

# Jen is up for the cup

## STAR'S HEAT THERAPY



**RE-MARKABLE** ... Jennifer Aniston's bruises, left, and Sun's Jen, below

**JENNIFER ANISTON** caused a stir at a film premiere this week when her strapless dress revealed round bruises on her back.

But the marks are simply the result of a form of acupuncture called cupping, which involves placing heated cups on the skin to encourage blood flow and ease stress, aches and pains.

Here, one Sun writer tells how it has eased her back pain.

MY first dabble in Chinese medicine came when I was a hayfever-ridden teenager.

My doctor was sick of seeing my puffy, red face and not one antihistamine helped. So my mum dragged me to the Chinese herbalist for help – and I've never looked back.

Just a few acupuncture needles in my face (yes, face!) and the misery of summer was gone. All my symptoms subsided almost instantly and after a few visits it was as if hayfever never existed.

Back in the early Noughties it was pretty off-the-wall to try alternative therapies. All my school mates thought I was very cool to be trying "oriental medicine" rather than just popping pills. But now all the celebs are at it and despite Chinese medicine being thousands of years old, it's making headlines again – and Jennifer Aniston is just one example.

The unsightly marks which she attempted to conceal with make-up always raise eyebrows, including those of my boyfriend when I merrily show him my marks after my regular treatments.

He thinks I'm completely bonkers and describes the practice of placing glass cups on the skin, either using suction or heat, as "hocus pocus".

I try to have at least one cupping session every couple of months to help with circulation but stepped it up a gear when the back injury I've been battling flared up again.

In conjunction with exercise, physio and a good massage, I find cupping

By **JENNIFER TIPPETT**

really helps to reduce the pain. The pressure from the suction relaxes my body and stimulates blood flow to the areas that are tender. It is particularly good for that dull ache that can trigger tension headaches too. The marks do look like big bruises and last for around two weeks but start to fade after a few days. Although the marks don't hurt or bother me, I wouldn't be keen to show them off as a fashion accessory, like Gwyneth Paltrow did at an awards ceremony back in 2004.

When I arrive at the clinic for my appointments I relax on a bed while the therapist takes a number of small glass cups that resemble fishbowls.

Each cup is heated with a naked flame – pretty scary when you go for the first time. The warm cup is then quickly applied to the skin, creating a vacuum.

### Dark

The suction anchors the cup to the body and the area of skin covered is "treated" by being drawn up a few millimetres into the cup.

The cups are left on my naked back for a few minutes before either dropping off naturally or being removed.

The first time I had it done I was a little apprehensive and the marks were very dark afterwards – due to all those problems apparently – but it's a small quibble in what is a very relaxing hour of massage and treatment, for which punters should expect to pay around £40 to £70.

Despite the controversy and lack of evidence that it actually works, I always recommend that friends and family try alternative therapies with a registered practitioner over pills. I'm yet to get my boyfriend on the cupping bandwagon but I'm working on it – after all, if it's good enough for the A-listers, it's good enough for me.



**BUSHY brows** are now fashionable thanks to a host of celebs such as Cara Delevingne and Kate Middleton.

But back in the Nineties thin was in – with ultra-skinny, pencilled-in eyebrows the height of fashion.

For some all that plucking has caused so much damage the hairs won't grow back. Leaving only one option... an eyebrow transplant.

The British Association for Plastic Surgeons have reported a surge in demand for the procedure.

Similar to a hair transplant, it uses hair from the patient's head, implanting it follicle by follicle on to the brow using up to 500 individual hairs for one brow.

Here, **JULIA ETHERINGTON** speaks to three people who have had an eyebrow transplant.

### KARL FITZGERALD, 29

**KARL** underwent the procedure after having part of his eyebrow bitten off in a savage attack.

He spent £3,000 on the operation, which involved taking hair from the nape of his neck and transplanting it into the damaged scar tissue.

The trainee tattoo artist, of Dublin, couldn't be happier with the results, above right before and after. He says:

Two years ago I became caught up in a fight and someone bit a chunk out of my face, from my eyebrow upwards.

I had a skin graft that night and when I came round I could tell it was bad from the looks on people's faces.

I was absolutely shocked and appalled at how it looked, so more or less straight away I started looking into what I could do about it.

I'm not the type of person to care that much about what people think but, psychologically, I think maybe it gave

people ideas about what kind of person I was. People would be pretty condescending sometimes, telling me you could hardly notice but I wasn't comfortable with it.

I guess, because I'm artistic, I want things to look good, the way I think they should.

I knew the hair wasn't going to grow back so I looked into hair transplants and found Hair Restoration Blackrock in Dublin, and Dr Maurice Collins.

He was brilliant. At the time they weren't sure it would be successful because they were working with skin that had been grafted on.

But I had the last op a few weeks ago and it turned out better than I could have hoped.

They did a stunning job and I'm delighted. I have to trim the hair because it's the same hair as on my head but it's a small price to pay to have my eyebrows looking normal again.

### CLAIRE CULVERWELL, 30

**CLAIRE** professional Claire plucked her eyebrows for 14 years and was left embarrassed by the way her once fuller brows looked.

