

# A DAY *in the* Life

*24 hours in the shoes of some of Ireland's most interesting women, from the moment they open their eyes until they hit the hay*



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## First things first

I'm a morning person there's no doubt about that, but my alarm times vary on where I am working that day. If I am in the clinic in Dublin I get up at 6.45am, but, if its Mullingar or Athlone I'm up at 6.00am to avoid traffic.

On the odd occasion, I would hit the snooze button for an extra 15 minutes, just to let myself believe I'm catching an extra few minutes in bed. Eventually, I get up, open my curtains and jump straight into the shower.

Then my skincare ritual begins and it's the same ritual I've had for the past 12 years; cleanse, tone, apply antioxidant, sun protection, mineral make up and.... voila, I'm ready for whatever the day brings.

I always try and have a healthy start to my day and I'm convinced it's the reason I haven't had a sick day in 12 years – touch wood! I don't delay in the morning – I have my routine down to a fine art at this stage. All in all, it takes me 1 hour from the moment I get up to when I close the front door.

## Hit the road

When I'm working at my clinic at Baggot Street, I leave my house at 8.30am. I live close by so it's only a few minutes walk. Midweek I drive to work as I'm in Athlone and Mullingar so I have to leave my house in Dublin at 7am.

In Dublin I go to the gym on Clarendon Street before work, it always makes me feel awake and energised for my day. On my way back from the gym I might stop off in Sprout & Co on Dawson Street to grab a salad for lunch, they have an amazing range of healthy options.

I always arrive to work at 9am sharp and have a quick morning meeting with the team and then I prepare my client files for the day. After that, I'm straight into treatments from 9.30am onwards.

I don't take morning break but I always get time to grab a cuppa in between client treatments.

## Lunch time

I always take time for lunch as I work late Monday to Friday. I like to have something substantial 'prepped' during the days to keep the energy levels up.

There's no time to feel a slump as my diary is very busy its 'go go go' from the minute I start until the minute I leave.

I finish at 8pm Monday – Friday. I usually

finish on time, but occasionally, if a client travels up from a far distance (a lot of my clients are from Northern Ireland) I would always make sure to accommodate them no matter what the time.

## Heading home

With such long days, I usually go straight home which might sound a little unexciting. But unless I'm catching up with

friends or family I love nothing more than going home and taking time to care for myself.

I'm no Jamie Oliver, but I do love cooking home-made meals (when I get the chance). This way I know I am eating healthy, substantial meals – and it's therapy!

Now that the evenings are brighter and longer, I love to get out for a stroll around the city to some fresh air and clear my head. If I am feeling tired I'll just relax on the sofa and watch some easy TV like First Dates, or who can resist a bit of reality TV.

## Hit the hay

I'm quite strict on myself in that my bedroom is a technology free zone...except for my mobile of course, but I only ever use this for the alarm clock.

One strict nightly routine I would have is my skincare regime – the day doesn't start or end for me without this! I try to be in bed by 11pm to make sure I get a solid eight hours. I've always been a good sleeper - as soon as my head hits the pillow I'm out like a light!

**"I HAVEN'T  
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