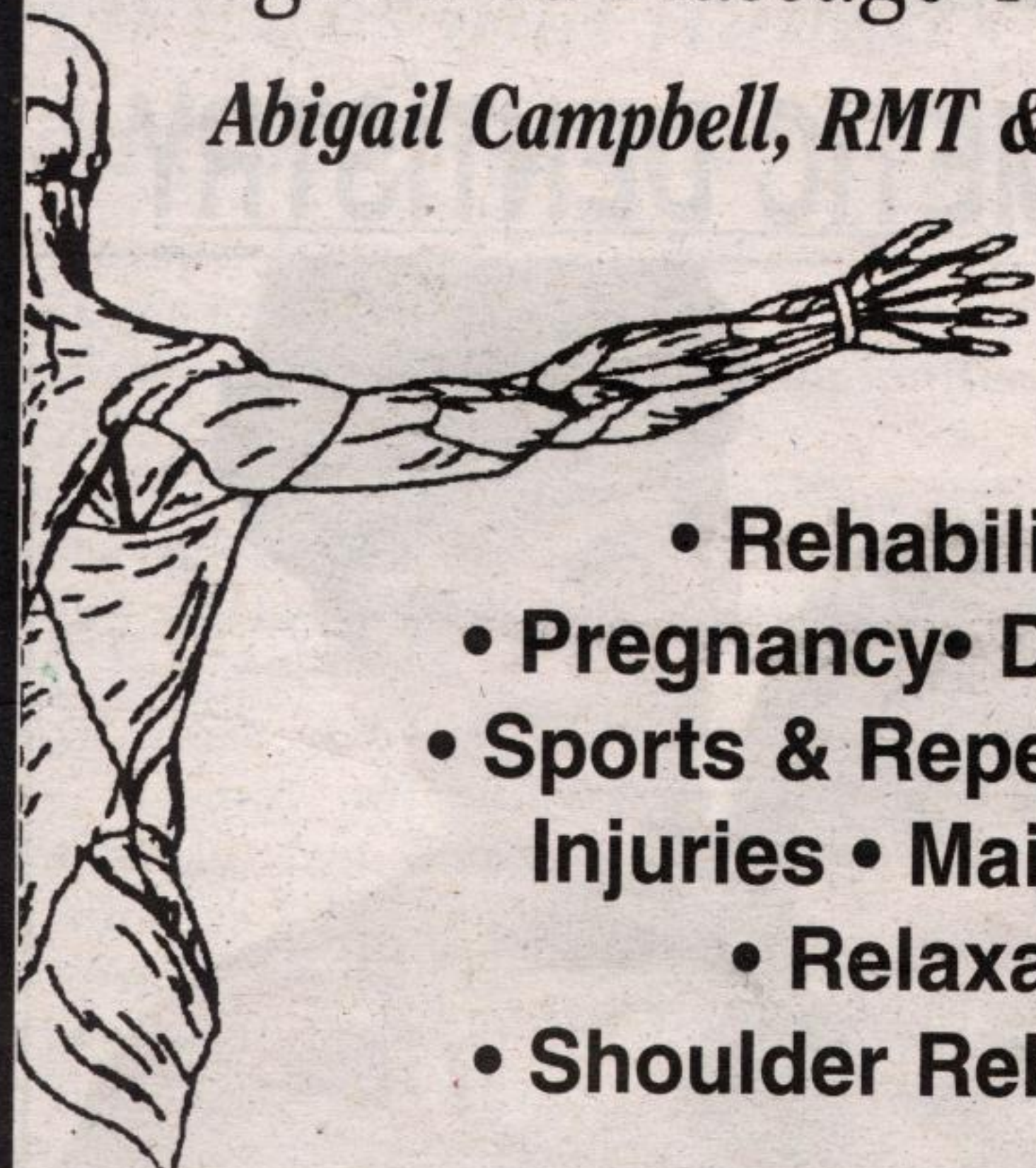


The Power of Touch

Registered Massage Therapy Clinic

Abigail Campbell, RMT & Kim Bell, RMT



- Rehabilitation
- Pregnancy • Deep Tissue
- Sports & Repetitive Strain Injuries • Maintenance
- Relaxation
- Shoulder Rehabilitation

Honour Your Body

16 Mountainview Road S., Suite 201

905-702-8265

abby@aztec-net.com

Beauty sleep facts vs. fiction

Sleeping Beauty had the right idea when she lay down for a long nap, because a good night's sleep does more than bring along Prince Charming, getting shut-eye plays an important role in our mood, performance and appearance.

"Beauty sleep" happens at night when our muscles and digestive system rest, helping our blood cells do a better job of supplying nutrients to our skin. And because skin actively rebuilds and restores itself during the night, bedtime is not the time to skimp on beauty routines. So how do you make the most of bedtime beauty? The following do's and don'ts will have you waking up looking your best...

- True or false: brushing your hair 100 times before bed makes it shiny and manageable? This may have been true during the olden days of weekly baths (since brushing so many strokes dispersed natural oils and removed excess oil and dirt), but in modern times over brushing can cause hair breakage and split ends. Now that people shower more often, this practice is no longer necessary and can in fact do more harm than good.

