

# Health & Beauty • Health & Beauty

## SEMI-PERMANENT MAKE-UP

New to Keith Francis Beauty \* Semi Permanent Make Up - brows, eyeliner, lip line, areola tattooing \* Verruca and wart removal \* Skin tags \* Thread Vein \* Milia \* State of the art Medical Dermabrasion \* Clinics held each Monday with our highly trained, fully insured medical practitioner, Hazel Everest.

If you have any concerns about your skin - anti-ageing, dry, blemished, oily - we are happy to offer a FREE 15 minute private consultation with one of our experienced and friendly beauticians who can advise you on the best treatment to suit your needs.



## keith francis Professional Beauty

Guinot Facials \* Pai Organic Facials \* Hot Stone Massage \* Waxing \* Sugaring \* Lash/Brow Tinting \* Brow Shaping \* Minx Nail Enhancements \* Acrylic and Gel Nails \* Manicures \* Pedicures \* Callus Peel \* Sienna X Spray Tan \* Ear Piercing \* Hopi Ear Candles \* Make Up Trials \* Wedding Day Make-up \* Wedding Day Party Packages \* Holistic Treatments \* Reiki \* Indian Head Massage \* Daoyin Tao \* Sheer Jeanius Mineral Make-Up \* Jessica Nail Colours and Treatments \*

Tel: Tenterden 01580 765105

## SPA, SWIM OR MASSAGE?

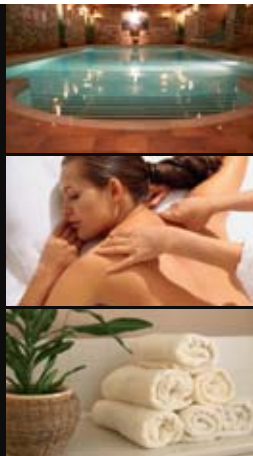
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- Beauty & massage rooms

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Tel: 01797 230651

[www.flackleyashhotel.co.uk](http://www.flackleyashhotel.co.uk)



## Flackley Ash Health & Fitness Club

**Flackley Ash Health & Fitness Club** is situated within the beautiful grounds of the Flackley Ash Hotel, it offers an expansive selection of leisure, health and beauty facilities at very competitive prices. The Leisure Club appeals to a wide range of members who wish to maintain a healthier lifestyle within a friendly and relaxed atmosphere. Membership starts from as little as £27.00 per month.

**'The Beauty Rooms'** Relax, unwind and immerse yourself in a well-deserved bit of self-indulgence. Offering a comprehensive range of Decleor treatments,

Manicures, Pedicures, Facials, Body

treatments and alternative therapies. The 'Mum to be' massage is great for relaxing overworked muscles and providing a new sense of well-being. Treatments are available to Non residents, & Leisure Club Members. Members benefit from 10% off Beauty treatments and 15% of all food purchased at the Hotel. Beauty Gift Vouchers also available.

Please feel free to call in and look around a warm welcome awaits you.

**If you have any questions or to request a brochure call 01797 231001.**

## Beauty By Pauline

Beauty By Pauline has been established in Headcorn for over 11 years. We are a small and friendly team catering for all requirements. We offer a wide variety of treatments from waxing, manicures and pedicures to the more specialised facials.

These include 4 layer, non-surgical and bio brasion plus facials that can be tailored to your individual needs.

Most recently we have introduced Bare Minerals make-up to the salon. The ingredients used are all pure minerals. It is the number one selling foundation.

On Friday 25 September a Bare Minerals representative will be coming to the salon (43 High Street, Headcorn 01622 891790) to demonstrate the range

of products available and also to do make-overs. Appointments for the make-overs will be available from 11am. A £5 booking fee is required and is redeemable against any Bare Minerals product purchased. Booking is highly recommended.

This is a unique opportunity to discover

what your skin type is and be guided towards the correct shades for your individual needs.

