

Look Good...Feel Better

Look Good...Feel Better (LGFB) is the Beauty Industry's charity, formed 15 years ago specifically to help women combat the visible side-effects of their cancer treatment.

After the shock of being diagnosed with cancer and starting treatment, many women are then devastated by the physical changes to their appearance. Most realise they may lose their hair but to lose eyelashes and eyebrows and to suffer other demoralising and confidence-sapping problems can be the last straw. Look Good...Feel Better workshops help in the most practical and positive way.

LGFB runs free skincare and make-up workshops in over 50 hospitals and cancer support centres across the UK, which are run by volunteer beauticians from all the major cosmetic companies.

After two hours ladies leave smiling, laughing, full of renewed self-esteem – and looking fantastic. Each lady is given a gift bag of fabulous donated products which she is shown how to use on the day and which is hers to take home and enjoy.

The LGFB Programme is now run in 20 countries worldwide and in the UK is supported by over 40 national and international companies and brands.

"I was frightened to see how much hair had fallen out overnight and shocked at how I looked in the mirror. With some trepidation I went to a LGFB workshop and can't tell you how it helped ... I can now make myself look like the me I used to be, not the me who happens to be a cancer patient".

Kate Tjouw, LGFB Participant

