

# Contours Face and Body Clinic News

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March is often called Mad March in Adelaide! Its a short month jam packed with events (and an election) which many of you are attending I'm sure! It's also a time when roads are blocked and there are some frustrations associated with getting around!! There's also a good feeling in the air, a feeling of fun and frivolity and as the weather changes, some cooler days we hope!! We hope you will join in some of the fun this month and we look forward to hearing about your adventures, yes, getting around, finding parking spaces, negotiating crowds and staying up late, could be called adventures, depends on how you look at it? As for us we have some great offers this month and some news to share so I invite you to take a moment to read what is on offer, we look forward to seeing you soon love Dina x

## NEW NEW NEW

### AN ENVIRON SOLUTION FOR STUBBORN PIGMENTATION - YOU ASKED AND WE DELIVERED!!

The Environ Evenescence range is especially designed to fight dark marks uneven skin tone and age spots. The clarifying range is a scientific solution containing proven ingredients to address pigmentation problems. The combination of products work together to achieve remarkable changes and is most effective when used with high levels of Vitamin A to assist in controlling melanin production and distribution. A great next step from Aspect - ask the girls for more details.....

## MAD MARCH SPECIALS

- Resolve to Remove your Rolls - Purchase 5 Biosculpt sessions and 5 Domes and receive 5 MEDILIFT FREE to tone and firm after inch loss

Saving of \$500 only 6 available



- Kim's Choice for lasting and impressive results- Purchase 10 Hollywood Lift sessions for \$1,600 and receive 5 Microdermabrasion and Oxygen FREE

Saving of \$800 only 5 Available



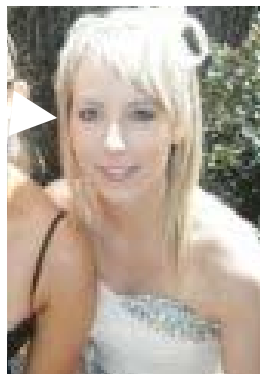
- Get a firm neckline (treatment as seen on Today Tonight) and face - Purchase 10 Hollywood Lift sessions for \$1600 and receive 5 Neck Lifting Sessions FREE a

Saving of \$750 only 4 available



## MEET KIMBERLEY CARR (KIM)

- Favourite animal** - Snow leopard
- Favourite TV show** - Good news week and gossip girl
- Favourite Food** - Mum's homemade curry and chocolate mud cake
- Favourite drinks** - Fruit tingles, and vanilla galliano with lemonade
- Favourite past time** - Fishing and crabbing out on the boat



## WE ARE LOVING.....

### Formal Facials

Is your daughter following a regular skin care regime and using a daily sun block? Does she have a formal coming up? Book your daughter a fresh skin 30 minute **Formal Facial** using the ASAP skin care range plus a detailed skin analysis valued at \$99 and receive the latest offering from ASAP FREE. New from ASAP the Tinted daily moisturiser offers 15 + skin protection and light coverage - a saving of \$40.00 only 6 available

### ...Too Much Sunshine ?

If you're intending to be out and about this month Mineral Makeup is the answer, free of synthetic chemicals, clays and talc they offer 30 + sun protection and a beautiful finish. We stock three types, the ASPECT cream base, Mineral Powder and 3 in 1 PUR, purchase any type and receive a free teeth whitening pen valued at \$34.95

### ... MAKING BOOKINGS ON LINE AND WIN!!!

Last months winner of our online bookings contest is ....Kylee Naglost Kylee has won a FREE BODY TREATMENT to the value of \$260, to win either a FREE face or FREE body treatment -get on line today and make a booking, its so easy visit [www.contoursfaceandbodyclinic.com.au](http://www.contoursfaceandbodyclinic.com.au)

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

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

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## Burn More Calories with This Lazy Habit

Want to burn more calories during the day? Then hit the snooze button. Seriously. Recent research shows how a sleep deficit does more than foster cappuccino cravings. A lack of slumber may also increase your risk for weight gain -- *even if you're not overeating.*

### Sleepless and Sinking

In a study, middle-aged women who slept 5 hours or less per night gained more weight than the women getting 7 or more hours of shut-eye nightly. And the sleepless set was at much higher risk of gaining significant weight -- as much as 33 pounds -- during the 16-year study. Whoa! Women who slept 6 or fewer hours nightly also tended to gain a bit more weight than the 7-hour sleepers.

### Haywire Hormones

The truly big surprise of the study? The short sleepers weren't raiding the cookie jar. In fact, they took in about 50 fewer calories than their skinnier, longer-sleeping peers. All of which left the researchers to speculate that a lack of sleep may somehow depress metabolism, so people burn fewer calories around the clock. Missing out on deep, restorative REM sleep could also alter hormones in as yet undiscovered ways linked to higher body weights. Better hit the hay happy -- and sleep better -- with these steps:

- ∞ Jot down your worries. [Putting your concerns on paper can help you sleep better.](#)
- ∞ Sleep solo. [Your deepest sleep might be had by sleeping single in a double bed.](#)
- ∞ Log out of Facebook earlier. [Computer and TV light can scramble your body's natural sleep-wake cycles.](#)
- ∞ Pull on some wooly socks. [It helps your body release heat as a prelude to slumber.](#)
- ∞ **Ask us about the miracle sleep cure, Lifewave Silent Night Patches, amazing go to [www.lifewave.com/contours](http://www.lifewave.com/contours) and let us know what you think!**

Source Real Eage.com

## Press your flesh today - We

stock the SCALA BIOPROMISE compression garments and the SOLIDEA range of tights and shorts. Why both you may ask? Well they work slightly differently with the Solidea being marginally more effective for Cellulite and the Scala for Inch Loss, although they both cross over and work similarly having substances in the weave to activate circulation, thereby assisting in the burning of fat. The Scala has a high waisted bermuda to support waist reduction treatments and we like this style plus its also great to wear under a fitted dress! **Receive a free 15 ml Vedic T valued at \$24.95 with every pair purchased this month only 6 available**

## Feng Shui Tip of the Month

The lucky directions for this Chinese Year - The Year of the Metal Tiger - are the Centre, North East and West - to activate good luck in your home on the 4<sup>th</sup> day of each month move 28 items in your home and wipe the front door inside and out! Feeling luckier already?

## Ingredient of the Month - Niacinamide: Can you teach an old Vitamin new skin care tricks?

While the benefits of the topical vitamins A and C, are well known and documented it appears that another vitamin, niacinamide, (ASPECT B 17) should be added to this select group. Niacinamide is one of the two principal forms of vitamin B3 (nicotinic acid is the other). Niacinamide serves as a precursor of NADH and NADPH, which are co-enzymes (facilitators of enzymatic reactions) essential for numerous metabolic pathways. In particular, these co-enzymes play a key role in metabolism of glucose, cellular energy production, synthesis of lipids and so forth. The levels of NADH / NADPH decrease with age, and topical niacinamide appears to reverse the decline. Niacinamide also has antioxidant and anti-inflammatory properties. Furthermore, niacinamide is stable, safe and well tolerated in topical formulations even at relatively high concentrations. All of the above suggests that niacinamide, is extremely useful in skin rejuvenation and inflammatory skin conditions. Check out Aspect B17 to turbo boost your regime!

Have you had an **ASPECT MASK INFUSION** yet? 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. **Purchase a B17 valued at \$108 and receive a 30-minute mask infusion, valued at \$160, only 6 available (saving of \$160)**

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