**Contact: Beauty By Pauline  
43 High Street, Headcorn,  
Maidstone, Kent TN27 9NL  
Telephone: 01622 891790**

# bareMinerals®

## MAKE OVER DAY

Friday 25th September  
11am - 4pm

£5 consultation fee, redeemable against any bareMineral purchase.

Booking Required

BEAUTY BY PAULINE

43 High Street, Headcorn, Maidstone, Kent TN27 9NL  
Telephone: 01622 891790



## Reiki and Massage

Member of UK Reiki Federation and ITEC Qualified  
With Diploma in Anatomy and Physiology.

Injury Recovery, Depression, Anxiety or General Relaxation and Pampering.

For full treatment list and prices call  
Anneli Jackson on  
**01580 851198**  
or email [anneli\\_jackson@hotmail.com](mailto:anneli_jackson@hotmail.com)

## Professional

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Mobile Spray Tan

Call Naomi Now  
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Discounts Available!



hq  
headquarters  
hair & beauty

Why not  
treat yourself?

High St. Staplehurst 01580 890480

High St. Headcorn 01622 892466

## Wells Medical Centre

### Skin lumps and bumps WE CAN HAVE LIFT OFF

It's amazing that a lumpy little skin glitch can sit there for years and then suddenly one day we want it gone. "Women decide to do something about a long-standing mole or skin tag for all kinds of reasons.

It may be because they've lost weight and that mole is the final frontier before their new look, or it may suddenly catch their clothes or their attention - no different, really, to suddenly noticing wrinkles or lines. It's true - what on a young face might look like an interesting foible or even a beauty spot, on an older face can almost overnight look so ageing.

**Experts Choice:** Shaving excision is the way to remove many kinds of mole or skin tag.

### Crepy Neckline

#### TRY AN INJECTION OF SMOOTH

Post summer is the time when we notice how old our neck has become.

Lines and crepyness are down to the muscles in your neck ageing and slackening, along with a big helping of sun damage. Short of surgery, is there anything we can do?

**Experts Choice:** For a crepy texture and those circular lines, injections of new Restylane Vital Light really work wonders.

**How does it work?:** Unlike a filler, it's a dilute hyaluronic acid that you can deliver easily right into the lines. It will give you a smooth, firm and hydrated look, as well as improving elasticity, lifting those circular lines right up to reveal white untanned skin the sun has never reached. It works on a collapsing cleavage too, plumping out wrinkles and lines to make the skin look hydrated and smooth again.

**Wells Medical Centre**  
Tunbridge Wells: 01892 530265  
Hastings: 01424 444633  
Ashford: 01233 661662  
[www.wellsmedicalcentre.com](http://www.wellsmedicalcentre.com)

### Seriously . . . .



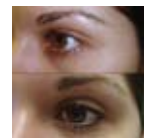
Do you want to keep your same old morning routine forever? Imagine what else you could do with your time.

Semi-Permanent make-up will enhance your features and ensure your make-up always has that stunning professional look!

#### Semi-Permanent Eyeliner, Lipliner, Full Lip Colour & Eyebrow Enhancement

Scar correction, Areola re-colouring, Vitiligo camouflage,  
Brow replacement for Alopecia & Wrinkle therapy.

permanent  
make-up  
solutions.



Tarryn Vice: Telephone: 07707 476547 / 01580 763575  
• [www.permanentmake-upsolutions.com](http://www.permanentmake-upsolutions.com) •

## Permanent Make-up Solutions

Tarryn has over 12 years of experience as a micropigmentation specialist and trainer. She has trained worldwide, including South Africa, England, Thailand and Berlin, to expand her skills as a permanent make-up artist.

Originally Tarryn ran a successful Permanent Make-up practice in South Africa, but decided to relocate to the UK in 2005.

Here she quickly established herself as a leading light in the Micropigmentation industry.

Her fresh innovative ideas, precise techniques and encyclopedic knowledge of colour put her at the very top of her profession.

Working with UK's leading cosmetic and medical tattooing specialists, Finishing Touches, Tarryn's reputation as a technician and

trainer is unsurpassed.

