

Contours Face and Body Clinic News

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What a start to the year! Our family holiday to the USA was sadly put aside to stay in Adelaide to be with Rob's father who is gravely ill. I have heard many of you share your experiences of family illness and I've listened intently to how you have coped and while we were sad to put our trip aside we have been rewarded immeasurably with precious family time and that's what life is really all about. I truly hope you had some precious family time over the Christmas and New Year period and we wish you all the best for the coming year. What a year we hope it will be, a year when we intend to continually delight and surprise you with new information, offers and products. Please let us know how we are going, your feedback is always welcome, I hope you enjoy our offerings for February 2010 all the best Dina

NEW NEW NEW

Choose your favourite Aspect Serum and experience **THREE** times the concentration in a mask infusion. See your skin transformed and super hydrated as the concentrated serums, either Extreme C, Pigment Punch or Jungle Brew are actively transported into your skin due to the specifically engineered transdermal delivery vehicle.

Book a 30-minute mask infusion, during February and receive the treatment for \$90 plus receive a 30 ml Purastat 5 Lactic Acid cleanser for FREE only 9 available (total saving of \$105)

10 out of 10 Specials in 2010

Celebrate our first newsletter for 2010

- Receive a Free Home Skin Needling kit designed to increase the penetration of your serums and creams by 10,000% a saving of \$164, **FREE** with each Skin Needling, firming and toning session **only 3 available (PS I've had 2 needling sessions and my friends have really noticed a big difference!)**
- Get longer lasting amazing skin results from your regular Microdermabrasion sessions, upgrade to a Micro + IPL facial package this month only and receive an extra session **FREE** a saving of \$300 **only 4 available (PS I'm committed to having one of these monthly, you should too!)**
- Sweat it out and get the flat stomach slim thighs, arms, back or legs you want now! Purchase 10 Biosculpt sessions and receive 5 **FREE** DOMES and 5 **FREE** MEDILIFT - a total saving of \$700 **only 9 available (PS grab this fast - great offer)**

WE ARE LOVING.....

...Our Men on Valentines Day

FINALLY A SKIN CARE RANGE JUST FOR MEN
Nothing complicated, just superior products designed with men in mind. Purchase an Environ Men's Care Pack for your man this Valentines Day. The pack includes a Shower Gel for washing the body and hair, shaving oil to put back what shaving takes out and a quick drying non-oily daily moisturiser containing Vitamin A. The pack is valued at \$197 and you will receive an environ Hand Cream **FREE** with each pack a **saving \$21 only 5 available**

.... PLUMP LIPS FOR KISSING THIS VALENTINES DAY?

LipoJen Collagen Lip Plumper is a moisturising treatment lip-gloss infused with Hyaluronic acid developed from a natural tri-peptide. The gloss reduces wrinkles, increases lip volume and improves lip contour, buy 1 **get 1 FREE until Feb 14 only save \$49.95 only 6 available**

Great News..

Naomi is engaged!! On Christmas morning.... ask her to show you her ring...



MEET MEGAN

Favourite Animal: Polar Bears are beautiful
Favourite TV Show: Critical Eye
Favourite Food: I love trying all different types of foods and don't have a particular preference
Favourite Drink: Pink Moscato
Favourite Pastime: Hair, make-up, dresses, heels & dancing the night away with my friends

.... MAKING BOOKINGS ON LINE AND WINNING!!!

Our online bookings are increasing, book your next appointment on line and you could win yourself a **FREE FACIAL OR BODY TREATMENT**, we will be choosing one lucky winner this **month-get on line today to win**

Contours Face and Body Clinic CALL 83635884 NOW or book online at

www.contoursfaceandbodyclinic.com.au 36 Fullarton Road Norwood SA 5067

Don't Forget Our Guarantee to YOU: If You're Not Delighted, It's FREE!

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Burn More Fat with These Breakfast Foods

You can give your body a little fat-burning advantage by including items like these in your morning meal: eggs, yoghurt, and whole-grain cereal.

Breakfast is the most important meal of the day if you're trying to control your appetite and lose weight, but these three items in particular have been credited with extra fat-burning and pound-dropping powers in recent studies.

How They Help.....

Eggs: When people on low-calorie diets ate two scrambled eggs with toast and jam for breakfast, they lost 65 percent more weight than the dieters who started their day with a bagel and cream cheese. The protein in eggs probably helps control appetite, so people eat less.

Yoghurt: Calcium and other helpful compounds in yoghurt may help stop fat storage and turn up fat burn. In one study, obese people on reduced-calorie diets lost 61 percent more fat overall -- and even more belly fat -- when they ate three 6-ounce servings of yoghurt every day. This was compared with the people who had no yoghurt in their diets.

Whole-Grain Cereal: Research shows that people lose more belly fat when they replace refined-grain foods with whole grains. All the appetite-controlling fibre they pick up in the process probably accounts for the slimming effect. Plus, whole grains can help control blood sugar and lower blood pressure, and they can even reduce the risk of heart disease and certain cancers.

Remember OSOLEAN if you want to speed up fat burning, ask in store for details, for this month only buy one get one FREE save \$97 only 3 available

Are multigrain foods just as good - don't fall for these label tricks !

Why do you want whole grains? They contain the bran and the germ of the grain, which have more nutrients than the endosperm (those are the real names -- we didn't make them up) that you get with refined or enriched grains. Whole grains are absorbed more slowly than foods made from enriched or bleached flour, so they raise glucose and insulin levels less and keep YOU feeling fuller longer. A diet rich in whole grains may also help steer you around cardiovascular disease, metabolic syndrome, and even gum disease -- not to mention the pain of having to buy bigger pants.

But not all foods that tout whole grain or whole wheat provide it in the healthiest form. You want the grain to have all of its original components. Here are a few fake-out label words to watch for:

Made with whole grains: It may have a pinch of whole grains, but unless it's 100%, you won't reap most of the potential benefits.

Multigrain: This tells you nothing about whether the grains are whole or refined. Even if you're getting 38 different grains, that isn't much good if they are all refined.

Whole grain: If the label doesn't say "100% whole grain," it may have many grain blends. Bad words to see paired with "flour": *enriched, bleached, unbleached, semolina, durum, and rice*. What it should say: "100% whole grain" or "100% whole wheat."

HAVE A DOME AT HOME!

AS SEEN ON TODAY TONIGHT

SCALA BIOPROMISE compression garments work like the Infra Red Dome. When worn for a minimum of 6 hrs per day they emit Infra Red Heat to speed up the metabolic rate and burn fat. With results showing up to 11 cm off the waist in 3 mths they have been a big hit worldwide. Styles include a short, high waisted bermuda and leggings, our client feedback has been great, receive a pair free with every 5 x Biosculpt and Domes package purchased this month, save \$75 only 6 available

AS SEEN ON TODAY TONIGHT!!

Today Tonight featured a story on Neck Lifting last month featuring the extraordinary results achievable with the Medilift. As you may know we are the experts at neck lifting and we can help you get your chin back in a flash.

This month only purchase a Hollywood Lift or Biolift package and receive a package of 5 x 40 minute **exclusive Neck Lifting** sessions as shown on TT, normally valued at \$750 for \$350 a saving of \$400, due to overwhelming demand we can only offer 5 of these packages so be quick!

We also offer the **Nefertitti Neck Lift** also featured in the story, via the services of our exclusive Cosmetic Medical Consultant, Skin Sisters. Skin Sisters also offer muscle relaxant treatments and Dermal Fillers.

Thought about Professional Teeth Whitening? Up to 7 shades lighter in 1 hour, get your \$50 voucher today only 10 available, call 83635884

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