action? That's up to you to decide. And when you do ... understand this: There is no magic pill. But there is common sense. Common sense in achieving your fitness and health goals requires: Professional advice, support and motivation, safe and reliable equipment and a commitment

to your success. It's everything that Club Fit gym offers.

So what if you joined Club Fit today? The benefits are endless. The choice is yours.

Call Tel. 865 664 888 for a free consultation and start your journey for a fitter, healthier life.

**Club Fit**  
Centro Comercial Monver,  
Calle Roma 3,  
03730 Jávea  
☎ 865 664 888  
www.club-fit.eu  
info@club-fit.eu

**GET IN  
SHAPE  
& BE HEALTHY**

Book your  
**FREE trial**

Tel. 865 664 888

**CLUB FIT** www.club-fit.eu



## The latest celebrity weight-loss trend – now on the Costa Blanca

### Join our 28 day 'Spring is in the air' Challenge

What if we promise that you will lose 1 stone in the first month and that by the end of May you could be 3 stone lighter?

Imagine what Summer 2019 could be like – slim, feeling healthy and fabulous.

Yes- Slim4Life can offer you this. The cost is less than conventional eating.

So you save money too!

Slim4Life would like to offer you a free – no obligation – consultation.

These are a few of our actual recent results for Slim4Life clients:

- Mr CS has lost 32 pounds in 6 weeks
- Mrs AL has lost 24 pounds in 6 weeks
- Mr BD has lost 16 pounds in 3 weeks

However, Slim4Life is not only about the easiest, healthiest, quickest way to lose weight and medically approved - with our personalised coaching our clients remain Slim4Life with our unique and

time tested maintenance programme.

As recently seen on ITV, a VLCD using meal replacements can and does cure Diabetes 2 – usually within a period of 6 to 8 weeks.

We often hear the comment “Oh but I don't do shakes”.... that was maybe relevant years ago... Our new – scientifically developed shakes are like smoothies. The protein bars are so delicious and filling that our clients all say “we absolutely love them and cannot believe these are weight loss products”.

The soups are always popular and the meals- like our Sweet and Sour Noodles or our Beef and Black Bean Pot – are not only nutritious, high protein, but delicious.

### Here is a success story from one of our clients:

“I have struggled with my weight all my life.

Eighteen months ago I decided 'that's enough'.

For me exercise appeared to be the answer, so I upped the



tham – founder of Slim4Life - and she advised me on the perfect plan to suit my lifestyle.

Going to Shirley, my consultant, kept me focused and motivated and within a few weeks I lost the one stone that I just had been unable to shift any other way.

For me, though, the fact that I have not put this weight back on – is indeed a miracle and I am so grateful to Slim4Life – the best decision I ever made.”

*Our Slim4Life private groups or small groups and venues all offer support and you will meet like-minded people on the same exciting life-changing journey.*

*Our testimonials and the transformations of local clients will be shown to you at your first free appointment.*

exercise classes but still did not see a dramatic weight loss – just increased hunger. I needed a weight loss plan that would keep my energy levels up as well as keeping my hunger at bay.

SLIM4LIFE Exantespain ..did just that . I saw Shirley La-

**We have consultants in the following areas:**  
Daya Neuva -El Raso – Entre Naranjas - Gran Alicante - La Marina –Los Montesinos- Quesada- Santa Pola – San Luis- Torre Vieja and surrounding areas -Villa martin  
www.exantespain.com

### DO YOU WANT TO LOSE WEIGHT BEFORE SUMMER 2019? More importantly do you want to be Slim4Life?

Weight loss problems can be solved long term by combining diet and Weight Loss Coaching.

- Fast, effective & safe weight loss
- Vast range of Exante products
- Voted the UK's number 1 diet product on TV
- 200 Calories per meal.
- Local support group to keep you motivated
- You don't have to do this alone

At Slim4Life we use a unique programme - ensuring excellent results. In addition to incredible transformations & changing lives, this is a highly cost effective programme. Medically approved. Personal or group appointments.

If you have tried every diet - We will help you make this your last.

Call: 675 619 568 or email: slim4life.es@gmail.com  
www.exantespain.com

**WEIGHT LOSS COACHING**

**Slim4Life.es**

# New obesity unit in Valencia private healthcare is now open

Quirónsalud Valencia opens the first adolescent obesity unit in Valencia private healthcare

*Medical Advice from Quirón Salud*

Hospital Quirónsalud Valencia has opened the first Adolescent Obesity Unit in Valencia Private Healthcare. The Unit, made up of a multidisciplinary team, includes prestigious physicians specialised in childhood and teenage obesity, and brings together experts in nutrition, psychology, endocrinology, sports sciences and bariatric and metabolic surgery, in order to provide an effective response to the challenge of all degrees of obesity in childhood and adolescence, as well as solve all the severe diseases associated to excess weight, and improve the quality of life of teenage patients.

