

# The easier way to lose weight



**I**f you want to lose weight without suffering, Slimming World offers an easy, effective and healthy alternative to faddy diets.

One of the UK's most successful slimming groups, Slimming World firmly waves goodbye to yo-yo dieting and focuses on providing a life-long healthy eating plan that's suitable for the whole family.

Using a unique Food Optimising programme that cleverly combines 'Green Days' and 'Original Days' to offer a nutritional, balanced diet, Slimming World is unlike any other weight loss group available and allows members to indulge in all of their favourite foods - including roast dinners, curries and even a full English breakfast - without the guilt. You can even tuck into a whole range of

'Free Foods' including filling pasta, potatoes and rice on a Green Day or succulent meat, poultry and fish on an Original Day.

There's no weighing or counting and you can satisfy your appetite while still losing weight. Plus, there's no need to deprive yourself of anything as you can enjoy a generous allowance of 'Syns' each day, ensuring you don't have to give up your favourite glass of wine, chocolate bar or crisps.

It's not just the great plan and flexible approach to eating that attracts people to Slimming World, however. With friendly, group meetings held on a weekly basis, as well as a free members' website in between sessions, it's the support, inspiration and motivation offered by consultants and fellow members that makes Slimming World stand apart.

Dedicated to providing a caring and respectful service, Slimming World is specifically designed with you in mind and understands that losing weight doesn't come by setting impossible standards and it's how you feel about yourself that counts.

That's why at Slimming World your weight will never be disclosed and you can include 'Body Magic' (activity) if you wish. More importantly, you're also responsible for setting your own target weight and once you have reached your goal, it's free to attend sessions.

■ Contact your local Slimming World consultant, Claire Dutton, on 01492 535833 for further information.

**LIKE A NATURAL FACELIFT?  
HELP WITH A BAD BACK?  
LESSEN STRESS / TENSION?  
EASE MUSCULAR ACHES AND PAINS?  
DEAL WITH DIGESTION OR SINUS PROBLEMS  
& RESTLESS SLEEP?**

These and many other common ailments can be greatly helped by safe, holistic therapy.

- Advanced Body Massage
- Reflexology
- Aromatherapy Massage
- Indian Head Massage
- Swedish Massage
- Hot Stone Therapy

- Thermo Auricular Therapy (Hopi Ear Candling - great for blocked sinuses)
- Holistic Facial, deep cleanse and treatment with massage of facial muscles to improve appearance and skin tone

Reasonable prices, back massage from £7. Mobile visits for small extra fee.  
**BE PAMPERED HOLISTIC THERAPIES**  
PAMELA HARGREAVES (MIGHT) (SNHS)  
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**MONEY BACK guarantee!**  
**SAVE up to £5 JOIN NOW!**



Come inside, enjoy the warmth and find more success than you ever believed possible:

**NEW GROUP DENBIGH**  
Eirianfa Community Centre  
Tel: Rachel 01492 874861  
From Oct 2nd Thurs 6pm

**NEW GROUP RHYL**  
Rhyl Community Fire Station,  
Coast Road  
Wednesday 10am, 5.50 p.m. & 7 p.m.  
Tel: Claire 01492 535833

**MONDAY - PRESTATYN**  
Church of the Holy Spirit, Victoria Road  
Evening: 5.30pm & 7pm  
Tel: Claire 01492 535833

**TUESDAY - RHUDDLAN**  
The Community Centre, Parliament Street  
Morning: 9.30am & 12 pm  
Evening: 5.30pm & 7.30pm  
Tel: Cheryl 01745 571378

**WEDNESDAY - ABERGELE**  
Youth & Community Centre  
(Opposite Tesco's)  
Morning: 9.30am Evening: 6pm  
Tel: Tracey 01492 582008

**WEDNESDAY - ST ASAPH**  
THE DEANS LIBRARY  
(Opposite car park by Cathedral)  
Evening: 6pm  
Tel: Wendy 01248 689043

**0844 897 8000**  
www.slimmingworld.com



**Healthy alternative:** Slimming World focuses on providing a life-long healthy eating plan that's suitable for the whole family.

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Opening Hours: Tuesday - Friday 9.30 a.m. - 5.00 p.m.  
Saturday 10.00 a.m. - 2.00 p.m.

**the beauty lounge**  
@re hair studios 'New Treatments'

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specialised crystals gently remove the top layer of 'dead' skin and suction control to stimulate the natural Collagen and elastin production in the skin for a smoother healthier looking skin.

**£30.00**

lifts and tones tired sagging muscles and helps reduce fine lines and wrinkles giving you a more youthful appearance.  
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**The nail room**  
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With every new full set of nails - £28.50 receive your 1st backfill for just £10.00

Acrylic extensions  
Gel extensions  
Designer glitter tips  
Gel overlays  
Sculptured nails  
Manicures / file and polish  
Hollywood toes (permanent French polish, lasts 6-8 weeks)

Relax and be pampered while you have your nails treated @ 'the nail room' by Karen, who has over 12 years experience and only uses top quality products inc: N.S.I. Bio-Sculpture and Creative to give her clients the best possible service.

**12 Brighton Road, Rhyl. Tel: 01745 356635**