

# NEW YEAR'S RESOLUTIONS

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...

## Buy or sell unwanted gift cards and make your money go further

### HAVE CHRISTMAS INDULGENCES

left your waist wider but your bank account slimmer? If so, you may be having a dry January, going out less or forgoing your manicures.

But there is a smarter way to stretch your money – all year round.

**Use a gift card exchange. Like Cardyard.**

We are the only UK-based exchange, offering a personal, swift and courteous service, with the highest security standards. Here's how we help:

### We buy unwanted gift cards

Have you received a gift card or voucher as a bonus or present? Will you use it before it expires? If you haven't spent it within two weeks, chances are you won't. Shockingly, 6% of UK cards aren't used – either because they're not a desired brand or the recipient forgot. That's a whopping £300m of lost cash every year.

So sell us your card. Although you'll get a little less than its face value, that's better than nothing – and you'll gain cash to pay off your festive bills.

### We sell discounted gift cards

Cardyard sells cards for up to 20% less than their face value. That's a £50 gift card for just £40!

We sell cards for all your favourite fashion, music and gaming retailers, DIY stores and supermarkets, restaurant and cinema chains.

Think how much you'd save using Cardyard to spend all year-round: Clarks 20%, iTunes 10%, John Lewis 5%, Amazon 3% – it soon adds up.

So click Cardyard. It's the smartest resolution you'll make this year.

**cardyard.co.uk | 01392 580988**



## Develop your creativity at a real art school



### DEVELOP YOUR CREATIVITY

at this real art school offering Foundation, BA, MA and short courses in Fine Art, Historic Carving and Conservation. Engage directly with creative thinking, materials, techniques, art histories and professional practice. Contemporary art is juxtaposed with specialist skills, cutting edge next to traditional. The school offers bright, spacious studios and generous tutor time. All tutors are practising artists or professionals. There's also a range of grants and scholarships available to ensure you can fulfil your ambitions whatever your background. 100% overall satisfaction from students NSS 2018. **cityandguildsartschool.ac.uk 0207 091 1683**

City&Guilds of London Art School

## Stock up on the sunshine vitamin

**PUBLIC HEALTH ENGLAND** recommend that all adults in the UK take a Vitamin D supplement of at least 400iu throughout autumn and winter. Link Nutrition's Food Based™ Vitamin D is free from fillers, binders and excipients so you can feel safe knowing it only contains what's needed. It is complete with naturally occurring cofactors that can help your body to absorb and utilise vitamins more effectively. Get a FREE one-month supply of Vitamin D3 with any purchase before 16 January 2019. **linknutrition.com**



## Stick to your resolutions with DNA testing

**THE NEW YEAR** is a fresh start, a time when we might look at areas of our life to improve – whether it's getting fitter, eating healthier, or having clearer skin. It's challenging to achieve these goals, let alone set up a plan to work towards them. But what if you could unlock the secrets to your perfect diet and ideal body? Just ask your DNA.

By knowing more about your DNA, you can make choices to improve your overall health and well-being.

Evergreen Life DNA tests help you understand how your genes influence four key areas: diet, fitness, metabolism, and skin. Find out your likelihood of vitamin deficiencies, how you break down carbs; whether you're suited to cardio; how your skin ages; and

many more insights – with tailored advice on what steps you can take to get the best out of your genetics.

And it couldn't be easier! Just a simple cotton swab on the inside of your cheek can reveal your genetic insights, with results available in the Evergreen Life app.

Discover the inner you and find out how best to smash your goals in 2019.

To get a special 40% off offer until the end of January, visit our website.

**evergreen-life.co.uk/timesdna**



## The ultimate implant experience

**ELLEVEN ARE THE** proud winners of the Best Practice London 2018, Private Dentistry Awards, and have an award-winning multidisciplinary team under one roof. This includes specialist periodontists, all of whom are members of the International Team for Implantology (ITI).

Dr. Sameer Patel and the Elleven team take a holistic approach when it comes to treatment planning for all patients. The treatments Elleven offer are minimally invasive, helping patients to achieve not only an amazing aesthetic result, but all-round dental wellness too – something Elleven feel very passionately about.

Throughout January 2019, Elleven are offering a half-price implant consultation appointment (\*priced at £95 instead of £190, including a complimentary CT scan for any patients who



decide to go ahead with treatment).

Implants allow people to eat all the things they enjoy and eat at the right pace. This allows good digestion and aids nutrition. Elleven love to work with patients who not only want to achieve aesthetics and function but want to feel the best



they can towards their dental health and well-being.

