

The WOW is in the RESULTS!

WOW is happiness ... WOW is Elegance!

March 2011

A QUICK GUIDE TO MONTHLY SPECIALS ...

Special 1

3 Thalgo products for only \$60 ... cleanser, eyecream, and exfoliant! While stocks last!

Special 2

A 1 hour facial for that summer dryness ... only \$79.

Special 3

A treatment to help reverse the ravages of summer on your skin ... \$135 for one or \$115 for 3. **OR** add a Mesolift to any facial for 10x the infusion for \$35!

Special 4

IPL this month only. 50% off the first treatment, then 20% off if you book another 3!

Special 5

Go to Diary Dates below for event driven specials which are only valid for dates specified.

Diary Dates ...

13 March - Black Opal Day at Thoroughbred Park ... yes, I will be there. Pre race special from 7 - 10 March eyelash extensions, spray tan, waxing, pedicure - **BOOK IN FOR ANY TREATMENT DURING THESE DATES, ASK FOR THE BLACK OPAL RACE DAY SPECIAL, AND RECEIVE A FREE MINI FACIAL WITH ANY TREATMENT** - yes, even an eyebrow wax!

17 March - St Patricks Day. Lets GO GREEN ... for the environment and for St Patricks Day. When you book in on the 17th for a manicure and pedicure - receive the **manicure for FREE.** AND we have GREEN polish.

21 - 26 March - Seniors Week
Over 55s book in for a treatment during Seniors week, and receive a FREE voucher to the same value **ABSOLUTELY FREE.** Let us know at the time of booking, so we can have your FREE voucher ready!

RING US NOW ON
62 480058



WE HAVE THE ANSWER ... STOP INGROWNS, SHAVING RASH, AND SAVE YOURSELF TIME!

... think smooth and sexy body. How you ask? We all passed our IPL training in Queensland in February (ask us about the \$20 retail shop at Sydney Airport ... yes, we love retail shopping), and are now taking bookings. We have a great introductory offer for members of the Salon: 50% off your first treatment and then prepay for 3 and receive 20% off - only available for bookings made in March! This is great value ... and with up-to-date technology it is easier than ever before! So never have to worry about waxing again!

I had a number of clients interested in the Great Ocean Road walk and have slotted in 27 May 2011 for 2 days. If you want more details leave your name at reception or give me a ring on 0401143782. I am also thinking about organizing an anti-ageing workshop for half a day ... let me know what you think ...

Soooo ... autumn (yes it is on 1 March) ... is about replenishing our bodies and skin after the harsh summer sun. **Treatments for March** focus on removing old cells and rebuilding new cells ... **microderm and mesolift.** As well, we have a great **VIP hydrating facial for ONLY \$79 AND take home 3 products for ONLY \$60** yes ... that is right cleanser, exfoliant and eye cream all for ONLY \$60 and yes they ARE NORMAL sizes. As you know I always pass on value to clients!

A Quick Guide to all of our monthly specials is at the bottom of this newsletter so scroll down to the end if you don't want to miss out!

Best wishes Denise ☺

REVERSE THE SIGNS OF SUN DAMAGE AND DEHYDRATION ...

If your skin is feeling dry, fine lines are visible, skin tone is dull, sun spots are visible, or your skin is irritated/flaking don't panic as these are signs of post-summer damage. Book in for Thalgo's

'SKIN PERFECTION' facial treatment

\$273 of treatments ONLY \$135 OR PURCHASE 3 FOR \$115 EACH

* Skin analysis normally \$32 **FREE**

* Eyebrow wax/eyelash tint normally \$19/\$22 **FREE**

* Cleanse, tone and exfoliate

* Microdermabrasion & Dermo Peel

* Anti-aging hand treatment & massage normally \$24 **FREE**

* Massage & Restoring Mask

* Moisturiser and Sun Cream to protect your new skin **FREE**

PLUS Moisture Quenching Mask normally \$60/Hydrating Serum normally \$103 **FREE**
(while stock lasts - only 10 available)!!

PLUS we include light therapy to give you that edge for best results.

REMEMBER: WE HAVE LIMITED SLOTS AS WE ONLY HAVE ONE MICRODERMABRASION MACHINE!

