

Welcome to **ultimate care for you**, where you are guaranteed to have high quality face and body treatments, professional and friendly one on one service, and a tranquil escape from the hustle and bustle of city life. We are located only 10 minutes away from Central Station.

#### SUMMER OFFER

Give your love ones a gift of touch for their birthday or special occasions like Christmas and Valentine's Day. Get a Dr. Spiller trial pack when you buy a gift voucher worth \$50 or more for someone else. Offer ends on 28/2/09

#### Merry Christmas & Happy New Year!

We would like to wish our clients a happy holiday and a new year full of positive energy. Thank you very much for your support, and we look forward to looking after all of you even better in 2009. If you have any suggestion on how we may improve our service, please do not hesitate to call us on 0413-161616.

We also would like to invite you to come to our End of Year Celebration & Wellness Presentation on Saturday 13th December 2008 at 3pm. It is FREE and you would learn more about Healthy Ageing and have fun at the same time! Refreshment and drinks are included. Win a \$50 gift voucher lucky door prize. RSVP your seat before Monday 1st December on 0413-161616. Best wishes, Ingrid Galloway & Andrew Shadwick.

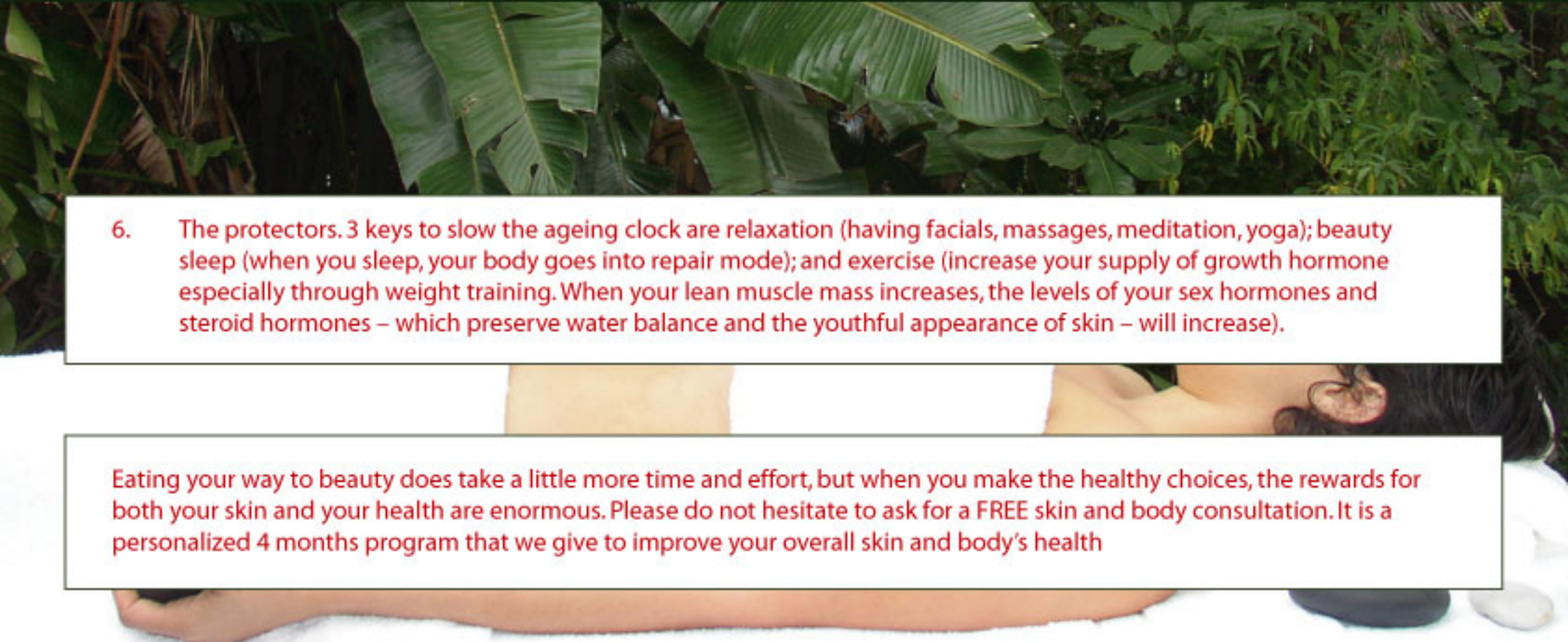
#### HOW TO ACHIEVE RADIANT AND YOUTHFUL SKIN INTERNALLY AND TOPICALLY

Gorgeous glowing skin is the ultimate fashion accessory; it never goes out of style and we all desire it, no matter what our age, whether we are male or female. Even if you have chosen cosmetic surgery, you won't maintain a youthful appearance unless you back it up with looking after yourself through a great diet and other accelerators. Remember that surgery can do nothing to slow, stop or reverse the ageing process inside our bodies. For years we have observed that the best way to keep skin radiant and youthful, is by adhering to the following:

1. Avoid Western diet. The typical Western diet is high in sugar, refined carbohydrates, caffeine, alcohol, processed foods and bad fats, also full of high fat, preserved, pesticide-laden and chemically treated food plus free-radical formers.
2. Avoid stress, smoking, yo-yo dieting, excesses of alcohol, caffeine and too much sun exposure. This can add years to your looks and your life.



3. Detox-detox-detox. A proper nutrition, efficient digestion, and regular elimination will begin a clear and radiant complexion. A short detox diet is like an internal spring clean for your body at the deep cellular level. To assist in removing toxins from the body, we offer the Universal Contour Wrap. The wrap will cleanse, tone and tighten the skin and the soft fatty tissue. Using the healing power of clay, it absorbs excess impurities, softens the skin; and bandages to contour and compress the loose fat cells together. Centimeters loss is guaranteed after each wrap! It is a perfect solution to look good before a special occasion.
4. Feed your Dermis. The middle layer of your skin; the Dermis; is responsible for your skin's structural integrity, elasticity and resilience and it also acts like a supportive mattress for your epidermis (top layer of the skin). Eating plenty of fruits & vegetables (fantastic antioxidant to fight free-radical damage, also to create an optimal alkaline PH state in the body which help to detoxify the system); good fats (such as olive & flaxseed oil, essential fatty acids); lean protein (fish, seafood, lean poultry, soy products); grains- not refined (such as brown rice, oats & barley, contains good fibres to help our digestion and elimination); good carbohydrates (such as rye bread, spinach & lentils, will keep off the kilos and keep your mood elevated), sea vegetables/ seaweed (such as kelp, nori & wakame, are packed full of vitamins & minerals); last but certainly not least: water. All of the above will feed the tiny blood vessels in the dermis, bring them fresh nutrients and oxygen vital for new cell production.  
To give the skin a healthy booster, take Juice Plus capsules daily. They consist of 17 different fruits, vegetables and grains. We simply can't imagine eating 2 kg of vine-ripened produce daily, therefore Juice Plus is the inexpensive, simple and convenient way to help bridge that gap. It is the most researched nutraceutical product in the world.
5. Look after your epidermis. It is the first barrier between you and the environment. It acts like a suit of armour, protecting you from the environmental assaults including UV radiation, free-radicals, pollution and water loss. It mainly consists of dead skin cells which are continually shedding. Unfortunately as we get older, the process slows down. In order to get the maximum benefit of moisturizer that we put daily on our skin to prevent water loss and further skin dehydration, we need to exfoliate it. Green Peel is the best skin resurfacing procedure that we have come across with. It is a blend of dried, crushed herbs that are mixed with herbal lotion and massaged into the skin. It doesn't create a 'controlled injury' like other peels that are based on acids. It shortens the natural skin renewal process (normally takes 28-35 days) to 5 days. It does not exfoliate the epidermis instantly, the old skin stays on until the new skin is ready to face the world. Not only it works on the epidermis, but the herbs penetrate deep enough to the dermis, helping to renew the collagen cells. Therefore, your skin will look and feel smoother and firmer. Then maintain it with good skincare products that deliver result such as Dr. Spiller range, and a sun block to protect your skin from sun damage.



6. The protectors. 3 keys to slow the ageing clock are relaxation (having facials, massages, meditation, yoga); beauty sleep (when you sleep, your body goes into repair mode); and exercise (increase your supply of growth hormone especially through weight training. When your lean muscle mass increases, the levels of your sex hormones and steroid hormones – which preserve water balance and the youthful appearance of skin – will increase).

Eating your way to beauty does take a little more time and effort, but when you make the healthy choices, the rewards for both your skin and your health are enormous. Please do not hesitate to ask for a FREE skin and body consultation. It is a personalized 4 months program that we give to improve your overall skin and body's health



**ultimate care for you** newsletter

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