If you have ever thought about implants don't hesitate to call us on

**ellevendental.com**

**0207 487 2711**

\*redeem the offer by quoting **TIMES**



## Resolve your marital and family disputes

**LLOYD PLATT & CO** is one of the country's leading matrimonial practices, offering a range of services for divorce and family issues.

The firm specialises in prenups, postnups, pet-nups, divorce, cohabitation and high-net-worth financial settlements. It has been involved in many groundbreaking divorce cases, which have become legal precedents. The solicitors have also worked with the Blue Cross For Pets animal charity to create the world's first pet-nuptial agreement. This sets out how pets can be dealt with in the break-up of a relationship.

### Where did it all start?

Born and educated in London, Vanessa Lloyd Platt graduated from University College London with an LLB (Hons) in Law. She then completed her training in the legal profession,

Lloyd Platt & Co. is regulated by the Solicitors Regulation Authority (S20578)



within a media-orientated practice in London. Opening her specialist matrimonial practice, Lloyd Platt & Co, back in 1992, Vanessa's firm quickly became involved in several leading divorce and cohabitation cases.

Vanessa regularly appears on TV as the resident lawyer on This Morning and as an expert contributor on Good Morning Britain.

**divorcesolicitors.com 020 8343 2998**

**Lloyd Platt & Co.**  
Family and divorce solicitors

## I lost nine stone!

**AS OBESITY CONTINUES** to grow in the UK so do the comorbidities that come with it, such as type 2 diabetes. This is a common problem for people who have battled with their weight – a problem which can seriously affect the quality of day-to-day life.

The excess blood sugar in diabetes can damage blood vessels all over the body and cause complications. It can severely damage the eyes, kidneys, nerves, and other body parts, and double the risk of heart attack and stroke.

At the National Obesity Surgery Centre (NOSC), we offer surgical and non-surgical procedures to suit different criteria for each patient. These include gastric balloon, sleeve gastrectomy, gastric bypass, adjustable lap band, gastric plication and revisional surgery.

Between 2011-12 and 2014-15, the number of bariatric operations performed on the NHS

fell by 31% – from around 9,000 to 6,000. Fewer than 1% of those who might have stood to benefit from a bariatric procedure received treatment – a quite staggering statistic. The NOSC ensures that each patient gets the correct procedure and aftercare program to suit their individual needs.

New guidelines state that bariatric surgery should be recommended to patients as a treatment for type 2 diabetes if they have a BMI over 40 regardless of how well the diabetes is controlled, or a BMI of 35-40 with poorly-controlled diabetes alongside medication. Guidelines for a non-surgical procedure require a BMI of 27 and above.

Lee (pictured right) lost an amazing nine stone with the help of a gastric sleeve. He created a testimonial on our website where he outlines the positive impacts his weight loss has had on his life.

We also offer full aftercare and support to help re-educate patients about their relationship with food and the correct foods to consume after they have undergone the procedure.



**obesitysurgerycentre.com 0345 618 7276**



**National Obesity Surgery Centre**  
The UK's only dedicated weightloss surgery provider  
*The patient's choice*

## Do one thing this January to save cash on energy bills

**WE KNOW - NEW YEAR'S** resolutions are such a pain. But imagine if you could do one thing and that saves you £250 every single year forever? Sign up to Look After My Bills and you can do exactly that! This free service switches gas and electricity for its customers every year so they always get the best deal – and what's more, they don't have to lift a finger. Join our 100,000 happy customers now and start saving today. How about that for a great start to the New Year?

**lookaftermybills.com 020 3950 1166**



## The gold-standard for natural skin care

**DISCOVER THE POWER OF** natural skin care with this sumptuous, gold-enriched luxurious gel, containing 24-karat gold particles alongside silk proteins.

Ions contained in the gold can stimulate skin blood-flow, and the synergy of the components are believed to promote cell metabolism, and production of collagen and elastin.

The presence of biopeptides helps to counteract signs of ageing by stimulating the skin production of hyaluronic acid, a chemical responsible for deep hydration and the skins' natural collagen.

Using this gel can lead to radiant and luminous skin, looking and feeling firmer and dewy.

**THE ELEMENTARY Beauty COMPANY**

**Look After My Bills**

**WIN**



**Two night spa break for two people**

Worth £500!



**hurstmediacompany.co.uk/competitions/spbr**

**START 2019 BY** taking good care of yourself. From digital detox to nutritional know-how and soothing massages, Spabreaks.com, Europe's number one spa booking agency, wants you to remember just how good a little self care feels. So they are giving you the chance to win a £500 voucher for a luxurious two-night spa break for two at a choice of more than 75 fantastic destinations across the UK

**spabreaks.com**

