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October 2020: Little Black Book Of Health, Beauty And Wellness Practitioners



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Travel

Less is so often more. It's a great guiding philosophy for so many things, not the least skincare and beauty. Choose products with fewer ingredients, classes with minimal equipment and components, and gravitate towards programmes that are straightforward and concise. As we enter yet another moment of uncertainty and strain, it's also a time to focus on ourselves and our habits.

Timeblock



Timeblock anti-aging supplement TIMEBLOCK

Formulated in Wollerau, near Zurich, Switzerland, **Timeblock** products benefit from more than 20 years of research and development in the biological and biotechnological field. Over the years, environmental factors such as stress, fatigue and lifestyle all take an increasing toll on the skin's natural ability to regenerate. The skin becomes thinner and drier and elasticity declines. Timeblock has created a series of products and supplements to combat exactly that.