

“The workshop  
changed my  
life around and  
showed how I  
could look like the  
me I used to be,  
not the me who  
happens to be a  
cancer patient”

Kate Tjou  
LGF B Beneficiary



### Pampering therapy

The therapeutic and psychological benefits of women wearing make-up have been well-documented. In particular, in the face of adversity, the desire to look good still remains. Nowhere is this more apt than for women coping with the visible side-effects of cancer treatments.

In essence, this is the thinking behind the Look Good... Feel Better Programme, one of the services in the UK helping to support women with cancer. It offers **free** skincare and make-up workshops through a network of over 60 hospitals and cancer support centres nationwide. The charity, first introduced in 1994 by the Cosmetic, Toiletry and Perfumery Association, is supported by many different companies and brands in the Beauty Industry, who donate funds, products and the expertise of their staff.

