

Lavish Life

Benalla's complete guide for all things beauty!

It all starts where it all began....LOVE

Welcome to our 3rd edition of Lavish Life Newsletter.

Hi it's Louise here from Lavish, Well its official we are in 2016 where did last year go, time just fly's. Last year myself, Scott and Talbot had the privilege to travel to the UK for my best friend Lisa's wedding, I was the Maid of Honour. Lisa's wedding was just so stunning, they married in a Castle, had firing cannons, a massive firework display, a candy floss machine and the list goes on.

But what I had forgotten what goes into the back ground of organising a wedding.....it's a well, overthought, planned system that is done with so much love. Lisa and I had dress fittings, make up trials, hair trials, hen's party, fingers, toes, tanning the last week before the wedding was so busy.

At Lavish we get to see all the preparation's from the 1st time we see the engagement ring to the engagement party then next is the BIG DAY. As a therapist you are there to do the best you can for the bride and her bridal party, from skin preparation's, hair removal ,nails and makeup. So much goes into the planning for the Bride to "Look her best" on the day.

We recently featured in "bride and groom" a local magazine on the front cover with the make up from one of our lovely brides, Laura looked stunning and so did her bridal party. It's so nice to see the pictures after the wedding to see how all the plans came together.

Every wedding is unique and special, every bride looks radiant and to see the couples love for each other and the love that their families and friends bring to the day. At Lavish we are here to help with all you planning and skin needs, we love being able to share the day with you. Over my years I have been involved with so many wedding and still give you a warm and fuzzy feeling when you see the bride and how it has all come together.

Don't forget to send me any subjects that you would like to feature in our newsletter. Email :lavish@aapt.net.au

Happy Reading.

Louise Adkins, Happy Salon Owner

Lavish Skin Therapy Clinic

FREE: Please Take One

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It all starts where it all began
.....LOVE

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Jokes of the Month

What do you call a song sung in an automobile?

A cartoon.

What do you call a fish with no eyes?

Fsh.

What do you call a deer with no eyes?

No eye deer.

How do you make a hot dog stand?

Steal its chair.

What can you hold without ever touching it?

A conversation.

What clothes does a house wear?

Address.

What country makes you shiver?

Chile.

What do you get when you cross a stream and a brook?

Wet feet.

What do you get when you cross poison ivy with a 4-leaf clover?

A rash of good luck.

What has a lot of keys but cannot open any doors?

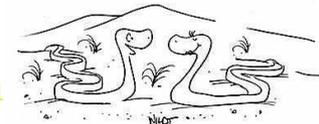
A piano.

Send us in your best funny so that I can feature it in the next newsletter.

Email – lavish@aapt.net.au

When your teeth need cleaning, go to a dentist. When your carpets are dirty you have them cleaned, when your car is dirty, it gets washed.....

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"You look great! Had a makeover?
Or did you just shed your skin?"

What about your skin ?????

Daily use of sun block, moisturisers and make-up can easily clog your skin. Twice a day we cleanse and exfoliate this will all help your skin topically be cleaned, but what about deep cleansing inside the pores and follicles? If skin was completely flat it would be just fine so scrub it... but it's not! The skin has pores and follicles that need regularly cleaned. Dirty, blocked skin is characterised by blackheads, congestion and blemishes. To vacuum the skin would be an ideal way of ensuring it is deeply cleaned and decongested. We don't sweep carpets we vacuum them, it should be the same way for our skin. Pores and follicles need to be cleaned from the inside. Microdermabrasion effectively vacuum's the skin to deeply clean it. Microdermabrasion is a system that exfoliates the skin with diamonds while simultaneously vacuuming and washing it. It's a lot like getting your carpets professionally cleaned.

To deliver the most effective treatment, the microdermabrasion uses diamond chips and vacuum that come in contact with the skin, this truly creates a deep clean feeling.

Lavish has a new edition to their family the "Microplus+" it is a non-surgical, safe and gentle treatment, the sonophoresis (soundwaves) increase the depth and rate that can get the products to absorb into the skin. It is a stand-alone treatment; there is no comparison to any facial treatment out there on the market. Nothing else provides that freshly cleaned, smoother skin in just one treatment, lasting up to 2 weeks. Microdermabrasion is designed to slough off dead skin cells and rejuvenate the skin stimulation new collagen and elastin production, while riding the skin of toxins.