So she consulted hair transplant surgeon Dr Asim Shanmatak at the Crown Clinic, Manchester. And the £3,500 six-hour operation has changed her life. Claire, from Manchester, says:

It was very fashionable when I was a teenager to pluck your eyebrows. Everyone was at it.

I wanted to look like the celebrities at that time and I carried on plucking my eyebrows over many years, resulting in me permanently damaging my brows. It badly affected my confidence and it affected me with men – you don't want your boyfriend to see your real eyebrows.

I realised I had brought this on myself and I was embarrassed to seek treatment.

But the operation has boosted my confidence and made me feel much more comfortable about my appearance.

It was something I'd wanted to do for a long time. I had a consultation and found out how much it would be. I saved up for quite a while. It was my hard-earned money.

I would say to anyone who is interested in having a procedure like this to go for it.

I didn't understand the harm I was doing to my eyebrows in my teens, and I was horrified when I finally learnt the truth in my twenties. Now, I finally feel happy with my brows again. This was worth every penny.

discussed before the procedure, which is done under local anaesthetic. Some patients have to trim their brows every fortnight to stop them getting too long. But many find that the surgery gives their self-esteem and confidence a boost.



# My three thou for new brow

### LYNSEY SORSA, 35

**IN** the Nineties, fashion-conscious Lynsey had semi-permanent make-up applied so she didn't have to put on eyeliner and eyebrow pencil every morning.

But desperate to restore her damaged brows, Lynsey visited the Farjo Hair Institute's Manchester clinic, where husband-and-wife team Dr Bessam and Dr Nilofar Farjo carried out two three-hour surgeries.

Now the future is looking brighter for the new mum who lives in Liverpool. Lynsey says:

My eyebrows were fairly dark and there wasn't anything wrong with them to start with. I did it because I thought it would look better if they were more defined.

I'd already had permanent eyeliner, which was fine, but I guess I was just young and stupid and didn't really think of the consequences.

I was told it would last two to three years but long afterwards it was still visible.

In 2008 the black lines under my eyebrows were really getting me down. A doctor explained if she re-tattooed the brows, when they scabbed over, the scab would lift off, bringing with it the layer of skin and the ink of the "semi-permanent" make-up.

Over two years I had the treatment four times but it didn't work. If anything, it looked worse. My eyebrow hairs were ripped off with the scabs and there was now scarring too. I looked ridiculous.

I said to the doctor, "I wish I could get new eyebrows", and she said, "You can".

I'm so pleased to have my eyebrows back. The past ten years have been a real struggle as it has felt like a part of me has been missing.

Having to draw your eyebrows on every day is not something I wanted to have to do for the rest of my life, so having surgery was my only option.



# We need more on donor list

## ROCK DRUMMER HAS CYSTIC FIBROSIS



**PARTY TIME** ... Simon, with mum Angela, right, will have a big celebration following his transplant

**ORGAN** donation is at an all-time high, with a 50 per cent surge in the past five years. One of the lucky organ recipients is Simon Cooper. The 30-year-old musician tells HELEN GILBERT his remarkable story.

SIMON Cooper is organising a party like no other. There'll be food and dancing to a band. But the occasion is not to mark his birthday, a house move or a wedding – it is to celebrate the fact that he is ALIVE.

Last August, Simon spent 17 hours on an operating table as doctors performed a double lung transplant. The party is his way of remembering the 55-year-old woman who selflessly donated her organs. "Without her I wouldn't be here," says Simon.

It's not the first time Simon, of Oakwood, North London, has undergone extensive surgery. Born with cystic fibrosis – a condition that affects the liver, lungs and pancreas – he underwent a successful liver transplant aged 15.

But four years ago his lung function began to deteriorate. The drummer – who sometimes guests with cockney rockers Chas & Dave – was forced to use oxygen 24 hours a day.

By April 2012, Simon's lung capacity had fallen to 16 per cent and doctors warned he would be dead by December if he didn't have a transplant. Four months later, he received the call that would transform his life.

### Surgery

Simon says: "It was the Papworth Hospital who said, 'We think we've found you a pair of lungs. An ambulance will be with you in an hour.' After 17 hours of surgery, ten pints of blood, six platelets and four units of plasma I was wheeled into intensive care."

"Four days later I was walking around the ward threatening to bring my drums in and four months on I was back onstage performing with Chas & Dave at the indigO2."

More than 10,000 UK people need a transplant but three a day will die waiting for an organ. Yet only 31 per cent of the population have joined the Organ Donor Register.

Simon believes this is because people are unaware. He says: "A lot of my friends understand because of what I've been through but their friends don't. Before I was in hospital someone asked, 'Can't you just go privately?'"

"I said you've got to wait for someone to die. He didn't know. Most people would be happy to donate but because they've got to go out of their way to sign up they never do. In other countries you are automatically on the register. I think that should happen here."

Simon gives talks for the NHS and hopes to extend this to schools and universities. He believes work needs to be done to make donation fashionable.

He says: "If it wasn't for people on the donor list, there would be no transplants so if I can spread this message and even if I encourage only one person to sign up I'll feel I've given something back."

● For more information, go to [organdonation.nhs.uk](http://organdonation.nhs.uk).

**myView**  
By **BESSAM FARJO**  
Hair restoration surgeon at Farjo Hair Institute, London & Manchester

which takes about three hours. The size and shape of the patient's desired eyebrows is