

Feel Like A "GRECIAN GODDESS"

Valued at \$346 but yours for just \$149
Hurry only 6 available

July 2009

Raptcha'u Hair &
Beauty
Shop 1 & 2, 30
Seventh St,
Murray Bridge
85312255

Do I need to take antioxidants?

The answer is *yes!* With every breath you take you generate free radicals, the uncontrolled oxidants that damage cells. The older you become, the less natural antioxidants your body produces to keep these destructive molecules in check. As they accumulate, health deteriorates & ageing accelerates – leaving you more susceptible to everything from wrinkles to serious degenerative diseases.

What are antioxidants?

Antioxidants are the good guys that protect our bodies from the bad guys, free radicals, that damage cells & weaken the immune system. The body can generate free radicals simply by burning fuel for energy. In other words they are a necessary but unwanted by product. Various environmental & physical stresses from air pollution, smoking, drinking alcohol, disease, ageing and even vigorous exercise generate extra free radicals. Our body does produce different types of natural antioxidants like Coenzyme Q10, glutathione, & alpha lipoic acid. Unfortunately as we age, more free radicals accumulate and less natural antioxidants are produced.

So if you're not already taking some antioxidants than now might be a good time to start. We sell ASAP Advanced Daily Antioxidant Skin + Body Complex capsules for \$44. They are a high potency formulation of antioxidants including Vitamin C, alpha Lipoic Acid, CoQ10, Green Tea & Grape Seed Extract, Zinc, Copper & Iron. So as you can probably see using good skincare is only one piece of the puzzle of looking good for your age, it's also about good nutrition and of course the healthy lifestyle.

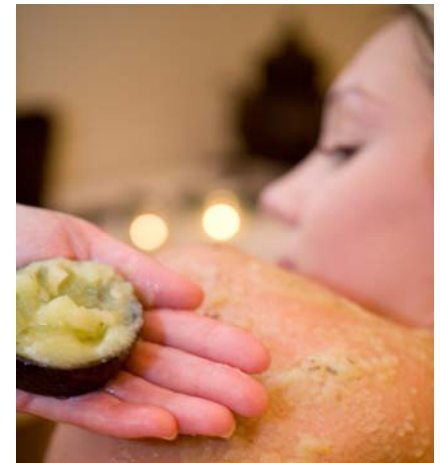


Grecian Goddess Package

Valued at \$346 yours for just \$149
Hurry only 6 available

And here's what you all get:

- Ultimate Skin Rejuvenation with Microdermabrasion
- Vitamin E facial Treatment
- Stunning Eyelash Tint
- Infrared Sauna Session
- Full Body Exfoliation & moisture treatment
- Take home a 250g Philou Body Butter
- \$20 Philou Skincare Voucher



Sick & Tired of Ugly, Unsightly Nails?

10 more available

Ugly Nails Wanted

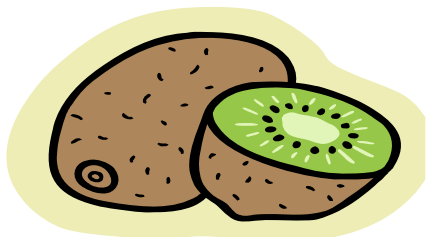
Yep if you have them - we want them! The worse they are the better! So many people say they want beautiful nails but they are too embarrassed about their own nails to get them done! Well that is exactly what we are here for. The truth is not many of us were born with beautiful nails so if you're sick of hiding your hands or just want sexy nails, then you need to make the most of this month's **nail special** and book your appointment. In no time your hands will be transformed into beautiful works of art for just \$75 for a full set of Acrylic Nails

and you will also receive absolutely **FREE:**

- Take Home Nail Dryer & Nail File
- Hand Exfoliation & Moisture Treatment
- Nail Art
- Eyebrow Tidy

That's a whopping **\$151.95** of value for just
But hurry only for the first 10 packages sold

\$75



Kiwifruit

Include these in your diet for less wrinkles.