Currently, two out of every ten teenagers are obese, but the most worrying factor is its increase, as Doctor Carlos Sala, bariatric surgeon and Head of the Obesity Unit at Quirónsalud Valencia, tells us, "the number of obese adolescents has doubled since the Eighties, and with it, the number of associated diseases these teenagers present." As the specialist states, obese teenagers pres-

ent a cardiovascular mortality risk between three and five times greater than the mean when they reach the age of fifty. Additionally, in type-2 diabetes in obese teenagers, the pancreas' beta cells are con-

► The incidence of obesity in teenagers has doubled since the 1980s in Spain, and now affects two out of every ten youths.

sumed four times faster than in adults, which causes lesions in the kidneys, the retina and peripheral nerves to occur earlier, around five years after the onset of the disease. It is important to mention that one

third of obese adolescents suffer from sleep apnoea, and are at a greater risk for colon, breast, ovary and other cancers as young adults.

## How to treat the Obese Adolescent

Thanks to the multidisciplinary team that makes up this new unit, obese teenagers are treated by nutritionists, psychologists, and sports medicine specialists, with the goal of refocusing the teens on new, healthy habits in their daily nutrition and physical activity. After a period of six to twelve months, the team evaluates the patient's response regarding weight loss and remission of associated diseases, and indicates surgical treatment in unsatisfactory cases.

As Doctor Carlos Sala explains, "teenagers who, after this period has passed, have not

managed to achieve an optimal weight loss, should resort to surgery. The American Society for Bariatric and Metabolic Surgery recommends performing surgery on obese adolescent patients with a body mass index above 35, or who are around 120% above the 95th percentile, and also suffer from comorbidities, such as type-2 diabetes, fatty liver disease, sleep apnoea, hypertension, etc."

► Minimally invasive bariatric surgery can achieve long-term weight loss in the teenage patient, as well as the nearly complete resolution of diseases as severe as hypertension and diabetes.

The most indicated surgical technique in these cases is the laparoscopic vertical gastrectomy. "Thanks to this minimally invasive technique," indicates the specialist, "we achieve a greater weight loss than with other techniques, but with lower risk and a better uptake of iron, calcium and other nutrients necessary for the adolescent growth stage. The patient is discharged after forty-eight hours, with no pain, and can re-join his or her academic activities ten days after the intervention, hardly disrupting the school term."

Among the many benefits of this surgery, we can include the long-term maintenance of the weight loss, and a nearly complete resolution of the severe diseases associated to adolescent obesity, such as hypertension and diabetes. "Compared to adults," concludes Doctor Sala, "bariatric surgery in teenagers achieves a greater weight loss, which lasts longer, with less complications, and with a higher rate of resolution of associated illnesses; in other words, a better metabolic response."

## Come and discover a truly unique place

Take a break in our 19th century farmhouse in the heart of the Sierra de Mariola Natural Park. Now beautifully restored and converted into a boutique hotel, it's a space within which you'll find a novel concept of well-being. A place to recharge batteries and connect with nature. We offer an array of weekend packages and activities, suited to those visiting alone or with company.

Likewise, our multi-day programmes are designed to improve your health and to provide the tools required to improve lifestyle, and to live a little better in this ever-demanding world in which we live.

Sonia, the creator of MasQi, wishes to share in this space

the learning that has led her to live more fully, with inner peace. You will learn from her first-hand the disciplines that have helped her to overcome stress and eliminate health problems. An opportunity to connect with a healthier lifestyle that will help you become the person that you want to be. Come along to MasQi and let yourself be well cared for.

### Come to MasQi to practice yoga and mediation

Yoga is the great discipline on which wellbeing revolves. Whether the guest is experienced or not, MasQi proposes that we perform a daily practice in order to find balance and tranquility from the beginning.

Meditation also plays an important role, as it helps to keep stress levels under control.

Both yoga and meditation sessions take place in our dome, a space surrounded by forest, where sunlight and the sound of birdsong flood in through the windows.

### Discover our healthy cuisine

In our Restaurant we offer a balanced diet based on organic products, with meals made from fresh ingredients. We have a wide range of vegetarian options and dishes adapted to food intolerances.

Here you will enjoy dishes prepared using 100% ECOLOGICAL ingredients, WHOLE-WHEAT cereals and flours and fresh SEASONAL fruit and vegetables. The menus are VEGAN and occasionally you'll find WILD FISH.

### Enjoy our treatments, therapies and massages

We offer sessions that fuse ancestral techniques such as traditional Chinese medicine and Ayurveda with novel techniques such as kinesiology. We also work with naturopathy

and energy therapies, and provide body and facial treatments, massages of different intensities and effects. Our clear aim is to improve your overall state, physically, emotionally and mentally.