**ADD A MESOLIFT TO ANY
FACIAL TO GIVE YOU 10X
THE POWER OF
INGREDIENTS ... ONLY \$35
WITH ANY FACIAL
INCLUDING THE MONTHLY
SPECIAL**

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HOW TO GET 3 THALGO PRODUCTS FOR ONLY \$60 ... THAT MEANS \$20 PER PRODUCT!

This month you can purchase 3 Thalgo products for only \$60 ... that's right \$20 for each product. Limited stock so only while stocks last! It includes the basics you need to feed your skin from the outside: a cleanser, an eye cream/moisturiser, and an exfoliant.

Below is a list of fruit and vegetables for autumn, which combined with professional skincare will ensure you get results - manage those breakouts, hydration, oxygenate, and balance oil levels. Remember, diet is an important part of healthy skin! The benefits of these are not inclusive, highlighting only some of their benefits to your skincare regime!

Pears - contain zinc which is important for healthy cell function eg blemishes and inflammation.

Leeks - B vitamins assist with skin functioning.

Pumpkins - beta carotene is converted to Vitamin A which is essential for our skin.

Sweetcorn - magnesium for improving blood circulation.

Broccoli - Vitamin C and bioflavonoids for collagen, elastin and hyaluronic acid. Great antioxidant.

Cabbage - Great antioxidant and a proven anti-ageing fighter.

Carrots - Vitamin A for healthy skin functioning; and one a day is all you need. Too many and your skin may turn orange.

Blackberries - Vitamin C and helps with collagen production.

Grapes - Bioflavonoids for fighting free radical damage.

Plums - Vitamin A for healthy skin functioning and E to protect cells from free radical damage.

Raspberries - Vitamin C and helps with collagen production.

So make sure you have these on your weekly shopping list! If you are treating breakouts, acne, ageing, hydration and any other skin conditions it is essential that professional skincare is used in conjunction with a diet rich in vitamins and minerals. Skin conditions are likely to mirror what is going on inside!

PATIENCE CAN BE DEADLY!

We have always been told that 'patience is a virtue'. Well, 'patience can also be deadly' ... with our life, our personal care, and at work! Why? Well sometimes we need to be less patient and take action. Patience is also another word for procrastination!

Those times that we make a New Year's Resolution and it is forgotten by mid year, or the time in our business or working life we wait rather than take action, or we put off our skincare regime because everything seems OK at present ... only to be confronted in a few years time with evidence we should have taken action all those years ago! **I urge you to take action now otherwise known as 'eat that frog'.**

Life! Life can be a rollercoaster ride ... fast and over in a flash ... with an occasional lurch! Set goals based on events (eg wedding, anniversary, age milestone) - 3 years and work backwards. Then at the end of the year write down all the things you have achieved: you will be surprised!

To give you some insight: **Family** - this year is my youngest daughter's engagement and wedding ... What sort of mother of the bride do I want to be - looking great of course! I also need to spend time with my Mum this year as she had an operation at the end of February and I will need to provide care when she returns home! So this year is family focus ... giving rather than taking!

Myself - my weight loss is veery sloooooow ... a good thing but I need to twig a few more things. Some lessons I have learnt ... my portion sizes (still), planning by cutting up fresh vegetables and taking fruit with me daily (in the car and to work), lots of ice cream (just checking you are still awake!), look at protein and carbohydrate levels, and don't punish myself about the off track times. I have not put any on and have lost 1 kg but am aiming to lose another 4 kgs - I do it in small blocks. However, I admire those of you who actually achieved a 10 to 15 kg weight loss. It takes effort and perseverance... Maybe I am making excuses for myself! Not forgetting that my skincare now includes microdermabrasion and IPL ... as well as vitamin C and retinol.

Salon - Introducing IPL for clients is a major focus this year, along with a review of our skincare ... we aim to provide you with the most up-to-date technologies and ingredients. We recently did training with DMK skincare - a paramedical range. This is another level in skincare. If you look at what we currently have Thalgo is Level 1, emerginC Level 2, O Cosmedics Level 3 and DMK is the next generation at level 4. You can be assured that we are a leader when it comes to skincare!

Not forgetting of course that research now shows that if you write down your goals you are 10x more likely to achieve them than someone who only thinks about them!