

HEALTH | and beauty



Life is no rehearsal this is it, so if you want to look your best you have the ability to make it happen.

As I said to readers in the last issue of Good Life if you want to look and feel better it is all a matter of changing the way we think and being more positive about who we are. I didn't say it was easy. When you make that decision you will see yourself differently and automatically you will start to give to yourself because you are worth it.

I took myself off to Shizu WellnessSpa in Mornington and treated myself to an Elemental Nature Facial for radiant skin followed by a massage; it was so calming, soothing and relaxing.

If you find yourself feeling run down and tired it really is the best medicine to put you back on track.

In this edition there are many of our advertisers who can offer you the best advice whether it be about your skin, hair, new make-up to enhance your features or perhaps you have wanted to know more about Botox and what it can do for you. Just asking the questions gets you started & will feel more confident.

Look after yourself as you are now, not in comparison to how you used to be. You may be surprised at your beauty.

- Take Care, Suzette



Sandalwood Retreat

RESPITE FOR CARERS

We offer respite for carers ...at last a complete package! Respite and funding assistance available for carers offering a full range of pampering experiences, make your day as relaxing as possible.

GIRL'S DAY OUT

We can arrange for up to 10 girls to spend a day out of pampering which includes massage, pedicures, facials, foot spas, gourmet lunch or dinner and wine and champagne, also accommodation if needed.

TRAINING AND CONFERENCE CENTRE

Training rooms available for business conferences including catering. Day, weekend & weekly packages available.

FITNESS, WELLNESS, WEIGHT LOSS, DELUXE SPA

Tailored activities to suit your needs from spas, gentle exercise & massage to weight loss programs & counselling.

Sandalwood Retreat

FRANKSTON SOUTH
STRICTLY BY APPOINTMENT ONLY
PHONE. 9598 4620 MOB. 0402 115 509
EMAIL. info@accommcareolutions.com.au

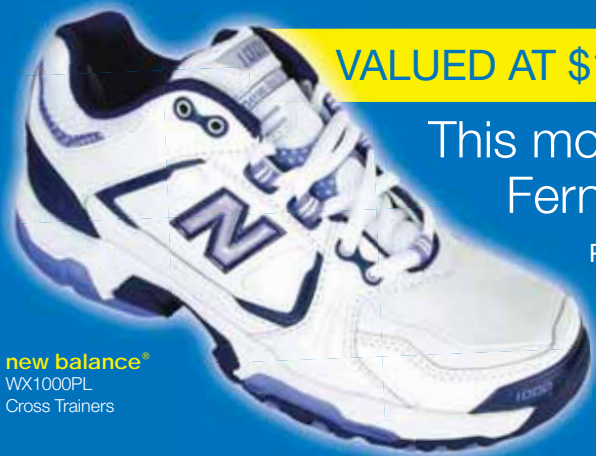
www.accommodationandcaresolutions.com



FREE TRAINERS

VALUED AT \$140_{RRP}

This month at
Fernwood



new balance®
 WX1000PL
 Cross Trainers

PLUS FREE
 TRAINING
 GLOVES
 RRP
 \$24.95

Join Fernwood during June and receive a **FREE** pair of **new balance®** CROSS TRAINERS and a **FREE** pair of Fernwood training gloves.

Call
 Now!
5973 5188

*Standard membership terms and conditions apply. Not valid if membership is cancelled within the cooling off period, or with any other promotional offer. Not redeemable for cash. Offer expires 30/06/07. Colours and styles may vary.

Fernwood Mornington
 Peninsula Homemaker Centre
 Shop A3, 1128 Nepean Hwy Mornington VIC 3931
www.fernwoodfitness.com.au

fernwood
 Women's Health Clubs
 An Australian owned and operated franchise business

NOW OPEN!!!

YES, THE FITNESS STATION IS UP & RUNNING!



HUGE OPENING SPECIALS

Exercise in the comfort of your own home this WINTER.

Great opening specials

on ALL your fitness equipment needs.

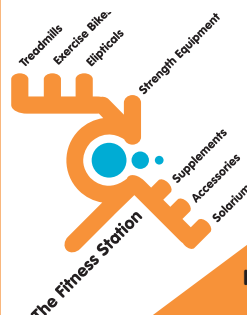
- Come in and see our large range of home & commercial fitness equipment, from skipping ropes & boxing gloves to treadmills & full body weight stations.
- Delivery and installation service available to local area.
- All treadmills come with a lifetime drive motor warranty
- In house service within 48hrs guaranteed



Don't miss our Two Brand New Solariums

Stand up or Lay Down

- \$1 per minute opening special
- Stand up for that all over glow, no tan lines
- Accelerator available to prolong & maintain your summer tan
- New tubes less time required, less \$\$\$



The Fitness Station
 Shop D3, Peninsula Lifestyle Centre,
 Nepean Hwy, Mornington PH: 5975 4751
 Email: thefitnessstation@bigpond.com

