

Mornington Medi Spa's Laser Wins Again!

If you have unwanted facial or body hair and fancy never having to wax, shave or tweeze again or wish you didn't have to use so much makeup to cover unsightly broken capillaries and pigmentation, you should pay a visit to Marsha at Mornington Medi Spa.

Marsha specializes in laser and their aesthetic application, having spent years at university training and qualifying to operate high-powered medical laser devices and para-medical equipment. And now with close to 20,000 laser procedures and 7 years experience in the laser industry you can rest assured that your skin is in safe hands.

"At mornington medi spa we are dedicated to a holistic approach to skin care, corrective procedures and anti-aging treatments. Treatment programs are tailored to suit your individual needs." Says Marsha.

"Our clientele consists of both men & women who are not quite ready or interested in plastic surgery but wanting a bit more than what beauty therapy can offer them."

If your skin or unwanted hairs have been bothering you don't wait any longer and find out what can be done. Mornington Medi Spa offer complimentary consultations.

CONGRATULATIONS... 1st Place The Best Hair Removal Laser for Skin Types 1-3 Laser and Light Technology Choice Awards™



Sally Before
Boot Camp

and I was unfit. But I kept putting it off. I didn't really like the gym which I had tried in the past and not stuck to. A few weeks before I joined bootcamp, I was rushing up a small incline at work and felt very short of breath so I knew I had to do something.

I chose Breathe Boot Camp because I had seen an article in one of the local papers, featuring someone I knew, and she looked great. As a chemo nurse who had looked after this lady, I thought "wow if she can get in such good shape after a year of cancer treatment, there's hope for me yet!"

Why is it so addictive? Well firstly it actually works. In just 4 weeks of boot camp I lost a couple of kilograms, so I signed up again. Over about 15 months I have lost a total of 15.5 kg, built muscle and changed my shape,

Boot Camp - Sally's Story

"I first started boot camp in December 2005. I had been thinking of beginning an exercise program for a while as I knew I had put on weight

not to mention dropped dress sizes and my husband thinks I look great! My fitness has also improved so much - I actually enjoy going for a run.

Secondly, it is fun. I really like the variety of workouts, different activities, and locations. The program is really well organised and professional. The sessions start on time and there is ongoing support and advice from the Breathe Boot Camp Leaders. Okay some times it is a real challenge but I am amongst friends and that makes all the difference.

That is one benefit of boot camp I didn't expect - I have made some great friends.

In the past I have really struggled with motivation but this boot camp has made it possible for me to stay keen and get the most out of my exercise program. Definitely a boot camp addict!" - Sally



Breathe Boot Camp is the longest running and largest Boot Camp on Mornington Peninsula. We are a locally owned

and run business with over 10 years experience in helping people get into shape. Come and see what the fuss is all about. We cater to all fitness levels.

Contact: Breathe Boot Camp on 59752435 or visit www.breathebootcamp.com.au

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Marsha McIntyre - B.Health. Sc. C.D.T Fellow A.S.D.C

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