



Lady At Bay Anti-Ageing & Beauty Newsletter

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Welcome from Lesley Morgan-Wesson, Owner

Gosh, it's lovely to be back! You know, I didn't see sunshine whilst I was away in Hong Kong and Europe and I'm sure I came back with serious Vitamin D deficiency!

Anyway, I want to say a **BIG THANK YOU** to all those people who entered our **\$10,000 Makeover Competition**... I can't tell you how thrilled I was to be able to choose the winner, which was actually extremely hard amongst the many entries we received... Some entries were funny... some were clever... some had to be disqualified... some were sad... and a few were even a bit shocking. However, the criteria I applied to choosing the winner has delivered someone very worthy... **Congratulations Melinda!**

There were several finalists out of whom it was very challenging to pick the eventual winner, so I decided to award each runner-up a prize worth \$1,000 and to the semi-finalist I'm giving her a \$2,000 prize. **SEE IF YOU'RE A FINALIST ON THE BACK PAGE.**

Announcing... The Winner of the \$10,000 Makeover Competition...

Congratulations to Melinda Hopkins

Melinda was thrilled when she received my telephone call informing her that, out of hundreds of Competition entrants, she had been chosen as the winner.

Said Melinda, "This will make such a difference to my self-esteem and confidence; for the last ten years I have been a single mother and sole carer for my adult son plus I've had to care for my father and two siblings. I feel totally depleted."

When I asked her what she wanted to do with the \$10,000 prize she said, "I'd definitely like to improve my face and my body - I'm 10 Kgs overweight."

So what has Melinda won?

A non-surgical facelift... Weight reduction & toning... Diet, exercise & nutrition program... Image makeover... Skin and make-up products... PLUS an automatic entry into this year's Makeover Competition



Happy Birthday To You!

To everyone who is having a birthday in March

Happy Birthday!

Visit LADY AT BAY for any treatment during March and receive a **\$100 Birthday Gift**

Gift includes:
\$30 Gift Voucher PLUS... a FREE body massage

CONDITIONS: You must book and prepay your appointment to receive your free gifts.

HURRY...

Get Your Tickets to our Eternal Youth & Anti-Ageing Champagne Brunch...

Have fun... meet new friends... meet the whole LADY AT BAY team... enjoy a pleasurable Sunday morning out... learn the breakthroughs in anti-ageing... learn how you can have eternal youth...

Bring friends... come alone... just be there...

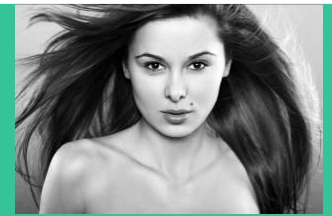
- Enjoy a gourmet breakfast and Champagne
- Lots of super-saver face and body packages
- Get a 12-month VIP DISCOUNT CARD
- Win one of several Lucky Door Prizes worth \$2,000
- Receive a \$100 Gift Bag
- Meet the \$10,000 MAKEOVER winner
- Watch a fashion parade including shoes, bags & accessories
- Watch a make-up demonstration and try the latest looks!

We can only accommodate 50 guests and tickets are selling fast. SO DO HURRY and get your tickets BEFORE they sell out!

Early Bird Special Tickets on sale for \$49

Early Bird offer ends 31/3/11. Thereafter price will be \$65

Quote: "Just about the time a woman thinks her work is done, she becomes a grandmother" - Edward H. Rieu



Exciting Top 10 Trends in ANTI-AGEING MEDICINE

by Robert Goldman, Chairman of the World Academy of Anti-Ageing Medicine

TREND 1 –

Inactivity in Youth Raises Risks of Hypertension in Life

A study of 4,618 men and women, aged 18 to 30 years, over a 20-year follow-up period showed that lower levels of fitness and physical activity correlated to an increased risk of high blood pressure. Hypertension can be prevented in 34% of cases if you move to a higher physical fitness level.

TREND 2 –

Healthy Diet May Slow Alzheimer's Disease

Dietary choices do affect disease. Methionine (found in meat, fish, dairy products and whole grains) is an amino acid that may raise levels of homocysteine, which is a compound that is considered a risk factor for inflammation. A diet rich in Methionine can increase the risk of developing Alzheimer's Disease (AD), however cognitive impairment can be improved by lowering elevated homocysteine and improvements should be evident within a few months on a healthier diet.

