A Great Way To Kick Off Our New Newsletter for 2015

Welcome to the 1st Lavish Life Newsletter, “The Missing Piece”,

Hi it’s Louise here from Lavish, Can I tell you I am so excited to be finally presenting you this Newsletter, It has been a long time in the making. Some of you may remember “Lavish Life” Newsletter that was presented as a Newspaper way back in the day, I think it was back in the late 200? So you can understand that this is well over due!

This is a new personal goal that I have set for myself to get this newsletter out to you every month and by the 1st of the month.

I am going to do my best at this as most of you know that I have a beautiful son Talbot who is getting closer to 4 years old, my gosh where has the time gone. Some of you lucky clients have seen him in the salon at the very odd occasion; he is just growing in leaps and bounds. Here is a pic of the 2 of us after his 1st day at Kinder, out for a picnic at the Benalla Airport looking at Glider taking off 😊

Boys – wow can they eat, that’s all I feel like we are doing at the moment is feeding him, “I’m Hungry” is his 2 favourite words at the moment. Why didn’t any mums out there tell me that I would be at the supermarket every day 😊

So its great news for you that “Lavish Life” is back 😊 ready armed and waiting to educate you.

I would love “Lavish Life” Newsletter to be an interactive one, so if you have any questions, queries, beauty issues or successes, topics of interest, please let me know and I can answer them or give advice in the Newsletter, you can email me mailto:lavish@aapt.net.au?subject=Newsletter

Happy reading.

Louise Adkins
Happy Salon Owner

Lavish Skin Therapy Clinic
STOP PRESS: Lavish is giving away $10,000 of Gift vouchers for their 10th Birthday.

You’re Invited to our 10th Birthday Party Week and to Help Us Get the Party Started!!

We will be celebrating Lavish’s 10 year birthday on Thursday 26th November 2015 @ 10am.

We are having a “Birthday Party Week” until the 4th Dec., every client will receive a FREE glass of Champagne & Party (Lolly) Gift Bag Valued at $110 including Gift vouchers & samples. There is a VIP even every day for the week, bookings are essential

WHY IS LAVISH BEING SO GENEROUS? Because everything we do at Lavish is for our beautiful clients, and this is no exception. Here is Louise’s answer.....

"WOW- I really cannot believe that Lavish has been open for 10 Years. That’s close to a 3rd of my life. Words cannot express the amazing love and gratitude that we have received in the last 10 years. I have personally worked all over the world, and never have I met such beautiful clients that I have in Benalla. Over the years the faces of Lavish have changed, but our philosophy has not, it has only grown stronger. We can and we will always try our best to deliver the best quality service and products to our amazing clients. Bring on the next 10 years I say! Thank you so so much for all of your love and support. With love and gratitude always.”

Louise Adkins- Owner of Lavish Skin Therapy Clinic.

Don’t deny yourself this opportunity to get pampered – how often does an opportunity like this come along!!? This is a once in every 10 years offer so get in quick – don’t miss out....... 

Pre- register for this amazing opportunity by 10th November 2015

Email Lavish now with your name, contact details and how many gift vouchers that you would like to give away to your family or friends.

lavish@aapt.net.au – to secure your free gift vouchers or call the team on 57628404

We are also holding a seminar through the birthday week, with all of our product ranges. Environ, Youngblood, ASAP, Techno Tan and our visiting Cosmetic Nurse Clare Parsons.

P.S Keep up to date with our FREE smart phone app, just scan this barcode here to download it NOW or our website www.lavishskin.com.au

P.P.S Don’t forget at any time you can just go on our website and make an appointment or purchase a gift voucher for someone you love.

www.lavishskin.com.au

Quotes Of The Month:

It is the mark of a truly intelligent person to be moved by statistics.
—George Bernard Shaw

Like dreams, statistics are a form of wish fulfillment.
—Jean Baudrillard

There’s lots of people in this world who spend so much time watching their health that they haven’t the time to enjoy it.
—Josh Billings

A sad soul can kill you quicker than a germ.
—John Steinbeck

Poor health is not caused by something you don’t have; it’s caused by disturbing something that you already have.
—Dean Ornish

reecaution is better than cure.
—Edward Coke

Carelessness doesn’t bounce; it shatters.
—Hartman Jule

All labour that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.
—Martin Luther King Jr.

To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness.
—John Dewey

Science knows no country, because knowledge belongs to humanity, and is the torch which illuminates the world.
—Louis Pasteur
How to be prepared for SPRING!

When the temperature sneaks past 19 degrees, it becomes increasingly obvious that our beauty routines are in need of a kick start to prepare for the warmer months ahead. Most of us will confidently book a leg wax or pedicure, but we generally overlook changing our skin care regimes to suit the season. After months of cold, harsh weather, is your skin in dire need of an overhaul? Boost your Spring Skin regime with these 5 tips from Environ®.

