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Seminar kicks off Lava plan

KUALA LUMPUR, Sat. - The Langkawi Accommodation for Visiting Academics programme kicked off with American anti-ageing activist Cathi Watson's one-day seminar entitled "Ageless for Life" today.

Kedah Menteri Besar Datuk Seri Sanusi Junid said the programme started with Watson because her seminar was on a topic that was current and was of interest to many.

The programme is part of Sanusi's "Menjaro" (mental, physical and spiritual) and "Polemas" (politics, economy and community development) concepts to re-balance the development of individuals in the State.

"I have noticed that many people are bogged down with their various activities, leaving no time for the social and spiritual aspects of life," he said.

Under the Lava programme, experts from all over the world are invited to give talks on subjects people want to know about but do not know how to get the information.

"We even have experts on ammunition and stammering offering to talk under the programme," said Sanusi.

In return, the experts enjoy five-day free accommodation at some of the resorts and hotels in Langkawi.

Watson, 63, will present a series of one-day seminars beginning here today. She will be in Penang tomorrow and Langkawi on Wednesday.

In her four-part seminar Watson offers tips on how to look ageless from the face, skin and body as well as methods to promote self-esteem.

"The form is constantly changing. It changes every seven years but the spirit never changes," she said.

There is a psychological effect to looking good, she said, adding that a person who looks good will feel good.

Believing in doing something only if it had value, Watson said there had to be a balance among the heart, soul and looking good.

"This seminar is not about vanity."

Personally not believing in face lifts, Watson's unlined face comes from a series of facial exercises to provide a natural lift to the facial muscles without stretching the skin.

She also taught participants the importance of acupressure to release toxins from the body, the cause of sallow skin and puffy faces.

Advising her audience to be patient about seeing results of the exercise, Watson said they were an investment in the person.

"I myself invested 30 years into the programme," she said assuring participants their investment in the programme would pay off.

Participants were given some of Watson's recipes which help keep the skin youthful as well as taught the importance exercise to good health and longevity.

The New Straits Times is the official paper for the seminar organised with the cooperation of Sheraton Langkawi Beach Resort and Radisson Tanjung Rhu. Joint sponsors are Nauticalink, Galantpac Sdn Bhd and Impressive Communications.

Also present was Prime Minister Datuk Seri Dr Mahathir Mohamad's wife Datin Seri Dr Siti Hasmah Mohd Ali.

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