

Time to shape up for summer

SINCE opening in 2004, Mold's PT Fitness has gone from strength to strength.

And because of the success of this health club, an extension has doubled the size of the gym floor.

This area has been fitted out with a Smith's machine, a Functional Training Centre (cable machine) and benches and weights.

There is also a training area complete with powerbags, kettlebells and gym balls. And, two Stairmaster steppers and another Concept II rower have been added to the cardiovascular equipment.

If you're looking to get fit for summer, then PT Fitness could be the place for you. It's a friendly



SUCCESSFUL: PT Fitness has extended its floor space.

club that has everything to offer: air-conditioned gym with state-of-the-art equipment and vibration plate machine, trained staff, ex-

ercise studio, sunbed and therapy room.

The health benefits of using a gym are well documented. Studies show that 20 minutes a day intense exercise or 30 minutes a day moderate exercise will have a measurable benefit in staving off heart disease and diabetes, etc. A pleasant environment makes achieving this goal that much easier.

The Junior Gym Club runs every weekend, from 12.30-2pm for 13 to 15-year-olds. (every day during school holidays).

● For more details, call 01352 753553. The first 10 callers will receive a free day pass.

New methods to vanish those veins

VANISH Veins, in conjunction with Nationwide Surgical, provides treatment for all vein problems.

It was established by consultant vascular surgeon, Professor Paul Edwards, one of the first to introduce these methods for vein treatment to Chester.

To celebrate, packages of treat-

ments are on offer at competitive rates, with a free consultation.

Varicose veins can be treated using techniques avoiding general (full) anaesthesia, with patients walking out of the clinic after treatment.

These include laser treatment (EVL) and foam sclerotherapy. Latest techniques include radio-

frequency options (VNUS).

Having introduced these techniques regionally, Prof Edwards has gained significant experience of them over the past few years and works in conjunction with Nationwide Surgical centres and an international laser company, offering treatments with state-of-the-art equipment.

Are you looking to lose weight, de-stress and get fit in a friendly environment?

Newly extended premises with fully air conditioned gym, Fully qualified, helpful staff, ample parking, discounts for over 50's and students

CLASSES AVAILABLE FOR:

- Spin
- Pump FX
- Pilates
- Circuit
- ABS Class
- Belly Dancing



GYM NOW DOUBLED IN SIZE

** NO JOINING FEE ON PRODUCTION OF THIS AD

** (If you join by direct debit payment)



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www.funkyfingertips.co.uk



Look your best as season hots up



TOP-TO-TOE BEAUTY: Spa by Kasia at the Grosvenor Pulford Hotel has everything a girl needs to look great this summer.

Spa by Kasia at the Grosvenor Pulford Hotel has everything a girl needs to look great this summer – and, with the fantastic offers available, it's never been easier or more affordable to look your best as the season hots up.

The Surrender to Summer Day Spa Escape from just £99 includes a choice of any 55-minute and 25-minute treatment along with an Asian tea ritual on arrival, luxury gown, slippers and

towel, a one-course light luncheon and full use of all facilities.

Alternatively, the Tips and Toes package from just £60 includes a luxury Elemis manicure and deluxe pedicure and bespoke nail file and Jessica nail polish to take home.

If you're after a bit of maintenance, then the Back to Basics package from £59 would be perfect: full leg wax, bikini wax, underarm wax, eyebrow shape, eye lash and brow tint, and you can add a St Tropez spray tan for just

£20 to complete your summer look.

The Summer with Clarins package is £90 excluding Saturdays and comprises a luxury one-hour facial, 40-minute energizing, back, neck and scalp massage and an Asian tea ritual on arrival, luxury gown, slippers and towel, and full use of all facilities. These packages are valid until September 30.

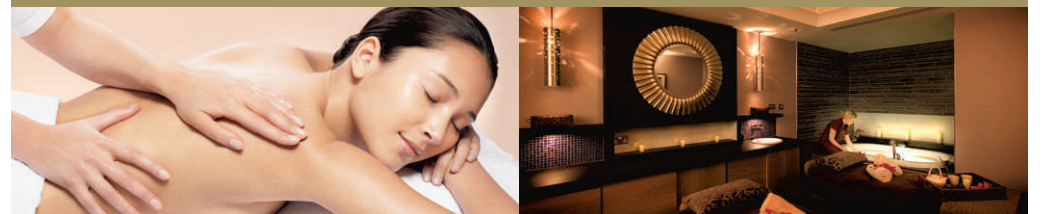
● For further information, visit www.spabykasia.co.uk or call 01244 572199.

DOUBLE THE INDULGENCE CLARINS AND DECLEOR INTRODUCTORY OFFER...

At Spa by Kasia we now offer 3 of the leading spa brands for you to indulge in!

Perfectly complementing Elemis, we have now introduced Clarins and Decleor to the spa and we have a fantastic offer for you to celebrate their launch.

Book any Clarins or Decleor treatment...
...and receive a second treatment completely free of charge!



WHY NOT UPGRADE TO A FULL SPA DAY!

For an additional £30 you can enjoy a full day of relaxation including a welcome tour and Asian tea ritual on arrival, towel gown and slippers, fresh fruit throughout your day, taster smoothie, 2 course luncheon in the spa eatery and full use of our spa facilities. This is only available with the above Clarins and Decleor introductory offer.

TERMS: This offer is valid Tuesday to Friday only (including evenings) until 31st August 2011. Offer can only be used once per client and is valid on Clarins and Decleor treatments only, with the lowest priced treatment complimentary.

Treatments must be taken on the same day by the same person and the complimentary treatment can be a maximum of 55minutes.

VANISH VEINS

Comprehensive range of treatments for Varicose and Thread veins, Laser therapy(EVLT), radiofrequency ablation (VNUS) and foam sclerotherapy.

