



## botanical skin resurfacing

Aveda's Botanical Skin Resurfacing treatment - and its glowing results - were preferred to the abrasive action of salon microdermabrasion by 4 out of 5 women\*.

Book a Radiant Skin Botanical Resurfacing Facial and receive a **FREE** sample of Tourmaline Hydrating Cream

OR

Book 3 Radiant Skin Facials and receive the 3rd Facial for **FREE** !!

**Call the Spa directly for further details 5976 3833**

**Shizu Wellness Spa**  
45 Main St (corner Albert St)  
Mornington 3931  
Tel: 5976 3833  
[www.shizu.com.au](http://www.shizu.com.au)

\* In our test panel of women, ages 21-49, who experienced both.



# HEALTH | and beauty

Yes girls its Spring again so lets get fit and healthy, ready for the summer. There is so much to choose from in our Health and Beauty section, you need look no further for all your needs. We have only the best when it comes to looking after our readers.

Whether you are looking for a wellness spa, waxing and spray tans, hairdressing, gyms and body clinics we have it all.

The mind also plays a big part in being healthy so it's important to exercise and read which I believe helps us get through those rough days and enables us to keep a clear head. Remember tune into yourself, knowing whats right for you is a skill you can learn.

## Skin for Spring!!!

### Head into Shizu Wellness Spa this Spring to revitalise your skin, body, hair and spirits!

Sometimes the skin can become dull and lifeless during the winter months due to dryness and dehydration. Shizu offers an Aveda Botanical Resurfacing Facial which gives the same results as microdermabrasion but without the redness and inflammation after the treatment.

As a special offer for Spring, book three Botanical Resurfacing Facials and we will give you the third facial **FREE** (valued at \$99 - please refer to main advertisement).



## Safety First at Simply Brazilian

Simply Brazilian individually sterilize their own tweezers. They own and use autoclaves, the same system that medical offices use to clean their equipment and once a pair of tweezers is used on a client it is then thoroughly cleaned and sanitised, rinsed, dried, placed in a sterilization bag and then autoclaved.

The sterilization process is monitored for temperature and time for each batch and the results recorded for the health department to check. The batch for the relevant tweezers is recorded against the client's history.

Simply Brazilian suggest that you have a good look the next time you go to a salon. Look where the equipment is kept. Is it in a jar

One thing that is really important is to be happy. Its great for your health - stress kills us in the end and we always look more attractive when we are happy.

Do what makes you truly happy. There is radiance in the face of a woman who takes joy in her life. Remember "I see the patterns, and I choose to make changes".

- Take Care  
Suzette



The results are radiant, vibrant skin for Spring.

Shizu also offers a range of massage and body treatments including Body exfoliation which is a great way to get rid of rough, dry skin and leave it smooth and soft (either Aqua Salt Glow or Walnut Body Polish). Other treatments include Aveda facials, hydrotherapy spas, Pedispas (essential treatment for the warmer weather), waxing and tinting services not to mention Pamper Packages.

Why not give your hair a treatment as well in our beautiful Aveda Hair Salon. Shizu offers a "Facial for your Hair" \$60 which will infuse moisture into the hair leaving it silky smooth and soft.

This treatment also includes shoulder massage, head and scalp massage and a hand treatment. Other Aveda hair treatments start from \$20. Enjoy a relaxing head and scalp massage while our comfortable reclining wash lounges massage your back and legs - heaven!

To finish off your look this Spring there's the beautiful range of Aveda makeup products with natural ingredients to prevent clogging and irritation of the skin.

Shizu is a "one-stop-shop" for all your hair and beauty needs. Call now to make an appointment or request a brochure. Alternatively you can visit [www.shizu.com.au](http://www.shizu.com.au)

Sue and the friendly staff look forward to seeing you and looking after all your beauty needs.

sitting in some solution on a table, or just lying around on a bench?

Think, has it been cleaned and sterilised properly after it was last used on the previous client, or is an infection still there? When you remove an ingrown hair, quite often the tweezers come in contact with blood. The blood source can carry the diseases like Hepatitis A, B, C or other nasties.

Simply Brazilian believe the only way to know equipment is really clean is if it has been sterilised. At Simply Brazilian its safety first.

**Frankston Ph.9781 2555 & Mornington Ph. 59755888 [www.simplybrazilian.com.au](http://www.simplybrazilian.com.au).**