

# NEW YEAR'S RESOLUTIONS *checklist* ✓

New Year means it's time to make better choices – whether those include getting healthier, being more organised or trying something new. Here are some ideas for you...



## Long hair that is heaven to live with – not hell to look after!

4 YOUR LONG HAIR is formulated to help repair and maintain shoulder length to long hair without sulphates, silicones or parabens.

All products are salon quality and concentrated so they last longer. This unique concept and product is developed with the help of the UK's top authority on long hair – at Long Hair in London.

Included in the twin pack is a deep treatment with a unique heat wrap to let the treatment to sink in, helping to prevent split ends and maintain moisture. Choose the normal to dry or fine and oily pack as the starter. Bottles are made from sugarcane oil not petrochemical, so are ethically made. The products are vegetarian friendly too.

Get 20% off using the code **CHECKLIST20** on the website [4yourlonghair.com](http://4yourlonghair.com) until the end of January.

4  
Your  
LONG  
HAIR

## Healthy New Year – your 360-degree body and mind restoration resolution

LOCATED IN ZURICH SWITZERLAND, The Kusunacht Practice's post-Covid Health and Immunity Booster programme is designed to help restore good health and fight virus reinfection.

They are a global leader in reinventing the concept of care. The team of renowned experts have launched a ground-breaking initiative which strengthens lungs and improves breathing using revolutionary techniques.

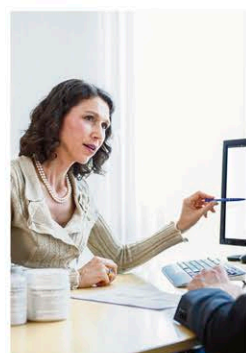
The comprehensive Biomolecular Restoration (Bio-R®) Programme helps to restore health and energy on a cellular level.

A tailored micronutrient supplement and infusions, based on in-depth laboratory testings, supports a healthy immune system, general health and vitality, while lowering stress.

The residential programme is masterminded by the clinic's Bio-R® team and contains a holistic and completely personalised diet, lifestyle and breakthrough health treatments which reduce vulnerability of catching viruses. Furthermore, Bio-R® allows successful and sustainable weight management.

Physical strengthening, through personal training and cardio, coupled with complementary therapies like yoga, body balancing, reflexology, acupuncture, massage and mindfulness are also employed as part of the 360-degree body and mind restoration.

More information can be found at [kusunachtpractice.com/2021](http://kusunachtpractice.com/2021)



The Kusunacht Practice

## Win a three-month supply of Oralieve products Worth £75!

Discover Oralieve, a complete oral care range designed specifically for dry mouth. From toothpaste and mouth rinse to dry mouth relief gel and spray, Oralieve provides effective and long-lasting relief from dry mouth.

Enter here

[hurstmediacompany.co.uk/win/oralieve](http://hurstmediacompany.co.uk/win/oralieve)



## The hottest aesthetics trends for 2021

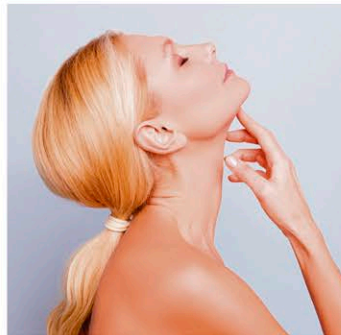


VIE AESTHETICS

WHETHER YOU WISH to get back in shape, look fresher faced or even grow new hair, the medical team at Vie Aesthetics has you covered. At its clinics in London Harley Street and in Essex, Vie Aesthetics offer the latest innovations and most advanced cosmetic solutions.

When Dr Liakas, the award-winning Harley Street Doctor, was asked about the latest 'tweakments' for 2021, these were his top three all-time favourites with his celebrity clients and aesthetics connoisseurs.

- **Morpheus8 Skin Remodelling:** Very popular with A-listers like Kim Kardashian and Amanda Holden. This uses a combination of micro-needling and radio frequency to tighten, lift and rejuvenate face, neck and body. This is the hottest trend for 2021.
- **BodyTite, FaceTite and AccuTite:** Non-surgical alternatives to facelifts, liposuction and blepharoplasty. Eliminating fat, tightening the skin and lifting the tissue, these procedures are suitable for under-eye bags, face lifting and body contouring.
- **VieStem Hair Regenera Activa:** A non-surgical alternative to the traditional hair transplant, using micrografting technology to harvest, process and inject the patient's own fat tissue and progenitor cells to reduce hair loss and grow new hair.



To begin your personal transformation journey visit [vie-aesthetics.com](http://vie-aesthetics.com) or call 020 7164 6140.

## Christie's Education – start the year with art

KICK-OFF 2021 with something new this January by enrolling onto a Christie's Education online course and immerse yourself in the world of art wherever you are.

Choose from a catalogue of courses which includes: History of Jewellery Design: 1880 to Now; Art Law; Art Market Economics; Inside the Global Contemporary Art World; and Watches, Modern Art and The Great Masters of European Art 1350–1850.

Christie's Education provides you with the skills you need for your future career in the art world.

CHRISTIE'S  
EDUCATION



Enjoy a 20% discount off the course price using code **JANUARY20**.

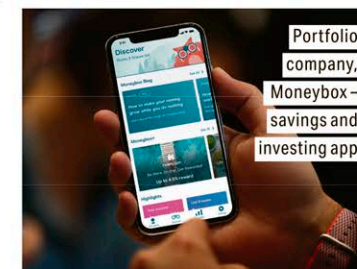
Visit [christies.edu/online](http://christies.edu/online) to find out more.