MasQi is a place to retreat and restore for a short break, up to 21 days (and beyond), whether one is looking for a place to try yoga for the first time or for a deep healing journey for both body and mind. A range of weekend packages and activities, suited to individuals, couples or groups are



available. Multi-day programmes have been designed to improve health and provide the tools required to improve everyday lifestyle.

[www.masqi.es](http://www.masqi.es)



# Enjoy at Sensory Esthetic Experience in Jávea



YOUR BEAUTY CENTER WHERE  
WE WILL AWAKEN YOUR SENSES

**SENSORY**  
ESTHETIC EXPERIENCE

C/TONI LLIDO Nº4 PUERTO DE JAVEA



686 526 423

Welcome to Sensory Esthetic Experience, a centre dedicated to beauty and wellness, located in the heart of Jávea's port, only a few metres away from the sea.

In Sensory, we always want to show you that you are a valued customer and we ensure you get that feeling at every visit.

The team at Sensory are passionate about beauty and well-being, and with that in mind we have a wide range of treatments to look after yourself inside and out.

At Sensory, we have the latest on beauty equipment enabling us to offer you tailor made beauty treatments.

Our vision and exclusive services have made us a reference centre in Jávea, proof of that is our loyal client base.

On your own or as a couple enjoy a multisensory experience through our treatments, with an exclusive and personalised atten-

tion that will seduce all your senses.

Some of the treatments you can book are facials, body treatments, massages, manicures, spa pedicures, hair removal,

make-up, micropigmentation, etc all of the treatments are carried out with high end cosmetics.

We love to pamper our clients.



**SENSORY ESTHETIC  
EXPERIENCE,  
C/ Toni Llidó, 4  
Puerto de Jávea  
☎ 686 526 423**

# iLanga Wellness and Health Centre in Calpe

iLanga, Wellness and Health Centre in Calpe opened its doors to the public in November 2017, offering a variety of alternative therapies, such as Thai Yoga Massage, Biomagnetism, Ayurvedic Massage, Reflexology, Life Coaching, Hypnotherapy and more.

iLanga also proposes Hatha Yoga, Yin Yoga, Vinyasa Flow Yoga, Pilates, Qigong and Beach Yoga on a daily basis, as well as meditation and solutions for your body, mind and soul.

"Mind, body, and soul are like a musical ensemble. Each

must be finely tuned, well nourished, diligently practiced, and lovingly maintained to reach their full potential..."

Yoga and pilates students are able to enjoy their favourite classes in a cosy and friendly environment without external distractions.

There are a wide variety of payment options, per month, per class or class passes, finding a solution for each budget and need.

Saturdays and weekends are reserved for a variety of activities such as wellness days,

talks, demonstrations, workshops such as Acroyoga and Mindfulness courses.

You can find iLanga at Edificio Gran Sol, Carrer Llevant, Playa de la Fossa, Calpe.

More information, schedules and price lists are on their website [www.ilangacalpe.com](http://www.ilangacalpe.com)

## About iLanga

iLanga started 7 years ago on the Island of Mauritius, where Patricia Piper, the owner of the Centre, started organizing Yoga Retreats and holidays, combining Yoga and Life coaching to help people improve their lives.

A few years later, she opened the first iLanga Yoga Studio in Durban, South Africa, where the name iLanga was actually born. iLanga means the Sun in Zulu, a perfect word for the main purpose of the Centre, which is to bring light into people's lives, whether it is physically, mentally or spiritually.

Patricia saw the need for a centre like this on the Costa Blanca, and decided to open in Calpe. She decided to get all her professional alternative health colleagues together in order to offer the widest variety to suit everyone's needs.

Between all of them they can attend you in English, Spanish, Rumanian, French, Dutch, German, Italian and Russian.

**iLanga**  
☎ +34 678 024 708  
[www.ilangacalpe.com](http://www.ilangacalpe.com)  
[info@ilangacalpe.com](mailto:info@ilangacalpe.com)  
[ilangacalpe@gmail.com](mailto:ilangacalpe@gmail.com)



## WELLNESS AND HEALTH CENTRE IN CALPE

SOLUTIONS FOR  
YOUR BODY,  
MIND AND SOUL

Yoga, Pilates, Qigong,  
Biomagnetism,  
Massages,  
Life coaching,  
Hypnosis and more...



**ilanga**

IT IS TIME TO BE  
HAPPY,  
START TODAY!

Try 3 classes for free  
with this voucher

\*new clients only

Carrer Llevant, Playa de la Fossa,  
Calpe - Tel. 678024708  
[www.ilangacalpe.com](http://www.ilangacalpe.com)

