



Channel Nine's Married At First Sight experts, Trisha Stratford, John Aiken and Mel Schilling.

PHOTO: CHANNEL NINE

**additional key words?**

Successful couples make time or prioritise each other whereby they constantly engage in little rituals that connect them (e.g. morning coffee, go to bed at the same time, eat dinner together, regular date nights, morning walk, debrief at the end of the day etc). It's the little things that count.

**As a fellow relationship therapist, we have the sacred honour of listening to some often heart-wrenching and confronting stories. How do you unwind and separate work from your personal life?**

I've never found this difficult. My approach has always been to give couples practical interventions to improve their relationships. Some will do this and overhaul their situation, while others will break up. As long as I focus on giving them the right tools, then it's over to them. This keeps me on a very even keel, and allows me to close my office door at night and leave it all behind.

**As a key influencer, who have been your mentors or people you admire?**

For me, I've always been inspired by people who lead from the front, take risks and don't mind breaking new ground. Someone who has an opinion, is passionate and motivated, and at times can be polarising. For instance, I love Gordon Ramsay. He could've remained a chef working out the back of a restaurant, but instead he decided to stick his head up above the radar.

He's taken some huge gambles, he seeks

out pressure, he's authentic and he loves what he does.

**I've just contributed to a series of articles in the theme of New Year, New You. What are your goals for this year?**

In 2018 I want to really enjoy the ride of MAFS. Series 4 was an amazing show, but I wasn't quite prepared for how massive it was going to be. As a result, I don't think I truly appreciated the filming and the promotion of the series. This year, I'm going to really

embrace Series 5 and enjoy everything that comes with it, and remind myself that this is an opportunity that doesn't come along every day – so jump in.

**In the lead up to Valentine's Day and in a few words, what is your favourite romantic:**

**Destination:** Queenstown, NZ

**Food:** Steak and glass of shiraz

**Gesture:** Shopping with my wife

**Date idea:** Restaurant without the kids

If Valentine's Day is something you celebrate – may it be filled with the commitment to "do little things often in 2018".

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# FACING ACNE

## WHAT IS ACNE?

To put it simply, pimples appear when the oil glands (pores) in the skin get blocked, which can be due to a range of things.

Hormones make the oil glands produce more oil, and if a pore becomes blocked, the oil builds up and causes irritation in the skin. Then bacteria multiplies quickly within the blocked pores, which in turn causes swelling, redness, swelling and sensitivity, and eventually causing scarring.

Suffering from Acne does not mean you are alone. Acne is the most common of skin diseases in Australia which affects 85% of Australians aged 15-24 years old.

There are a number of lifestyle factors that can affect acne Include diet, exercise, stress and your weight. In women, pregnancy can aggravate as well as conditions like polycystic ovarian syndrome. Therefore treatment options will vary depending on an individuals needs.

## WHAT CAN WE DO ABOUT ACNE?

Here at the Australian Wellness & Cosmetic institute we tailor a treatment plan according to your individual symptoms and needs.

We have the unique advantage of working side by side with our doctors and dermal technicians ensuing we cover all aspects regarding the type of Acne you are suffering from.

**Treatments and options available to treat Acne and Acne scarring:**

1. Medical Grade Skin Care
2. LED Blue and Red Light Therapy
3. Microdermabrasion
4. Medical Grade Peels
5. CO2 Fractional Laser
6. Dermastamp Micro Needling
7. Hormonal Assessments
8. Vitamin and Mineral Supplements
9. Prescription Topical Creams and Systemic Medication



To find out what we can do for your Acne or Acne Scarring, contact us on **5438 8828** and book your complimentary skin assessment.

