

HEALTH & BEAUTY

AN ADVOCATE ADVERTISING FEATURE

Helping customers to look and feel good

L'Ambyounce Hair and Beauty Spa, operating for the past six months, caters for the modern man who wants to revitalise both his looks and soul.

Spa manager Andrew Majdlik says: "We're delighted with the number of men who are now clients. Many have been introduced to the salon by their partners or friends and regular treatments have now become a permanent part of their lives."

The venue uses Payot Paris salon and spa products and have a 'take-home' collection called Payot Optimale which enables clients to maintain their skin and grooming between salon visits.

In addition to regular treatments, the salon suggests Payot Optimale male maintenance facials that help overcome conditions such as dry and oily skin, ingrown hair and dehydration. The product cleanses, exfoliates, purifies and nourishes the skin.

Mr Majdlik said the Sixty-Minute Iron

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Man treatment combined a facial and masque. It is relaxing and cleansing and rejuvenates the skin, as well as counteracting skin irritants from sun damage, shaving and sporting activities. The masque contains iron and a hematite mineral extract that stimulates, strengthens and oxygenates the skin.

The Executive treatment encourages men to relax after a stressful day at work. It combines a relaxing body massage, using Payot concentrated balm rich in trace elements and mineral salts, followed by a facial.

The Ultimate Works treatment, leaving clients transformed, de-stressed and

Time to relax: L'Ambyounce Hair and Beauty Spa has a variety of services for men.



totally rejuvenated, combines body massage, body scrub and body masque.

Mr Majdlik said: "If you have a partner who is hesitant about visiting a spa, the best thing is to introduce him via a gift voucher. I guarantee it will be one of the best gifts he's ever received."

L'Ambyounce Beauty and Spa is at 100 Furlong Road, Cairnlea (below Fernwood Fitness Centre). Inquiries: 93612300 or visit www.l-ambyounce.com.au



ATTENTION BACK PAIN SUFFERERS

Have you been told that back pain is something you have to live with?

For many Australians, putting up with constant back pain has become a daily battle. Your back is really painful and stiff when you try to get up in the morning a bit like a rusty door hinge.

- You've noticed it's harder to get in and out of the car
- It takes a little while to "loosen up" after you've sat down to watch the news
- You may find it difficult doing your favourite hobbies
- It hurts to do your daily chores.



What Do Most People Do When It Hurts?

Most people may try to do the following to ease their pain:

1. Grab a hot water bottle and hope it works
2. Grab some ice
3. Take some painkillers
4. Sit around and do nothing

Although some of these treatments may offer some relief, what they are really treating are the symptoms and not the causes of these symptoms.

How Do You Know If Your Pain Can Be Helped?

To determine whether Health Wise Chiropractic can help you, we would like to offer you a complete examination, consultation and x-rays if clinically indicated. This exam could cost you over \$200 without this offer. We would like to offer it to you for only \$45. Additional family members can be checked for \$10.

But you must act in the next 7 days.

Please call us today on 9356 4833
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