Local anaesthetic walk in and walk out. Treatment in one hour. Microsclerotherapy and Veinwave for thread veins.

FREE CONSULTATION

Contact us for brochure and further information.

Freephone: 0800 345 7895
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Best foot forward

If there's one thing guaranteed to instantly sap your wellbeing - it's aching, painful feet.

But recent research, by The Society of Chiropractors and Podiatrists to mark its Feet For Life campaign, reveals the effect could be more long-lasting than many of us may realise.

High heels, it warns, are leading us down the path to osteoarthritis with the number of cases rising sharply as high and ill-fitting shoes put pressure on the foot, knee and ankle joints.

But don't assume summer flatties,

sandals and flip-flops are risk-free - they should also be worn with care, according to feet specialists, as they may not do feet any favours.

"As soon as you start to expose your feet in summer they're more vulnerable to injury," said Michael Harrison-Blount, lecturer in podiatry at the University of Salford.

"You're removing the protection that closed-in, solid shoes offer the skin, soft tissue and feet joints.

"Also, summer footwear offers a lot less stability compared with winter shoes with laces, straps or buckles."

Choosing well-fitting sandals ideally with a solid, substantial heel,

he points out, is essential.

In general, the society recommends women choose round-toed shoes with a maximum heel of one inch or 2-3cm and with shock absorbent soles.

When buying sandals, Harrison-Blount says, people may also need a larger size than normal as heat can cause feet to swell, resulting in a tighter-fit, increasing the possibility of sore spots and blisters.

Also key is wearing the appropriate shoes for the occasion and activity, he advises.

"For a day-long shopping trip, avoid flip-flops because they offer no support," he says.

A walk in... walk out service

VEIN Solutions is a Cheshire-based, private service which specialises in modern techniques for the treatment of varicose and thread veins.

It is run by Mr Sameh Dimitri, an experienced consultant vascular surgeon, who offers the latest techniques in treating veins without the need for general anaesthesia.

Vein Solutions offers a walk in, walk out service by using minimally invasive procedures such as endovenous laser therapy (EVLT), foam sclerotherapy and radio fre-

quency ablation of veins (VNUS).

It also offers treatment for thread veins with the use of microsclerotherapy and Veinwave techniques.

Treatment for facial veins, vaginal/vulval veins and pelvic congestion syndrome is also available.

All treatments are undertaken, under local anaesthetic, in about one hour.

● For more details about treatments and a price list, call free on 0800 043 1997 or visit the website www.veinsolutions.co.uk.



Stop smoking the easy way

to stop smoking, with none of the usual cravings irritability and weight gain.

And, there is a new independent website that will give you the truth about nicotine.

If you truly want to stop smoking, then you can - with hypnotherapy.

Suffering with depression, anxiety, panic attacks or phobias? These respond well to hypno-analysis - as does IBS, insomnia and panic attacks. This treatment is used to find the cause of your symptoms and then remove them, bringing consequent relief.

● For more details, call 01352 759962 or visit www.hypnotherapy-mold.co.uk.

KICK THE HABIT: Want to give up smoking? Hypnotherapy can help.

STOP smoking in one hour, with no cravings, irritability bad temper and weight gain.

Sounds too good to be true? The *New Scientist* magazine in 1992 concluded that hypnotherapy was the best method

Affordable beauty

FUNKY Fingertips is a professionally run beauty and nail salon which offers a range of beauty and nail treatments, using modern facilities at affordable prices.

As well as providing a full range of treatments for women and men - from radiance facials and luxury manicures, to eyelash tints, relaxing massages, false lashes, MINX toes and nail extensions - Funky Fingertips offers short, intensive beauty and nail training to suit everyone. You can also host a pamper party at a venue of your choice.

● For further details or to book an appointment, call 01244 351728, text 07967 997708 or visit www.funkyfingertips.co.uk.

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- Anxiety**
- Phobias**
- IBS**
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Hypnotherapy Centre Mold

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HELPFUL HOLIDAY & SUMMER TIPS AND HINTS FROM MAC TOMPSETT, COLOUR ME BEAUTIFUL IMAGE CONSULTANT

In the present economic climate there are some great sales!

Patterns are much in favour and Mac can help you select the best for you, but a plain dress may be easier to accessorise and change from day to evening.

Select a midweight jacket - If you buy wisely in one of your best colours, it will take you through the cooler summer evenings into Autumn.

Have fun with bags - buy a lightweight soft fabric which is easy to carry on holiday. Mac can help you make up capsules of your clothes in colours guaranteed to suit you, and to mix and match easily.

Wear easy comfortable shoes and pack those strappy sandals or laceups. You may be asked to remove your shoes for security at the Airport!

Denim is still high fashion but if travelling the stiff skinny jeans could be replaced by softer, easy denim whilst still looking good.

Pack each item in a plastic bag for easy access and non creasing. Why not pack one outfit in your partners luggage in case you get separated from yours!

Plan to update your makeup skills with Mac this summer for an easy fresh look. Mac has many other tips which can be given with personal consultations in Colour and Style. Please see website on www.mactompsettimage.co.uk or call her on 01978-852816

VEIN SOLUTIONS

Walk in . . . walk out

* Endovenous laser & foam sclerotherapy treatment for varicose veins

* Treatment in less than an hour by Mr S Dimitri consultant vascular surgeon

* Over 95% success rate

* Immediate return to normal activity

* No general anaesthesia, groin incision or hospitalisation

* Veinwave and microsclerotherapy for thread veins

* Treatment of facial veins

* Treatment of vaginal/vulval varicosities



0800 043 1997

www.veinsolutions.co.uk
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