

able Beauty News

ar, meaning summer will be soon approaching!

sure to UV rays, make sure you are leaving the house, not just make up with sunscreen.

Your skin will love you for it and you will love you skin for longer as sun damage is one of the main contributors to premature ageing!!

Enjoy the day, remember there is more of it now!!

Amanda

Ingredient Profile The Buzz on Vitamin A

The word around town and the beauty industry is Vitamin A.

Vitamin A is known to be one of the greatest anti-ageing ingredients on the market today. There is many different forms and many different uses for this versatile product, such as lightening pigmentation to regulating and controlling oil flow.

Vitamin A is such a versatile ingredient it is seen in many different forms for all skins types from oily to even Rosacea.

Retinyl Palmitate is a very low strength form that is found in many cosmetics, there is no irritation and needs to be found in exceptionally high quantities to see a result on the skin.

Retinol is the standard form of Vitamin A, if not formulated correctly it can cause irritation. Retinol is only sold without a

prescription under 1%.

Retinoic Acid or Retin A is one of the forms that is most accepted by cells and the most studied form of Vitamin A. Being more readily accepted by cells allows for less irritation and a happy healthy skin.

We offer two forms, retinoic acid and retinol, to accommodate for every concern and condition using the highest percentages to gain the greatest result.

And for July every Vitamin A product purchased you will receive a free Peel (Vitamin A or Pumpkin peel) worth \$150.

Remember!!
If you're not 100% satisfied with our treatments, we re do it FOR FREE



Beauty Boosters

Sleep

Beauty sleep as we smart girls know, is not just an urban legend!! Everything regenerates when you sleep, its like a housekeeper comes in and tidies up, ironing out wrinkles and removing daily toxins. Its pretty much impossible to turn back the negative effects of sleep

Positive Attitude

Women need to define their concept of beauty and educate younger generations that our outer image is a reflection of our inner mindset. A positive attitude will help us exude an air of confidence, radiance and vitality that will enhance our appearance. In short, feeling beautiful makes us look beautiful

Water

Its no new concept, but drink water for a better complexion. Drinking water helps to flush toxins that can cause blemishes. Get in tune with your body! If your lips are cracked, your body is asking for a big glass of water, not that glass of cola

Not getting enough out of your products??

Are you finding you are not getting the same results as you use to get with you products? Ever heard that your skin gets use to a product?

This is not entirely true, our skin will only hold and work to a maximum with certain ingredients. For example if you saw great results with Vitamin C to begin with and now the results aren't happening anymore, your skin is responding at a maximum level.

Never fear!! If you want more results with your products then roll it in! Our at home Dermaroller gets your skin care penetrating 200-1000% more!!

Book a in salon skin needling treatment and receive a at home roller to keep your results at a maximum for \$140 (normally \$200)

What is skin needling??

Ask Julia or Kirsty to see how your skin can be taken to the next level.

A word from our team

From Dominique our resident body specialist to get you the summer body you've dreamt of

- 4. Hannah,
- 4. Natalie,
- 4. Davina
- 7. Dianne
- 8. Lisa
- 10. Connie
- 11. Kate,
- Katherine
- 12. Des
- 13 Jai,
- 13. Kerry,
- 13. Lisa
- 16. Delma
- 17. Sandra
- 19. Lyndell
- 20. Jocelyn
- 21. Jennie,
- 21. Tess
- 22. Caitlyn
- 23. Liz
- 23. Lucy
- 28. Calry
- 30. Mandy
- 30. Lisa
- 31. Jennie

Contours would also like to wish Mernita and Di a very special Happy Birthday for last month

Start a simple exercise and toning regime for your body.

(Pay Attention!! This is a massive Beauty Booster)

This will help give you confidence in your swimsuit, but also help reduce the onset of osteoporosis, and arthritis later in life. If this tip sounds too hard to do...try our body packages at Contours! We guarantee 5-15cm loss from your area of concern. It's a natural painless way to breakdown fat, and reduce cellulite. All this involves is a 30 minute session in our infrared dome which regulates lymphatic flow and flushes out unwanted toxin and reduces those aches and pains we all experience...and then a 40 minute session with the aid of a safe electrical current which melts fat away!

Do lots of stretches for your muscles.

Your body is going to love you for this! It is a proven fact that people experience more aches, pains and injuries during winter than summer. This is due to the fact that your body has to work harder to warm up so there is more blood to circulate to your muscles. If your muscles are not warm, they are tightened and cannot be lengthened to their full potential. We don't want to be in pain and stuck inside..so start stretching!

Eat loads of fruit and vegetables and include those essential fatty acids daily!

These foods are responsible for your cardiovascular health. They are the ones which give you the energy to keep you going through the day. Not only are they a 'pick me up' essential component to your diet, but they boost the health of your skin. Pick up a bottle of Flaxseed oil from your local health food store today and incorporate it into your diet to give you that boost we all lack in winter.

LAST CHANCE

Winter is the best time to get rid of you unwanted hair! Remember we have two permanent hair reduction systems so we can treat all skin and hair colours. We want you to be ready to tackle summer so we are offering a whopping.

35% off

All IPL and Depilar treatment packages only

July is your last chance to get on top of unwanted hair for good!

Have you found us Yet??

Don't get our text messages or our exclusive emails sometimes? We have found a more effective way of getting our specials to you.

Join our Facebook page! We put not only put our monthly specials but daily specials as well. Other important news, articles and information do feature here as well.

All you need to do is search Contours Clinic of Balwyn and you will find us!!

Happy Hunting

LAST CHANCE

As Dominique has just let us all know, start simple exercising and toning right here without the need for the gym or personal trainer. Let us target your problem areas of stubborn weight that will not budge, with out amazing fat melting treatment. This treatment is specifically designed to get your body to burn that fat you don't want!! Remember a 5-15cm loss after 5 treatments or WE WILL redo it for FREE!!

Five fat Melting treatments are normally \$1500
Book and receive

50% OFF

(\$750)