



IS THIS HOW I LOOK IN REAL LIFE?

Greater self-awareness from video calls and remote working; what's your recipe for happiness?

WE WERE SURPRISED

Like many other businesses, Dokter Frodo's cosmetic clinic closed its doors for almost six weeks. This spring there were no treatments and all consultations had to be held online. Since the reopening, it has been unexpectedly busy. The feedback we have received from our clients in this period is that they have difficulty recognising themselves on camera. Most of us have to tighten the purse strings and only spend what is necessarily, aren't going on holiday this year and would rather invest in something they can enjoy right now: a radiant look.

AM I LIVING HEALTHY ENOUGH?

These are times of heightened mindfulness and self-awareness. Of questions like: Am I living healthily enough? What can I do to improve my immunity? People are flocking to parks to run and work out, and stores are selling out of yeast to bake homemade bread. It seems we're all searching for a new, healthier way to live.

A CONSCIOUS CHOICE

We all respond differently to uncertainty. Not everyone has new insights in a period like this; for some, it's more about survival. Our clinic sees many clients who want to

take charge of their own happiness and well-being. They make a conscious choice to lead a balanced life, make time to exercise, eat right, or to use this period for a detox diet. Granted, our clients are not a reflection of the breadth of society. Yet this period may also inspire those with less to spare to turn over a new leaf and take control of life.

CUT OFF FROM YOUR CAREER

Work, your career and colleagues – for many, these are the things that anchor us in life (whether you like your job or not). But now those anchors have come loose. What happens when you're cut off



from your career, when you're at home videoconferencing while also making sure your kids learn their multiplication tables? Much of our sports, festivals, socializing and parties have been replaced by evenings and weekends of online Yahtzee, video yoga and online wine tastings. Coping with all that change requires a lot of inner resiliency. Now that our system has become so small, our own imperfections have become hard to ignore; you just can't escape them.

RESILIENCE

Basically, you've got two choices: You can become dispirited and get too focused on your limitations. Or you can choose to care for other people and truly connect with those around you. Now that the smoke of the corona pandemic is clearing, we're seeing that people have enough resilience and are adopting a mindset of finding solutions, taking action and making a commitment to work and friends.

SEPARATING THE INNER AND OUTER YOU

To be able to do that you need to take good care of yourself. Self-care means you have to give yourself just as much love and attention

as you'd give your best friend. Taking care of your appearance is a vital part of that. So then why does thinking about our own appearance make us worry we're being superficial? Often, it speaks to something deep inside us – an inner vulnerability stemming from things like being teased about your appearance at school or your mother always telling you to lose weight. To cope, you've learned to separate your outer self from your inner self. If you never question why this is, that outer you will always come last. And when we neglect how we look, often there's also an underlying mental issue involved. Taking care of yourself inside and out doesn't mean you're self-centred or superficial: it's an expression of a healthy balance between the inner and the outer you.

WHAT CAN I DO?

No, that doesn't mean you need to book an emergency session at your nearest cosmetic clinic. There are plenty of things you can do to look better during video calls.

It starts with the right hardware:

- Make sure you've got a good camera (consider buying a webcam). That ensures better image quality and you can also angle the camera so you're filmed face-

on, instead of from below.

- Adjust the lighting; shadows can distort your face and make you look tired. Place your computer in front of window to create a natural floodlight, or buy a lamp with a wide beam.

TAKE GOOD CARE OF YOUR SKIN

Skincare comes at different price points. But the essentials don't have to be expensive. The trick is to pick products that match your skin type. From there you can keep it simple or go crazy, from a no-nonsense brand like Jetske Ultee to Skinceuticals. If you're already using the right skincare, you can give your skin an extra boost with a laser treatment by a skin therapist, or with cupping (which you can do at home).

And if you could use some assistance, we'd be glad to help.

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