

Emma Berridge BA (Hons); PGCE; Dip.NNT; MNNA; CNHC



Advanced Skin Nutrition Programme

Having been on a journey myself in pursuit of the answers to 'what creates vibrant health and wellbeing?' I have positively changed my health, lifestyle and outlook and am a firm believer that sound nutrition is the foundation for optimum health. This quest has driven me to train in various disciplines in order to understand what makes us healthy – physically, emotionally and psychologically.

My own experience with skin cancer has fuelled my passion and specialist interest in nutrition for 'skin health'. As a qualified nutritional therapist and trained Environ skin care professional, I use a multi-level approach to provide an advanced skin nutrition programme that combines science and nature to target beauty – both inside and out.

Education is an important aspect of the consultation and I'm passionate about sharing the knowledge I've gained on my journey. This includes insights from expert Harley Street skin specialists coupled with nutrition advice that helps slow down and reverse the signs of ageing from the inside-out.

I've experienced first-hand the benefits of using Environ products and advocate their brands based on their sound, scientific basis and the simple fact that they achieve incredible, proven results!

Environ don't believe in quick fixes, and their products work with the physiology of the skin to achieve maximum long term benefits.



(Advertising Feature)



Advanced Skin Nutrition Programme

Beautiful Skin for a Lifetime

Skin Care Professional and Nutritional Therapist **Emma Berridge** is pleased to be introducing Environ, an innovative skincare range based on modern scientific research and proven results!

Reverse the signs of ageing and improve the appearance of:

- ◆ Uneven skin tone / Pigmentation
- ◆ Problematic skin conditions
- ◆ Fine lines & wrinkles
- ◆ Scarring
- ◆ Loss of elasticity
- ◆ Sun damage
- ◆ Age spots

For a complimentary skin analysis & nutrition consultation, call 07583 035406 or visit Emma at Woburn Osteopaths