1 - Restore moisture levels with Environ’s secret to intensive skin rescue - Intensive Super Moisturiser+ (RRP $59). This luxurious moisturiser contains dynamic ingredients that assist in regulating the skin’s natural moisture levels and replenishing its natural moisturiser barrier. Boosted with powerful antioxidants to protect the skin from everyday environmental stresses, Super Moisturiser+ is the perfect rescue remedy that will leave the skin feeling richly nourished and pampered with extra resilience.

2 - Boost your skin with a daily dose of Vitamins A and C. AVST Moisturisers 1–5 (RRP $79 - $102) offer a unique step up system that have been scientifically researched and perfected to deliver a balance of vitamins A and C plus a variety of powerful anti-ageing antioxidants and peptides. The concentration of vitamins A and C increase in the step-up system as you progress to higher levels, providing ideal skin nourishment while promoting the appearance of a smoother, youthful looking skin with a radiant glow.

3 - Peptide power! Peptides have been identified as essential ingredients for the most advanced anti-ageing skincare preparations. Avance DFP 312™ (RRP $150), with its potent trilogy of super smart peptide complexes, is recommended even before the signs of time, stress and everyday living begin to manifest in your skin. Super charge your regime with this luxurious multi-functional moisturiser that assists not only in improving the overall appearance of the skin, but can ultimately help to keep skin looking younger for longer.

4 - Rejuvenate and revive tired, dull skin with Intensive Revival Masque (RRP $96) formulated with alpha hydroxy acids (AHA’s) that help to hydrate and rejuvenate the skin giving it a younger, fresher appearance. Revival Masque contains a unique combination of asiatic, lactic and mandelic acids scientifically proven to trigger the release of growth factors that help to rejuvenate and revive sluggish skin, leading to a younger, fresher appearance. The potent formulation helps to address dry skin, uneven skin tone and the visible signs of ageing for a revitalised, radiant complexion.

5 - Refine and smooth dry skin with a cocktail of AVST Vitamin A, C & E Body Oil (RRP $95) and AVST Hydrating Lotion (RRP $97). AVST Vitamin A, C & E Body Oil contains the signature Environ complex of vitamins A, C & E that are known to combat free radical activities, giving skin a visibly improved and more radiant appearance. When used in conjunction with AVST Hydrating Lotion, containing alpha hydroxy acids that support the natural sloughing of dead skin cells, skin is left looking and feeling smooth and refreshed.

P.S. Don’t forget your sun protection! Sun protection is a must-have year-round, however, now that the weather is warming up and you’re more likely to be spending longer outdoors, it is important to ensure you have adequate sun protection.

Did You Know?

- There are 293 different ways to make change for a dollar.
- The longest word that can be made using the keys from only one row of a QWERTY keyboard is “typewriter.”
- The theory of the six degrees of separation suggests that every person on Earth is connected to every other by a chain comprising no more than six steps.
- McDonald’s opened the world’s first ski-through fast-food restaurant in the resort of Lindvallen in Sweden in 1996.
- Rats have an extremely strong one-way valve between the esophagus and the stomach, which makes it impossible for them to vomit.
- There are 1,792 steps in the Eiffel Tower.
- Koalas never drink water. They get fluids from the eucalyptus leaves they eat.
- Arabic numerals are not really Arabic; they were created in India.
- EMI stands for ‘Electrical and Musical Instruments’.
- Elephants only sleep for two hours each day.
A Good Night’s Sleep for Your Child

Does your child suffer from sleep problems?

If so, according to University of Cologne (Germany) research (originally published in the journal SLEEP), he or she is more likely to have trouble falling asleep than staying asleep. Here are some tips to help your children sleep better from the American Academy of Sleep Medicine:

- Follow a consistent bedtime routine. Set aside 10 to 30 minutes to get your child ready to go to sleep.
- Establish a relaxing setting at bedtime.
- Interact with your child at bedtime. Don’t let the television, computer or video games take your place.
- Keep your children from TV programs, movies and video games which are not appropriate for their age.
- Do not let your child fall asleep while being held, rocked, fed a bottle or while nursing.
- At bedtime, do not allow your child to have foods or drinks which contain caffeine. Try not to give him or her any medicine which has a stimulant at bedtime.

Did you know that there is a FREE program run by the today tomorrow foundation for parents called “PEEPS” it’s in Benalla in Cecily Court. Visit their website for more detail on catch up times.

Louise and Talbot have been going all this year and it’s just great for all mothers and children of all ages to give you an hour where it’s not on your shoulder and there are qualified cares there to help.

Lavish Skin Therapy Clinic

“Our guarantee: You will be delighted or it’s FREE”

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