



THE HISTORY OF BEAUTY THERAPY

Believe it or not, certain types of beauty treatments can be dated back to as early as 30,000 BC! In fact, the easiest form of beauty therapy to track back in time is that of hair removal. Cave dwellers would remove hair from their scalp and face in order to rid of lice or infestation. They would use flint, a hard quartz, rubbing it back and forth to rid of any unwanted hair. This type of removal was the first instance of shaving; thank goodness we have a much kinder method of removing hair today!

Plucking can be traced back to the Renaissance when women would pluck their hair out to make their foreheads appear larger, as this was apparently a sign of beauty, and Rachele still believes it is (and we do to). Around 60 BC, Egyptian women began to remove excess hair by a process called "sugaring" in which a mix of sugar, honey and oils were used to entangle and strip away hair. This has developed into the waxing technique available today.

In terms of skincare, it is said that Cleopatra used to bathe in sour milk. The lactic acid in milk has great moisturising and exfoliating properties, and milk is still used nowadays in baths for this purpose, even despite its potency! It is suggested that goat's milk is more effective, due to its higher lactic acid content. It is also rumoured that skin care regimes were initially started by fishermen and farmers, as they had to protect their skin from harsh winds and the sun's rays. In Ancient Greece, common items such as olive oil, honey and even sand were used as a form of sunscreen, to protect skin from harsh weather.

The Ancient Egyptians developed the world's first make up cosmetics, using copper and lead ore. Historically, women have used matches to blacken their eyes, berries to stain their lips and young boy's urine to try and fade freckles! (Why it specifically had to be the urine of young boys, we do not know!)

As you can see, beauty therapy has come a long way over the past few thousand years, and if it were not for these sometimes grotesque practises, we would not have the booming industry that exists today!

Give the gift of flawless skin this Christmas!

Purchase a *Youngblood Flawless Foundation Pack* for only \$99. Receive your choice in colour of Loose Mineral Foundation, as well as a Youngblood Flat Top Kabuki Brush, a mini Mineral Primer and this beautiful cosmetic bag.

Valued at over \$130, this is a great deal!



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Monday 19th December: 9am – 7pm
Tuesday 20th December: 9am – 7pm
Wednesday 21st December: 9am – 9pm
Thursday 22nd December: 9am – 9pm
Friday 23rd December: 9am – 7pm
Saturday 24th December: 9am – 2pm

Wednesday 28th December: 9am – 7pm
Thursday 29th December: 9am – 8pm
Friday 30th December: 9am – 5pm
Saturday 31st December: 9am – 12pm

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- A gorgeous Rejuvenation Facial with a relaxing shoulder, neck & scalp massage
- Soothe tired feet with a stunning pedicure treatment with our popular shellac (no chip, high gloss nail enamel)
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Valued at \$248

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Only
\$149!

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- Treat your skin to a vitamin E Facial Masque to repair & rehydrate the skin
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Only
\$99!

Be one of the first 20 people to buy 2 of these packages as gift vouchers and we'll give you 1 for FREE! You can either use this to treat yourself or to give away.

AMAZING!

But wait, there's more!! The above vouchers DO NOT EXPIRE.... EVER!

Here you can see me dressed as a pirate in the Murray Bridge Pageant as part of the Community Lifestyles float. I also won another, (yes that's right another!) gold medal in the cross country mountain bike event at Mt Torrens recently and I rode with my sister on Sunday 27th November in the "Gear Up For Girls" bike ride from the city, up Mt Lofty, over to Norton Summit and back into town via Magill Rd. A smooth 50km ride with a hard climb but awesome roll back into town.

