

## Hair waxing

Continued from Page D2  
depilatory creams is shaving and creams merely remove the hair at the surface level.

After a few days a stubble appears. Frequent shaving will stimulate the area which in turn causes strengthening of the hair follicles and stimulates the growth of dormant follicles.

Waxing when done properly will pull at the point of the follicle and most of the time destroy it

for good, weaken the blood supply which will soften the hair and reduce the regrowth. New hair then takes 2-3 weeks to regrow to the surface of the skin compared to the same condition several hours after shaving.

Hair length for waxing should be 1/4 inch and skin should be dry.

There are a variety of methods on the market today best known hot wax and cold wax and there are products designed to use after wax for more permanent and progressive removal.



Georgetown's "Work That Body" presented their own style of fashion recently with "Fashions to Spring Into Shape". That was the name of their fashion show featuring (left to right) Rhonda Hall, Virginia Walker, Donna Lanthier and Laurie Burns. Work That Body is a local health and fitness club featuring classes in fitness.

## Laurie helps you work that body

Laurie Burns, of the Work That Body fitness club in Georgetown, believes physical fitness is promoted so heavily through the media that people are making a change.

"I want to promote a lifestyle change to these people so physical fitness becomes part of their daily routine," she said.

Located on the southeast corner of Mountainview Road at Guelph Street, Work That Body Fitness Programs Incorporated is going through extensive changes which will see new showers, sauna, sun tanning and weight training facilities. A new aesthetician service will also be on hand.

The fitness club is

mainly for women although Mrs. Burns had interested males approach her at the recent BIG celebrations in Georgetown.

Mrs. Burns said men are welcome to the aerobic classes which are offered and if enough interest is shown there is a possibility for fitness classes for men early Tuesday or Thursday mornings.

When a woman registers with the club a questionnaire is filled out by the applicant which lets the instructors know of any problems that may exist in certain exercises.

The Canada Home Step test is then administered which lets the instructors know at what level of fitness a participant is at.

Various other tests are also given such as strength and flexibility testing until a release form may be signed.

Mrs. Burns is expecting quite a few women to be involved with the weight training program this fall. Weight training differs from body building because it is not as intense and the weight involved isn't as much.

Work That Body has an age range of participants from 18 to 72 and can accommodate up to 1,200 women. There are about 10 instructors at the facility and a wide range of special services including pre and post natal classes, back problem classes, baby-sitting services and programs catered to fit everyone's schedule.

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