

editorial



by Pier Albrecht

Here is the fourth issue of our Transform magazine, and we hope you will enjoy it as much as the previous ones. We know Transform magazine is different, because you all confirm you read it from cover to cover, with just as much enthusiasm, and we have to provide additional copies at our distribution points. We are delighted when readers tell us they have learnt something new, they have been reassured and they can tell that the information supplied is genuine.

Transform magazine provides answers to questions often or sometimes never asked about beauty, health and happiness. The kind of questions that professionals secretly share amongst themselves, simply because the answers are not always commercial. It gives you a better understanding of the overwhelming quantity of information that is delivered by advertising or TV programmes intended to impress, whose message is invariably that they have found something new to make us dream of.

Regarding beauty, whatever the products, the technologies and the surgical techniques we consider, the basic methods we are familiar with for rejuvenating the skin are: polishing and peeling, moisturizing, nourishing, filling, freezing the muscles of the face and tightening the skin.

We have described some of the filling and lifting techniques in previous issues. In these pages you will find full information about Botox, the pros and the cons, together with a personal vision of surgery for improving your "look", which is such an important element of the face and a direct instrument of communication with others.

You will also discover a critical review of another fancy way of eating 5 times a day, and that any diet should be associated with an abdominal training programme. We also thought it would be of interest to point out that Endermology is completely compatible with pregnancy.

After you have discovered that light design can also be an art form, and joined us for a trip to Namibia, your spirit will be opened for a few pages towards harmony and happiness. It is interesting to know how earlier civilizations contemplated those realities that have not changed so very much.

Finally, I would like to thank all the doctors, specialists and collaborators, who, like myself, have dedicated the little spare time they have available to the preparation of this magazine.