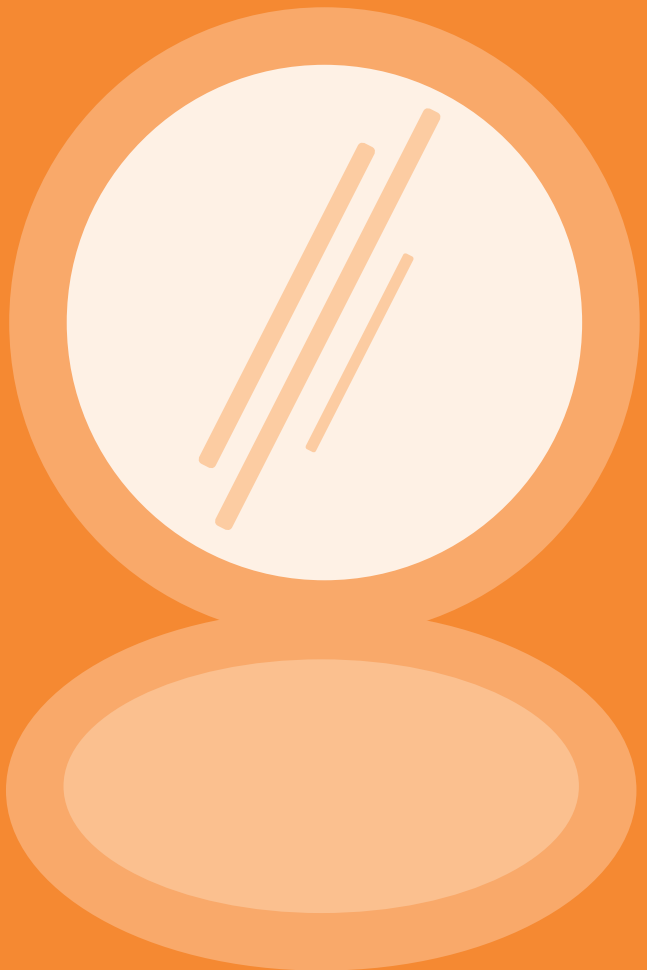
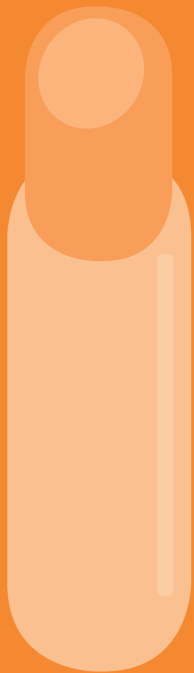


Stopping smoking is **the best thing you can do** for your looks.



Quit your way to a better appearance.

When it comes to looking good, nothing is more effective, or as easy on your wallet as **stopping smoking**.

- Smoking prematurely ages skin by between 10 and 20 years.
- Quitters are less likely to suffer from gum disease and more likely to keep hold of their teeth for longer.
- You're less likely to be plagued with blocked pores, spots and non-inflamed blackheads when you quit smoking.
- It only takes 2-12 weeks for your circulation to improve, giving your skin a natural radiant boost.
- Within a week of quitting smoking your (beauty!) sleep will improve.
- Smoking restricts blood vessels, which reduces the amount of blood flowing to the skin, thus depleting the skin of oxygen and essential nutrients.
- Your hair will be stronger, bouncier and fresher now that blood flow to your scalp and hair roots isn't being restricted.
- Your hands and nails will look healthier now they are free of nicotine stains.

Speak to your **local Stop Smoking Adviser** today and find out how we can help you to stop smoking and start looking and feeling your best.

Call
on