Microdermabrasion is best suited for all skin types but most beneficial in clients suffering from acne, dull and lifeless skin, pigmentation, scarring, blackheads and fine lines. "Clients report that they have never has softer and more luminous and radiant skin- not to mention the cleanest that they can remember "

Now that we have your attention – We are offering our clients a course of microdermabrasion treatment. This is a 6 week boot camp for your skin.

Every 2 weeks we will be deep cleaning and resurfacing your skin to increase the cell turnover. Experience what some of our clients have been having done for years and reaping the benefits.

We are offering this course for \$300 and it also includes a Professional skin analysis and treatment and skin care plan.

PLUS+ while stocks last we are giving you your 1st 3 months of skin care valued at \$157 for FREE

Ask us for more information on how we can kick start your skin into action this new year.



How To Find A Better Balance

Work occupies a lot of our life, and sometimes the balance between work and life can swing too much the wrong way. The good news, however is that you can achieve a better work/life balance by following a few simple tips and making more time for the things that really matter to you.

Changing your balance does not need to be massively difficult. Setting goals that are realistic, like getting out of the office earlier one night a week, can still make a significant difference. Try to slowly build activities that matter to you into your schedule, such as an annual weekend getaway with your spouse or one hour of the week on a cherished hobby.

Even finding just ten to fifteen minutes to yourself on a hectic day to listen to music, go for a walk or read a trashy novel, can help to recharge your batteries. Little things can account for a lot of our enjoyment in life, and need to be made time for.



LAVISH ZONE

Monday to Friday 9.30am- 3pm
ONLY WHEN THE KIDS ARE AT SCHOOL.

- **Indian Head Massage**
 - **Bespoke leg massage inc. Hot Stones**
 - **Rejuvenating Hand scrub and massage**
- All this for only \$50 Valued @ over \$105**

PLUS: If you are one of the 1st 21 clients to book in we will offer you a chance to have any of our Gelish Hand or Foot treatments at 1/2 price (valued up to \$50) to add on to this treatment.

We believe everyone needs a little time out for Themselves for some stress relief. ☺ xo

P.S Only valid when the kids are at school, so you can relax, enjoy time out for you .

P.P.S you are not alone out there, so be quick to book, only 21 FREE massages available, bring a Friend!

What the Older Generation Did

A college student took his grandfather to the school's football game. As the students and fans around them checked their cell phones, the grandfather remarked, "Things sure have changed since I was your age."

"I bet," his grandson agreed. "I mean, think about it: You didn't have smartphones, or personal computers, or the Internet, or hybrid cars, or the space shuttle, or Twitter. I mean, what did you do?"

The elder man paused, then replied, "We invented them."

Ha Ha ☺



Biscuits for the Masses

(As featured @ Lavish for Xmas)

Ingredients

Serves: 100

500g butter
400g condensed milk
1 1/4 cup caster sugar
5 cups self-raising flour

Use any combination of these ingredients to make different cookies

Choc bits, Caramels, Peanut butter, Candy Cane, chop up lollies, sultanas, M&M's, Jam drops, Glazed cherries, Orange rind, Coconut, Raw Sugar the list is endless.

Directions

Preparation:30min > Cook:15min > Ready in:45min

1. In a large bowl cream butter, sugar and condensed milk until light and creamy in texture.
2. Add the flour, mix well and then divide into 4 portions. Add the other ingredients suggested above to each portion as desired.
3. Combine all ingredients together, roll tablespoon of the mixture into balls and flatten slightly.
4. Place on tray leaving room for spreading. Preheat oven to 170 degrees C. Bake for 14 to 16 minutes or until light golden in colour, allow to stand for 5 minutes on tray, then place on wire rack until cool.



Lavish Skin Therapy Clinic

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

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Back to school reading tips



Research has

demonstrated that parental involvement is critical to developing a child’s love of literature and helping them to become lifelong readers. With the school year such a part of family life, it is vital for parents and children to make certain to include reading into their daily lives.

One good tip is to read aloud to your children, even after they are attending school and have learned to read by themselves. Young readers like hearing books that they as yet cannot master, and even teenagers enjoy hearing old favourites. Encourage your children to take turns reading along with you and describe the pictures. Even though they may read books at school, it is also important to spend extra time reading their favourite literature with them.

You should also set aside a particular time every day that can be devoted to reading for you and your child. Even if it just fifteen minutes per day, at breakfast, before dinner or at bedtime, you are still encouraging lifelong reading.

Keep your brain active all the time ☺ Here try this !

	2			7			
				4	8		5
9		5		6			7
2				1			8
	9	3				6	1
8				5			9
	6			9		3	1
	5		8	2			
			1				4

