

# USED COMMERCIAL GYM EQUIPMENT

# SALE

- Treadmills
- Cross Trainers
- Steppers • Bikes
- Pinloaded
- Reebok Steps

## WESTGATE HEALTH CLUB

(03) 9369 6622 ~ 0416 139 792

Cnr Grieve & Doherty's Rd, Altona

\*Viewing by appointment only

## Refresh your life



Liz O'Halloran BSc, MAsocRes

FINALLY ... THE SECRET INGREDIENTS FOR A HAPPY, HEALTHY, ENERGETIC AND ... SLIMMER YOU!!! IN JUST 30 DAYS - ANSWERS REVEALED IN NEW 'REFRESH YOUR LIFE' BOOK -  
Designed by Miss Fitness Champ

### The "Tri Factor Principle"

There are thousands of products available that focus on just eating the right foods and/or following an exercise program, without focussing on the tremendous influence your thoughts and feelings have on maintaining a healthy, happy and fit lifestyle (eg. how do you control willpower, motivation and "laziness"?). The *Refresh Your Life* Program adds the secret ingredients to give you 3 elements (*Body* - gradual activity program and delicious healthy eating plan, *Mind* - the power to get healthy and stay healthy, *Spirit* - create the person you want to be).

We all want to look and feel our best, but it's not easy to do it alone - For Under \$40 'Refresh Your Life' is like having your affordable personal coach, personal trainer and personal meal planner - in ONE!

**FREECALL: 1800 602 110**

To Order Your Copy NOW For Just \$39.95 (plus P&H)

ORDER NOW - For your Limited Edition  
FREE meditation/relaxation  
CD valued at \$29.95

## Look & Feel ...

- Slimmer
- Happier
- Calmer
- Energetic

New Revolutionary Tri Factor Principle for  
**Total Wellbeing, Happiness & Vitality**

### Take A Positive Step Towards:

- Losing weight
- Looking more radiant
- Fitting more comfortably into your clothes
- Increasing your energy
- Increasing your happiness

# Permanent Hair Removal

Hildi Permanent Hair Removal with 'Multiprobe' destroys unwanted hair, forever ...

### Proven Permanent.

Hildi Permanent Hair Removal is exclusive to the Australian Permanent Hair Removal Centre. It is the final solution for unwanted hair.

Hildi Permanent Hair Removal with 'Multiprobe' offers

- ✓ Lifetime freedom from unwanted hair
- ✓ Clear skin without prickles and rashes
- ✓ Eliminates ingrown hair
- ✓ Comfortable treatment sessions
- ✓ 100% proven permanent results on all hair types

### Guaranteed Results

Hildi - Director/Registered Nurse

Hildi Permanent Hair Removal

- is not laser-based and will not stimulate more hair growth
- is not like electrolysis found in many beauty salons

Hildi Permanent Hair Removal with 'Multiprobe' is guaranteed permanent.

A weekly session is just \$76

The number of sessions per treatment area is related to how much unwanted hair is to be removed.

The Australian Permanent Hair Removal Centre offers you professional advice and evaluation.

For your obligation free consultation please telephone

**1300 366 051**

Location **Keilor Downs**

Suite 6, 8 Copernicus Way  
Off Sunshine Ave Melways 14B7  
Open until 9.30pm Free Parking

# Enhance your figure naturally

At The Victorian Cosmetic Institute, doctors perform a non-surgical procedure to help reduce localised fat deposits by injection:

- using a natural product derived from soy bean
- no surgery or liposuction required
- walk-in, walk-out procedure
- minimal downtime
- spot reduce fat on your tummy, thighs, buttocks, arms, back, chin and face
- helps reduce cellulite and tighten skin
- scientifically supported in numerous clinical studies
- over 10 years of use internationally

Call 8850 0655 for more information or visit  
[www.dissolvefat.com.au](http://www.dissolvefat.com.au)

THE VICTORIAN COSMETIC INSTITUTE  
Manningham Medical Centre

VICTORIAN  
COSMETIC

AS SEEN  
ON TODAY TONIGHT