## Investing in the growth of UK startups – download your free EIS guide

AS WE ENTER A NEW YEAR and approach tax year end, it is time to think about diversifying your investment portfolio and seeking alternative ways to achieve tax relief. For over 20 years, Oxford Capital has offered private investors access to some of the most impactful tech-enabled companies in sectors, which the UK is considered a world leader. The Oxford Capital Growth EIS offers investors the opportunity to invest in a portfolio of shares in early stage tech-enabled companies that have the potential to grow rapidly in sectors such as fintech, AI and machine learning. The investments they make qualify for the government-backed Enterprise Investment Scheme which can generate significant tax advantages.



Portfolio company,  
Bower  
Collective –  
sustainable  
subscription  
brand



Portfolio company,  
Moneybox –  
savings and  
investing app

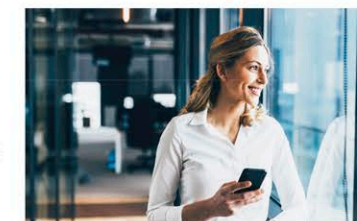
OXFORD CAPITAL

For a 50% discount on your initial fee quote **CHECKLIST21**, visit [oxcp.com/growth-eis/checklist21](http://oxcp.com/growth-eis/checklist21) for more information.

Capital at risk, unquoted companies are a high risk investment.

## High value, international divorce resolution

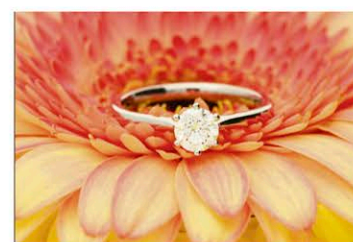
OSBORNES LAW is a boutique private client law firm advising clients across London, the UK and internationally. The firm specialises in divorce and regularly represents clients with high value assets across multiple jurisdictions. The highly regarded divorce team, one of the largest in London, is known for assisting their clients achieve the best outcome with regards to children arrangements, finances and other assets.



The divorce and family department are recognised as a leading London practice and are featured in The Times Best Law Firm Guide. Clients comment that the lawyers are 'tenacious, demonstrate good judgement and are tactically aware' and 'are a high-powered team, dealing with cases of significant value'. Head of divorce, Mark Freedman is a divorce lawyer with over 25 years of experience. He specialises in high value, international divorce resolution.

Osbornes | Law<sup>o</sup>

To discuss your case, contact partner, Mark Freedman on [mark.freedman@osborneslaw.com](mailto:mark.freedman@osborneslaw.com) or 0203 944 5328.



## Let your love grow – exceed expectations for 2021

DO YOU HAVE the excitement of a betrothal looming? Or maybe you need an exceptional gift for a loved one. Hatton Garden Jeweller can surpass your expectations with their personalised engagement ring and jewellery commission service. Master jeweller Vincent Loveland

has 40 years of experience in jewellery manufacturing, specialising in a bespoke service, while guiding you through a seamless process. Your next commission could not be in a safer craftsman's hands at Hatton Gardens' finest handmade jewellery design studio and workshop.

HATTON GARDEN  
JEWELLER

To a book consultation please visit the website [hattongardenjeweller.com](http://hattongardenjeweller.com) or call 020 7430 2020.



## A luxurious 2021 spa-cation

TREAT YOURSELF to the ultimate getaway this year at the 1000-acre Carden Park Resort, featuring an award-winning destination spa, golf courses, delicious food, vineyard and on-site activities.

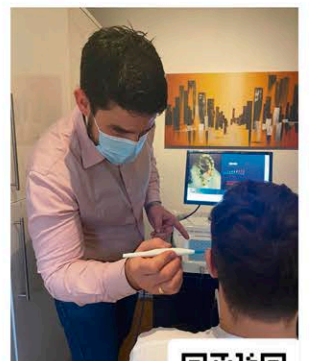
Find out more at [cardenpark.co.uk](http://cardenpark.co.uk)



## Kick your smoking habit for good

EKCL TREATMENTS is here to give you a better chance of giving up your smoking addiction with the help of advanced electro therapy treatment. With these treatments, you could stop in just one session. An impressive 93% of clients who tried this treatment did stop, so why not you? Because EKCL TREATMENTS is so sure of it, they give a six-month warranty with a money-back guarantee if you are still a smoker (T&C apply). Call today for more information, the team will be pleased to assist you. Remember to use the code EKCL50% to gain access to a 50% discount.

Find out more by calling 020 3952 5788 or 07413 414111.



## Feeling overwhelmed? You don't have to be!

BUT IT MEANS SUPPORTING your poor adrenal glands, which for many of us, have been through tough times. Insomnia, anxiety, afternoon slumps, cravings, weight around the middle, or brain fog can be signs of adrenal fatigue.

This is when the stress hormone (also known as cortisol) has been too high for too long and your body has no fuel left in the tank. So you could either be 'wired and tired' or utterly exhausted.

With a collective 40 years of experience of the mind and body, Inspire-Rewire empowers you through their bundle via:

1. Information and education
2. Cortisol testing (status check)
3. Kits and advice unique to you.



inspire  
rewire

Quote **CHECKLIST** for 20% off at [inspire-rewire.com](http://inspire-rewire.com) /adrenal-fatigue-bundle