She regularly hosts workshops, seminars and training programmes internationally for audiences which include Surgeons, Doctors, Prosthetists, Nurses and Beauticians.

In 2007 Tarryn was awarded the very prestigious contract of Micropigmentation trainer to Harrods.

Tarryn's compassion and understanding of her clients needs is evident through her treatments and results. She endeavours to give each and every client the most exceptional treatment possible!

**Tel: 07707 476547 / 01580 763575**  
[www.permanentmake-upsolutions.com](http://www.permanentmake-upsolutions.com)



## LOOK YOUNGER

### ... without plastic surgery

- Muscle relaxing injections from £180
- Wrinkle fillers
- Restylane from £150
- Juverderm from £195
- Chemical Peels from £90
- Brown Spots and Acne Scarring
- Moles, Thread veins and skin tags
- NEW Semi permanent make-up and Threading

BEFORE



AFTER



Wells Medical Centre [www.wellsmedicalcentre.com](http://www.wellsmedicalcentre.com)  
Tunbridge Wells: 01892 530265  
Hastings: 01424 444633 Ashford: 01233 661662

# Health & Beauty • Health & Beauty

## Bliss Beauty Studio



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• WAXING • HANDS & FEET • ELECTROLYSIS • PAMPER PACKAGES

## Bliss Beauty Salon

You will find Bliss Beauty Salon in Queens Street, Sandhurst. The owner Fiona has over 17 years of experience and she offers a full range of treatments to a high standard in a relaxing and caring environment.

Fiona recommends Eminence for Skin and Body care. The ingredients are all natural and organically grown, using the most exquisite ingredients from fresh fruit, pulps and seeds. Good enough to eat!

She has put together some amazing treatment packages, try *Ahhh Apricot*, it will be a ½ day of pampering, finishing off with a light lunch or if you have less time to spare try the *Blueberry Bliss*. Sounds so fruity!

Open Monday - Saturday

Please telephone  
01580 850263  
or email  
fionamallen@btinternet.com

## ARE YOU ONE OF THE UK'S 5.3 MILLION ASTHMA SUFFERERS?



"I am amazed that my son has not used Ventolin since the first day of the course." Avril

Are concerned about your child being on asthma drugs for life? Are tired of taking asthma drugs yet still feeling ill? Do you wheeze even with your drugs? Do you get breathless with even a little exertion? Do you feel tired, have poor sleep & lack energy?

"safe, sustainable and extremely effective for asthma"  
Lee Ann C. Hastings



Life does not have to be like this!

In just five days you can learn how to control your asthma without drugs.

Book a FREE consultation  
tel: Michael Lingard BSc DO BIBH  
Buteyko Practitioner on  
01580 752852  
www.buteykokent.co.uk

## Michael Lingard - Buteyko

It is generally believed that drug therapy is the only safe way to manage asthma. This is not only untrue but fails to recognize the harmful effects of the medication. The Buteyko Method is a clinically proven approach to better asthma management, approved by the British Thoracic Society and soon to be available as a University Course for nurses in the UK.

Patients undergoing Buteyko training have to work closely with their own GP, specialist or asthma nurse as they start to reduce their preventer medication. It is safe, effective and based on current medical science. The only drawback is that it requires a degree of personal effort and responsibility on the patient's part, it is not a magic bullet! However once trained the old bad breathing habits are replaced with healthy normal breathing habits.

Training takes only five sessions of ninety minutes and support is given for twelve months to ensure success.

Michael Lingard  
Buteyko Practitioner  
01580 752852  
www.buteykokent.co.uk

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Will leave No damage or Matting

The **safest** technique available on the market

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open  
weekend**

**12<sup>th</sup> / 13<sup>th</sup> September**

Lots of activities for you to try...

**FREE** taster classes including:

- ⇒ Spinning
- ⇒ Body Combat
- ⇒ Body Pump
- ⇒ Junior Spinning (14-16 yrs)

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**DRAW** a free 12 month  
membership



Also available:

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Booking advisable Call: 01580 765987

all part of  
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great

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