

THE CARING COSMETIC CLINIC

Skin clinic owner Ffion Hughes, is using her skills to make a difference to the cancer community

Having lost her mother to cancer, Ffion Hughes, decided to use her skills in cosmetic tattooing to help other sufferers regain a part of themselves they may have lost through the illness.

'I lost my beloved mother to cancer after a five-year battle in 2017, after watching her go through difficult disfigurement as a result of mouth and throat cancer. It was incredibly heart-breaking but it gave me the passion to help others who were going through the same trauma,' Ffion explains. 'My mother was such a strong, beautiful person, and she started to talk about what I did as a living on the cancer ward in Glan Clwyd hospital, in Bodelwyddan, Denbighshire.

'On every visit, I was approached by ladies and gentlemen from all walks of life who had lost a part of themselves due to cancer and it really struck a chord. I then decided I wanted to offer my services to cancer patients for free. The idea of helping people who were going through something so difficult in any way, meant the world to me and helps me to continue my mother's legacy.'

Ffion founded skincare clinic The Little Wren in Caernarfon



ABOVE:
Ffion Hughes

and has been practising the art of microblading and permanent makeup/cosmetic tattooing and aesthetics for almost 10 years.

'We are at the point of changing part of the business to a charity, so we can support the cancer patients further. This will allow us to support a further 80 cancer and trauma patients a year for free,' Ffion says. 'My true drive and passion are seeing the smile on my clients' faces after a successful treatment. I dedicate my time to making people feel and look good, transforming their confidence, especially after

illness has taken so much away from them. We treat each client with compassion, kindness and respect and listen to their needs. This alone makes the service we offer special.'

Specialising in reconstruction work and working closely with the plastics team, The Little Wren offers camouflage, skin resurfacing, hair stroke simulation, facial augmentation, breast and scarring recovery.

'My initial skill set is being a fine artist; I consider this to be unique in the industry as my methods of working and teaching are quite different. I often freehand my artistic work and teach my students this practice.'

Offering free treatments such as nipple areola tattooing for women who have had a mastectomy and reconstructive surgery, eyebrow and eyelash tattooing for cancer patients and burns victims, the aim is to support patients and help them gain happiness and confidence.

'We now offer all breast work for cancer patients for free and offer open days to other illness or trauma clients to come along for a pamper and talk to others about their journey. We encourage other services and local businesses to work with us on events, making it as encouraging as possible for both the client and community,' says Ffion. littlewrenstudio.co.uk

Don't stress about... THE YEAR AHEAD

Now we've had some summer sun warming our cockles and wonderful connections are being re-established, it's time to consider how you can thrive as the year ahead unfolds. Want to feel comfortable in your own skin, proud of who you are and attract more of the people and opportunities that are right for you? Pour yourself a cuppa or a glass, grab a notebook and ask yourself these questions:

- What are you doing when you feel the most like *you*? Where are you, who are you with?
- What makes you feel creative? How can you express more of this creativity?

- How can you get more playfulness and joy into your life?
- What is it you are being called to do more of?
- What could you do less of, to free up space in your schedule?
- What direction does your heart want to take you in now?
- What dreams do you want to bring to life this year?

Set an intention now for something you want to bring to life this year. Remember wisdom doesn't only mean knowing more but

knowing more of yourself. Trusting yourself may be one of the greatest skills you can develop in life. Being more of who you are is urgent, for it will alter the trajectory of your life in all the right ways. More fulfilment, more joy, more vibrancy.

The Vibrancy Hub is a wellbeing consultancy providing personal life coaching, online group programmes and workplace wellbeing workshops. For more details go to thevibrancyhub.com and Instagram @ [thevibrancyhub](https://www.instagram.com/thevibrancyhub).