TREND 3 –

Cocoa Flavanols Boost Vascular Function

In 2010, Swiss researchers from University Hospital in Zurich found that patients with congestive heart failure showed a 6.86% improvement after consuming 80 grams of chocolate daily over four weeks. The preferred form of chocolate should contain a high content of flavanols (the anti-oxidant compound thought to give food its heart health benefits).

TREND 4 –

Brisk Walking May Slash Stroke Risk

Studying data on 39,315 healthy women, ages 45 years and over, over a 12-year period, researchers at the Harvard School of Public Health found that those women who engaged in moderately intense exercise were at a markedly lower risk of stroke. Stroke risk declined by as much as 37% as the pace of walking increased from less than 2 to over 3 miles per hour.

TREND 5 –

B Vitamins Can Curb Depression

Researchers from Rush University Medical Centre, Illinois USA, collected data from 3,500 men and women, aged 65 years and over, and surveyed their dietary habits assessing for symptoms of depression over a 7.2 year period. The researchers observed that those men and women who had increased intakes of vitamins B6 and B12 were at decreased likelihood of incident depression.

TREND 6 –

A Blood Test Can Spot Cancer Before it Develops

Nottingham University in the UK has developed a blood test which will aid the detection of cancer as much as 5 years earlier than current testing methods, such as mammography and CT scans. This new technology (immuno-biomarkers) will change the current paradigm of diagnosis and treatment for most solid cancers such as lung, breast, ovarian, colon and prostate. Currently not available in Australia.

TREND 7 –

Future Technologies Will Replace Surgery

More and more high-tech and non-invasive treatment technologies that do not involve surgery and which have markedly reduced adverse risks will become increasingly available so that patients will have more options for the treatment of disease.

TREND 8 –

Molecular Robots Deliver Drug Therapies to a Single Cell

Nanorobots (tiny devices measured on a scale of billionths of a meter long), which can respond to 'start', 'follow', 'turn' and 'stop' commands, are now able to walk along a strand of DNA farther and faster and are capable of releasing a drug at a targeted genetic destination.

TREND 9 –

Sustainable Supply of Artificial Organs

Biotech advancements permit scientists to grow replacement organs, thereby eradicating the problems of organ shortages. A new breakthrough technique developed by Massachusetts General Hospital in the USA brings the goal of growing transplantable replacement organs a little closer... The team successfully grew liver tissue regenerated from liver cells introduced through a novel reseeded process involving stem cells. The team are hopeful that the results provide a proof of principle for the generation of a transplantable liver graft.

TREND 10 –

Stem Cell Therapeutics

Expanding from its proven track record for repairing injured cardiac tissue, the arena of stem cell therapeutics will expand to become a leading treatment for a broad range of diseases and conditions, particularly ones for which there currently exists no effective or lasting treatment.

Quote: "At present my idea of a good workout is a two-hour worry about the bags under my eyes" – *Maureen Linman*



Counteract Ageing with Topical Vitamin C

As one of the best anti-ageing ingredients available, vitamin C boasts enormous skin-smoothing and anti-ageing benefits. It resurfaces skin, fades pigmentation and sunspots, as well as helping to promote the skin's collagen production.

“Vitamin C is the most potent antioxidant in terms of collagen building for anti-ageing purposes, especially when it's applied topically,” says New York based dermatologist Dr Dennis Gross.

Vitamin C is naturally present in our bodies, but it is quickly depleted, so it must be topped up. Daily application of vitamin C serums and creams can help halt the hands of time.

Try the following new LUMINOUS VITAMIN C FACIAL TREATMENT...

Luminous C Skin

This Divine Vitamin C Facial Treatment

Is a 1-1/2 hour treatment featuring a potent blend of stabilized vitamin "C" compounds combined with the latest high-tech formulation of freeze-dried seaweed. It reduces fine lines, strengthens elasticity and lightens and brightens, providing relief for dull, sun-damaged skin. Your complexion will be renewed... it will be firmer, resurfaced, and extremely smooth and have a luminous glow.

