

Looking Good for Summer



SUMMER EYES:
Make the most of
your eyes and at
the same time
keep them
healthy.

The eyes have it

Advertisement feature

Sparkling eyes are attractive but according to Kevin Lewis, former president of the College of Optometrists, they can be the first thing to suffer as the weather gets warmer.

"Hayfever can make eyes tired and red. So if you're suffering, go to the pharmacy and get over-the-counter drops to help you out. If you're on any other medication, make sure you ask the advice of the pharmacist.

"Many people also find that excess light makes their eyes water and itch. If you are 'photo sensitive' then make sure you get good protection from sunglasses.

"Look out for spectacles that have a complete

UV block. Often cheaper frames don't have any block at all, which means your pupils will open up under the lens and let in ultraviolet rays, doing them more harm than good.

"Sunglasses are very important because the sun's rays can do long term damage to the eyes, causing everything from burnt eyelids to small tumours.

"Dry eyes are another problem in hotter weather conditions. If you're suffering, get artificial tears from the pharmacist to keep them from drying out."

● Visit www.college-optometrists.org for details.

Pears

Hair & Beauty

Pear Tree Field
Stapeley, Nantwich,
Cheshire CW5 7GZ

01270 621772



OPENING TIMES

Monday - Closed
Tuesday - 9.00 - 5.30
Wednesday - 9.00 - 6.00
Thursday - 9.00 - 7.00
Friday - 9.00 - 5.30
Saturday - 9.00 - 3.00
Sunday - Closed

Visit our Wella and Tigi exclusive salon for a truly indulgent experience!

* We offer a full range of hair services, manicures, pedicures, waxing, eye treatments, massage, hot stone therapy, mens treatments, high powered sunbed, Spray Tanning and nails.

10% off all beauty treatments for July. 10% off all hair for OAP's Tuesday

FROM HAIR TO HOT STONE THERAPY PEARS HAIR & BEAUTY
IS PURE INDULGENCE

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for more information and to book an appointment

CARMUR BEAUTY

is celebrating its 2nd full year in business, to mark the occasion we are introducing a number of fantastic summer offers:-

- * St Tropez ultimate air spray tan only **£20!**
- * Cellulite? Try our deep exfoliating, cleansing thigh treatment a summer snip at **£18.00!**

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Call Carmur Beauty!

105 Nantwich Road, Crewe, Cheshire CW2 6AW
Don't miss out on our summer specials

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