

NINE TO FIVE

February 16, 2009
Issue: 10



Loves me
LOVES ME NOT

LIKE ROMEO & JULIET, FASHION LEAPS FROM ROMANCE TO HEARTBREAK

WEDDING REBEL
WHO SAYS IT HAS TO BE
A WHITE WEDDING

PAST LIVE
LOOK TO YOUR
PAST AND SEE
THE FUTURE

BEST BUY
STATEMENT EARRINGS

your body
Food
larly
four-day
at way to
and lose

minimising
house
will help
keep
enthusies.
ommends
very night
d waking

Energy,
it, visit
t.com.



Health spot

ECO SPORT

Looking to spend a day on the water and want an eco-friendly way to travel? Eco Boats Australia is the green alternative to boating. The electric boats are silent and non-polluting – and offer a fab way to explore Sydney's waterways. Boats are for hire for "drive yourself" trips on Middle Harbour (and because the transport isn't mega speedy, you don't need a boat licence to steer one). They can be used for day trips or sunset cruises, with a capacity for five to 15 people. Visit www.ecoboats.com.au; Ph: 9929 8834.

Cancer Awareness Month, with the 25th,
for support at www.ovariancancer.net.au

Product of the week

THE BIGGEST LOSER CLUB SHAKES
ASSORTED 7-MEAL PACK, \$22.95

You've seen them do it on the TV and now you can kick-start your own weight loss program at home with *The Biggest Loser Club* meal replacement products (available at Woolworths and Coles). Recognising that it takes guts, determination and a whole lot of support to manage your weight, *The Biggest Loser Club's* new range of part-controlled, nutritionally-balanced meal replacement items are combined with online help at www.biggestloserclub.com.au. Nice one. Should do the trick at kicking your butt into gear for '09.



Great find

LA FRESH EYE AND LIPS MAKE-UP REMOVER, FROM \$1.95

Heading from the office to the gym? For make-up removal on the run, try La Fresh Eye and Lips Make-up Remover. The wipes contain alcohol-free moisturising lotion and Vitamin E and are made from biodegradable cloth – so very eco chic. Stockists: Ph 1800 834 202.

Ashbrooke Cosmetic Surgery

Vein & Cosmetic Centre, Miranda & Surry Hills Ph: 9524 7122



- Body Liposculpture / Tummy Tuck
- Eye Lid Surgery & Eye Bag
- Male Breast Reduction
- Breast Implant & Reduction
- Suture Lift • Hair Transplant
- More than 4000 cases
- 20 years of experience

www.ashbrookesh.com.au info@ashbrookesh.com.au

smile concepts

implant . cosmetic . general dentistry

- Warm and friendly staff
- Dedication to patient comfort
- Free smile evaluation
- Evening appointments
- Same day emergency services
- Interest free payment plans (cond. Apply)
- All areas of dentistry including implant and cosmetic dentistry
- One minute walk from Town Hall Station
- Car parking available



*Actual cases by Dr. Shah

02 9267 7777
Suite 403, Level 4, 307 Pitt St, Sydney NSW 2000
www.smileconcepts.com.au