Benefits_

- Antioxidant, anti-free radical
- Reduces fine lines and wrinkles
- Increases elasticity
- Renders skin absolutely radiant

Introductory Offer_

- Normally \$195
- Special Price \$145
- **SAVE \$50**
- Course of 6 \$850
- **SAVE \$320**



Luminous Silky Skin

With Pevonia's Advanced Anti Free-Radical

Vitaminic Concentrate

This phenomenally effective and non-greasy silky textured oil combines vitamins A and E with mandarin essential oil for a naturally aromatic, revitalizing and nourishing anti-oxidant boost.

Your skin is drenched with ingredients that combat excessive dryness, smooths fine lines to prevent premature ageing and leaves your skin dewy, even-toned and luminous.

Have a Luminous Vitamin C Facial during March & April and purchase a Vitaminic Concentrate for just \$68.50... (Normally \$83.50) SAVE \$15!

Usage: A small quantity goes a long way. For best results, use at night in conjunction with the Rejuvenating Dry Skin Cream. After cleansing and toning, apply 3 to 5 drops of this oil all over your face and neck avoiding the eye area. Massage gently.

Beauty Tip

Skin can become accustomed to the same routine, so at the beginning of each season, to stimulate your skin cells, it's a good idea to shock your skin with a different type of facial and skin care products. This autumn, we're recommending the Luminous Vitamin C Facial, which is perfect for everyone.

Quote: "I finally figured out the only reason to be alive is to enjoy it!"

Rita Mae Brown



Should You Exercise If You're Pregnant, Tired Or Sick?

You've got a cold - Follow the neck up, neck down rule... Sniffles, runny nose, mild sore throat and no difficulty breathing? Then exercise but at a reduced rate. You have a cough or fever? Then rest and let your body focus on fighting the illness.

You've got your period - Moderate exercise appears to ease premenstrual symptoms and raise endorphins, which are the body's natural pain killers and which help to ease cramps.

You're tired - You're heavy legged and sleep deprived? Have an active recovery day... yoga, walking or swimming. You're simply lethargic? Go for your life - it's the best energy shot.

You're injured - Do not work through pain - you'll make things worse. If you have a lower body injury you can still work the upper body. Do consult a physiotherapist for advice on exercises to speed healing and not aggravate the injury. To keep up cardiovascular fitness, swim or get a deep-water running belt and try pool running.

You're depressed - Studies have shown exercise can help alleviate mild and moderate depression. It lifts mood, aids sleep, reduces stress and increases self-esteem and a sense of being in control.

You're jetlagged - To help you adjust to the new time zone, exercise in the morning in your new location and then perform a relaxing activity such as yoga or stretching, in the evening to help you sleep.

You're pregnant - Do not exercise if you have health issues, such as an incompetent cervix, bleeding beyond the first trimester or pre-eclampsia.

- ❖ For everyone else, exercise can reduce morning sickness, back pain, the risk of gestational diabetes, excessive weight gain and varicose veins.
- ❖ Walking, swimming, cycling, yoga, Pilates and moderate weights are good. Pelvic-floor exercises are essential.
- ❖ It's not the time to take up running, but if you're already a runner you can keep it up in moderation.

If you like your experience and the results you get here at LADY AT BAY...

Then why not share your positive experience with others?

When you write about your positive experience at Lady At Bay on any one of the following sites and give us a top rating we'll give you **20% off** your next product or treatment purchase as a way of saying, "Thank you!"

Womow.com.au - Truelocal.com.au - Facebook - Twitter

To get your 20% DISCOUNT, please bring in a copy of your review or let us know which site you updated.

According to researchers at The University of Vermont, exercise is critical not only for physical health but mental health as well. They found that endorphins produced by exercise can prevent grumpiness for up to 12 hours.

\$10,000 Makeover PRIZE WINNERS

FINALISTS...

Each wins services to the value of \$1,000
Jacqueline Scott
Tahnee Schulz

SEMI-FINALIST...

Wins services to the value of \$2,000
Barbara Stanley