

Local Doctor Creates the Peninsula's First Personal Training Campus!

Personal training has become an increasingly popular career choice, and its easy to see why. With our beautiful beaches, paths and nature-filled reserves, the Peninsula offers some fabulous training arenas. Personal training can be a very flexible career that lends itself to people with families or other lifestyle commitments, and

being involved in the fitness industry means that you have the wonderful opportunity to keep yourself fit while enriching the lives of others.

Gaining a qualification as a Personal trainer is now community based and contains real life practical experience. Inner Balance Personal Training has teamed up with the Australian Institute of Personal Trainers



(AIPT) to give our Peninsula fitness fanatics a better option!

AIPT is a leading fitness organization with a mission to raise the profile and improve the standards of Personal Trainers in Australia. They offer a Fast Track Master Trainer (Cert III/IV) program via correspondence with an in-built mentoring program whereby students can undertake their practical placement with one of their National Mentors. This means that students can pursue their Personal Training qualifications with ease, while gaining the professionalism and real world experience of working in a busy fitness studio under the guidance of their mentor.

The best part of my job is being able to help people get fit and feel great, and I would love to share my passion with others. So, if you want to get fit and feel great, or if you want to help others get fit and feel great, give me a call today!

- Dr Vanessa Cook, Inner Balance Personal Training Studio
4/2 Torca Tce Mornington
0419 894 621 or 5976 3930



Brazilian Butterfly are pleased to advise clients that they now offer the fabulous ELOS system of permanent hair removal.

How does ELOS work?

ELOS works via a synergy of light and bipolar electrical energy. The light travels to warm up the hair follicle as the light is attracted to the melanin (color of the hair).

The electrical energy travels down the hair (as it is attracted to the warm hair follicle) and the combination of both the light and electrical energies permanently destroys the hair follicle.

How many treatments will I need?

The number of treatments depends on individual hair and skin type. Most people achieve satisfactory reduction after 4-8 treatments:

however individual results vary depending on hair color, skin color, medical and genetic factors. Lighter colored hair will require more treatments than darker colored hair.

Is ELOS painful?

The sensation is often described as a 'hot pinch' or 'snapping' feeling. The sensation only lasts for a fraction of a second and warmth and/or a tingling sensation is experienced for a short time afterward. Active epidermal cooling to 5% on the tip of the applicator makes the experience quite tolerable and less painful than Laser & IPL. All areas are treatable, except for the surrounding eye area.

Call 9783 2234

for your free consultation

BREATHE BOOTCAMP



PHONE: 5975 2435

RECRUITING NOW

www.breathebootcamp.com.au



our Frankston salon is now open and to celebrate we're taking 10%* off



Brazilian Butterfly
total body care

www.brazilianbutterfly.com

We're offering 10%* off all treatments until 21st December, 2007.

FOR FURTHER INFORMATION PLEASE CALL 9783 2234

*THE CUSTOMER MUST PRESENT THIS COUPON AT THE FRANKSTON SALON TO BE ELIGIBLE FOR REDEMPTION OF THIS OFFER. THIS OFFER VALID ONLY UNTIL 21ST DECEMBER 2007. ONE OFFER PER CUSTOMER. VALID ONLY AT THE FRANKSTON SALON.

FRANKSTON SALON: 15 WELLS ST FRANKSTON FRANKSTON@BRAZILIANBUTTERFLY.COM