



If you are worried by any aspect
of cancer please call our
Freephone Helpline

0800 783 3339

Monday to Friday 9am - 1pm

Calls are free from a landline

helpline@cancerfocusni.org

Cancer Focus Northern Ireland

40-44 Eglantine Avenue

Belfast BT9 6DX

T: 028 9066 3281

E: care@cancerfocusni.org

www.cancerfocusni.org



Charity No: NIC 101307

Visit us on Facebook, Twitter
or the HealthUnlocked forum
www.healthunlocked.com/cancerfocusni



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**Focus on
Beauty for Life**

We know that looking the best you can is an important part of feeling better, but managing daily life as well as cancer treatment can make it difficult to find the time.

Our Beauty for Life service offers time out in a private environment where everyone understands the issues of living with cancer. It can merely offer relaxation at a very stressful time or help you learn how to lessen the cosmetic side effects of treatment.

Even if you don't normally use cosmetics, you will learn how a few skillfully applied products can help to re-establish the 'normal you'. It also provides time for relaxation which can lead to a greater sense of well-being.

Feeling good within yourself is important. It helps you deal more easily with moments of despair. It also helps boost your confidence and gives you more energy to face your cancer and your treatment.

Beauty for life is available to anyone who has been affected by cancer.

We provide Beauty for Life in a number of ways

You can choose which suits you best.

One to one sessions. 1 hour

You can book an appointment with our beauty therapist. You will be invited for a personal session to our beauty room where you can choose two of the following treatments:

- 30 min facial
- Make up application
- Mini manicure

Treatments can also be adapted to suit your own needs.

How Beauty for Life has helped others:

"I left with the knowledge of how to apply make-up and look good even on a bad day"

"It helped remove the feeling of constantly coping with ill health"



Group Workshops. Approx 1 & ½ hours

We hold group workshops or demonstrations in venues throughout NI. You will be shown how to look after your skin and apply your make up within a group. You will also have the opportunity to have a go yourself and apply your own cosmetics. This can be great fun and a lovely way to meet people.

Bedside Work at Belfast Trust

A member of our beauty team can offer one to one choice of facial, make up application or a mini manicure at the bedside so that patients staying in the hospital to have their cancer treatment can also benefit from the service.

Nail Bar - Belfast Trust / Southern Trust

We have a nail bar in the Bridgewater Suite (Belfast City Hospital) and in the Mandeville Unit (Craigavon Area Hospital) where patients/carers can receive complimentary mini manicures whilst waiting on appointments/treatments.

The Beauty for Life Service is provided by our experienced Beauty Therapist and is available at Cancer Focus Northern Ireland and in venues across the province on request.

If you would like further details about Beauty for Life services, or if you wish to make an appointment please contact us on 028 9066 3281 or email us at care@cancerfocusni.org

This is a unique service that is run in partnership with Clarins Northern Ireland.

CLARINS

All Cancer Focus LivingWell services are provided free of charge.