

# The SCOOP

Caroline Phillips on lingo and lasers

## LEARN THE LINGO »

If you've 'done' the Zoe app, possibly the most intriguing feature of the gut, blood fat, and blood sugar response programme was wearing the glucose monitor – which tells you how your body's glucose levels react to food, exercise and stress. But the sensor they use is meant for those who actually already have Type 2 Diabetes.

Now though, for wellness warriors interested in preventative measures and those wanting to improve their metabolism, Abbott – a global leader in diabetes care and the company behind the Freestyle Libre monitor used in Zoe – has launched a consumer lifestyle wearable called Lingo. It's the same principle – you stick the biosensor in your arm and off you go – logging your meals, exercise and other activities on the app and learning – through prompts, and educative bites of information, how to better manage and understand your own glucose reactions. The more steady your graph, which looks rather like a mountain range with troughs and peaks throughout the day, and the fewer larger and long-lasting spikes you log, the better functioning your insulin regulation – and better blood sugar control you have.

Given that, according to Diabetes UK, 4.3 million people in the UK live with diabetes and roughly 850,000 people could be living with diabetes who are yet to be diagnosed, and a further 13.6 million are pre-diabetic (and probably don't know it), Lingo is part of the new wave of preventative healthy tech that allows individuals to get a grip of what's going on with us personally – wearing it for two months is advisable to give you a decent time range to be able to test out what works and what doesn't. Future iterations will have more actionable feedback. Key takeaways are, as ever, to drink lots of water, eat your protein and veg before your carbs and avoid sugar and UPF where possible. *Two-month programme, £300. [hellolingo.com](https://hellolingo.com)*



## « LIGHT FANTASTIC

Listen up Lyma fans, the Lyma Laser Pro, the must-have device that uses low-level laser therapy (LLLT) to help smooth fine lines, fade acne scars, tighten skin and regenerate muscle, has arrived, boasting three times more power than the original. Unlike traditional red-light therapy, Lyma activates cellular rejuvenation deep within the skin – as used for decades in hospitals for cartilage repair to wound healing. It's ouchy-pricey but, bye-bye plastic surgeons, pain and downtime, hello smoother, tighter, brighter skin. *The LYMA Laser Pro, £4,995. [lyma.life](https://lyma.life)*

## » CELL IT TO ME

If you don't know this very effective, Swiss skincare brand, get it on your radar now. Better still, book for it to come (with a therapist) to your home. Because Cellcosmet has partnered with the fabulous Lucie app, allowing you to experience this wellness offering chez vous. Lucie may send Sezen (an ex-Bulgari Spa therapist) to do your facial. You'll then enjoy a two-step cleanse, exfoliation, clay mask, face and hand massage, hot and cold compresses. Your skin will be radiant and revitalised. *90 mins, £250. [lucieapp.co.uk](https://lucieapp.co.uk)*

