



Beauty SPOT

JENNIFER YOUNG, MFHT, TALKS ABOUT SETTING UP AN APPEARANCE AND WELL-BEING CLINIC AT GUY'S CANCER CENTRE IN LONDON

In summer 2016 I received a phone call, when I was on holiday, sitting on a balcony overlooking the sea and enjoying the evening sun. The caller invited me to set up an appearance and well-being clinic at the new Guy's Cancer Centre, near London Bridge, which was due to open in three weeks.

I have been working with cancer patients since 2011, after developing a skincare range for cancer patients. After visiting my local chemotherapy ward, I learned that cancer

treatments can cause dry, sore, sensitive, itchy and flaking skin, as well as damaging nails and lips. I discovered the extra burdens carried by many people affected by cancer and was determined to help. The natural and organic skincare collection, created with the help of the patients, ex-patients and lead nurses at my local hospital, was the start. Since then I have developed 16 accredited qualifications to allow therapists to work with cancer patients. The world of complementary support for those affected by cancer has developed rapidly in the past five years.

ONE-STOP WELL-BEING SHOP

The request from Guy's Cancer Centre was to collaborate with a wig salon, headwear brand and lingerie company to provide all of the appearance and well-being services that a cancer patient could need within



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the same space. I was invited to be part of a commercial enterprise, not a service offered directly by the hospital. We pay rent to the hospital for the use of a unit that might be more commonly occupied by a newsagent or coffee shop. The unit is inside the main entrance to Guy's Cancer Centre.

I admit to being a little reluctant to accept the kind offer. I run a nationwide training school as well as manufacturing our skincare, which is now sold internationally. I already had plans for 2017 and they did not include this latest venture. However, having worked with patients, I knew that the service we could provide was much needed. As one of my friends said, 'If not you, who?'. In the end, that was the deciding factor. I knew that with the right team I could provide a service that would make a difference.

With the support of four of my wonderful local tutors, the clinic was set up within the three weeks. Our treatments were created for cancer patients, but can be enjoyed by all. We have three treatment menus for patients and other clients:

- Eye specialist treatments – designed to restore tired eyes, including lash, brow and eyelift treatments
- Specialist natural therapies – for relaxation and recharging, such as

reflexology, foot massage, Indian head massage and aromatherapy

● Specialist spa treatments – beauty therapy and complementary therapy treatments tailored to meet individual needs, including facials, massage, manicures, pedicures and scalp treatments.

BRING BACK THE BROWS

We have regular 'free days' and coffee mornings and are always there to provide advice and support in appearance-related matters. We have also held a number of workshops on nail care, bath bombs and bath treats and a bring-back-the-brows drop-in session.

All of the staff at the centre are qualified therapists and are paid. We are also lucky enough to have some volunteers who help us with the workshops. Volunteer and paid positions are offered to therapists who have relevant accredited postgraduate qualifications and experience.

I knew that I had made the right decision in accepting the offer when in my first week I met Victoria.* Victoria seemed unusually young to be going through treatment for cancer and she arrived looking, understandably, very concerned and unsettled. We had a chat and I was

able to tell her about some charities that work exclusively with her age group. I also told her about the products and services available to her from our unit. Her parting words were 'now I am looking forward to my next treatment'. 

* The client's name has been changed.



Jennifer Young is a member of the FHT and the founder of **beautydespitecancer.co.uk**. Her skincare range Defiant Beauty by Jennifer Young was created to help with the skin, nail and lip-related side-effects of treatment for cancer.

LEARN MORE AT FHT'S TRAINING CONGRESS

Jennifer will be giving a talk at FHT's Training Congress at this year's Holistic Health Show on Sunday 21 May, on working with people living with and beyond cancer. For more information and to book, visit fht.org.uk/congress



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