One cup of peeled kiwifruit contains more vitamin C than the same amount of oranges. Vitamin C is essential for collagen production and maintenance of healthy skin. Plus research confirms high vitamin C intake is associated with less wrinkles. One kiwifruit contains 40 micrograms of the anti-ageing antioxidant beta-carotene, plus the fat soluble antioxidant vitamin E which we usually find in nuts and oils. They are also rich in these things called phytonutrients which protect the DNA in the nucleus of human cells from free radical damage.

Imagine if you could enhance your skincare product penetration 10,000 times more effectively than by simply applying your products topically. Now wouldn't that give you more value for your money when buying skincare? If this interests you then you need to read on!

Introducing Skin Needling

This will dramatically increase the effectiveness of skincare products, allowing improved penetration of vitamins into the active layers of the skin.

The principle of the Cosmetic Roll-Cit™ is that the "micro-needles" puncture the horny layer of the epidermis, which is the main obstruction to penetration of active ingredients. (Sounds a little savage I know but it's actually not, it's just like little thistle needles, it doesn't hurt trust me.) Once this layer has been breached, the active ingredients in the skin care products can reach into the depths of the skin about 10,000 times more effectively than by simply applying the products topically. The higher the levels of vitamin A and C that can penetrate into the lower layers of the epidermis, the more collagen can be made. This means younger looking skin.

Use of the Cosmetic Roll-Cit™ will help restore skin tightness in the early stages of ageing, speed up the reduction of pigmented marks, thicken thin skin, smooth fine lines, soften scars and reduce dilated blood vessels. The advantage of skin needling is that it is not painful, it does not damage the skin and it can be used on all areas of the skin or body, including very thin skin. It is however, not suitable for use on the following skin conditions: Active acne, Eczema, Rosacea, Psoriasis, severe solar keratosis and raised moles or warts.

To view some before and after photos of the effects of this product be sure to call into the salon and ask us for a look, they are what sold me on it.

The treatment time can range from 5-20minutes depending on the speed, accuracy and density. It should be repeated at home between two to seven times a week. The more frequent the treatment, the better the results. It is a cost-effective instrument at \$132 and a great way to get the results you want from the skincare you use in between visits to the salon.



Purchase an Environ Roll-Cit™ and we will give you a vitamin E serum valued at \$49 absolutely free!
First 5 sold only.

SAVE 25%

A·S·A·P

\$132 SUGGESTED RETAIL PRICE FOR ONLY \$99

Triple Treat

1 240ml, daily exfoliating facial scrub + 2 240ml, daily facial cleanser + 3 150ml, daily moisturiser plus sunscreen SPF30+

Treat yourself to our 3 best selling products and

GREAT SAVINGS

Promotion available for a limited time only or until sold out

Want to Run the City To Bay this Year?

Need a team to train & run with?

And how about raising money for Juvenile Diabetes Research Foundation while you're at it? Walk, jog or run 3/6/12km options on Sunday 20th September Bought to you by bnatural bootcamp the program includes event entry fees, T-shirt & water bottle, transport & post event breakfast, professional training program leading up to the event & pre-event organized runs in Murray Bridge. This is a great way to get fit & achieve a personal goal with the help of some like minded people. See me, or call Morgan Coull on 0431638721 or go to www.everydayhero.com.au/bnatural for more info

Get the low down on Vitamin E

Firstly it's considered the most important oil-soluble anti-oxidant & free radical scavenger. Vitamin E serves a preservative function due to its ability to protect against oxidation (meaning rusting!). As a moisturiser vitamin E is well absorbed through the skin and is able to improve the skin's water-binding ability. Vitamin E emulsions have been found to reduce transepidermal water loss, thereby improving the appearance of rough, dry & damaged skin. This vitamin is also believed to help maintain the connective tissue. There is also evidence that vitamin E is effective in preventing irritation due to sun exposure. Winter time is a great time to experience our Vitamin E facial mask, try it in this months package, and reap the benefits!