- It may seem strange, but slathering a rich moisturizer or petroleum jelly on your feet and hands and then covering with socks is a great way to lock in moisture overnight. The socks act as "moisture mit-

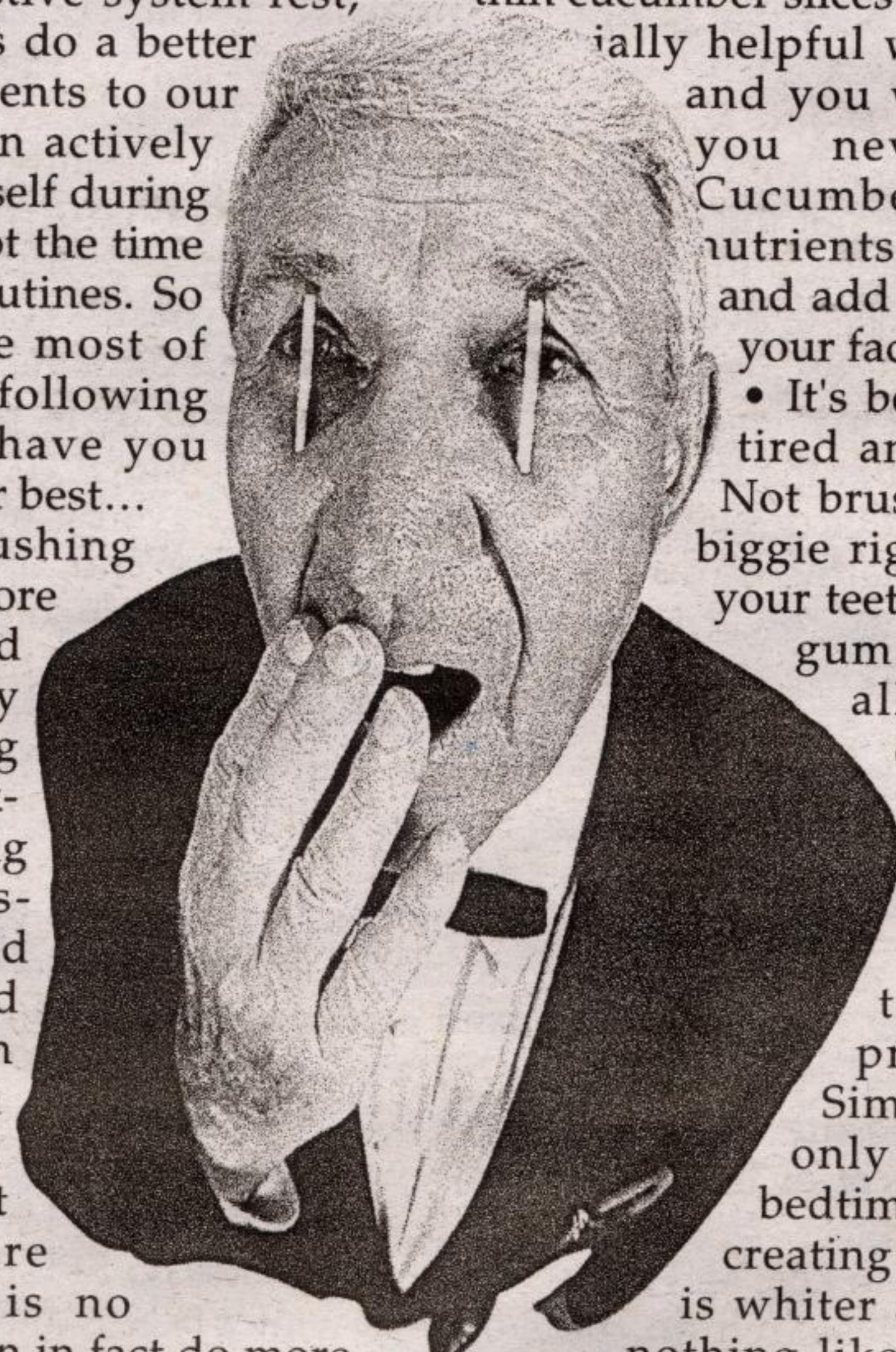
tens" and help ensure you'll wake up with smooth and silky skin.

- Have you ever seen someone lying back and relaxing with cucumber slices on their eyes? What you may have dismissed as an exercise in over indulgence is, in fact, a great way to relieve puffiness. Chilled, thin cucumber slices used as a compress are especially helpful when sleep is elusive, and you wake up looking like you never went to bed. Cucumbers are loaded with nutrients including Vitamin C and add an instant freshness to your face.

- It's been a long day, you're tired and want to go to bed. Not brushing your teeth is no biggie right? Wrong! Cleaning your teeth every night prevents gum disease by removing all traces of food and drink from our gums and makes for a much nicer good night kiss. For an even better effect, try a night-time teeth whitener. New products, like Colgate Simply White Night, are only applied once before bedtime and don't wash off, creating a morning smile that is whiter and brighter. There's nothing like a beautiful smile to impress people or make us feel good about ourselves so never, ever go to bed without taking care of your teeth!

Happy slumbering!

—News Canada



SEW

Restore your virility & PERFORMANCE guaranteed!

FOR PHYSICAL AND MENTAL HEALTH, reclaim your virility and self-esteem. Be the lover you were many years ago. Men take **Bell Magic Bullet** Capsules when they need it for results in 90 minutes. You may think you don't need them, but do they ever improve your performance! They cost less than drugs and are made from all-natural herbal ingredients that have been in use for centuries. Skepticism will turn into delight, yours and hers. If your wife lost interest (libido), information is supplied about how to regain it. Put the magic back into your life with **Bell Magic Bullet**. Younger men are thrilled with the increase in stamina. The US surgeon General Dr. David Satcher M.D. stated: "Our nation is suffering in so

many ways because of the failure to address human sexuality." More full length testimonials on the web at www.BellLifestyleProducts.com. Read what people who tried it have to say: • It was very exciting to see that it works every time • Wife is thrilled with new love life • Performed like 20 years ago • Could not believe it really worked • My sex life improved 100% since I started taking Bell Magic Bullet Capsules. I was harder and love making lasts longer. Thanks for changing my sex life!!! My performance is back to where it was 15 years ago. No side effects. Wife's comments: Wow! We're back at great love making. Neil J. MacDonald, 66, Dominion, NS

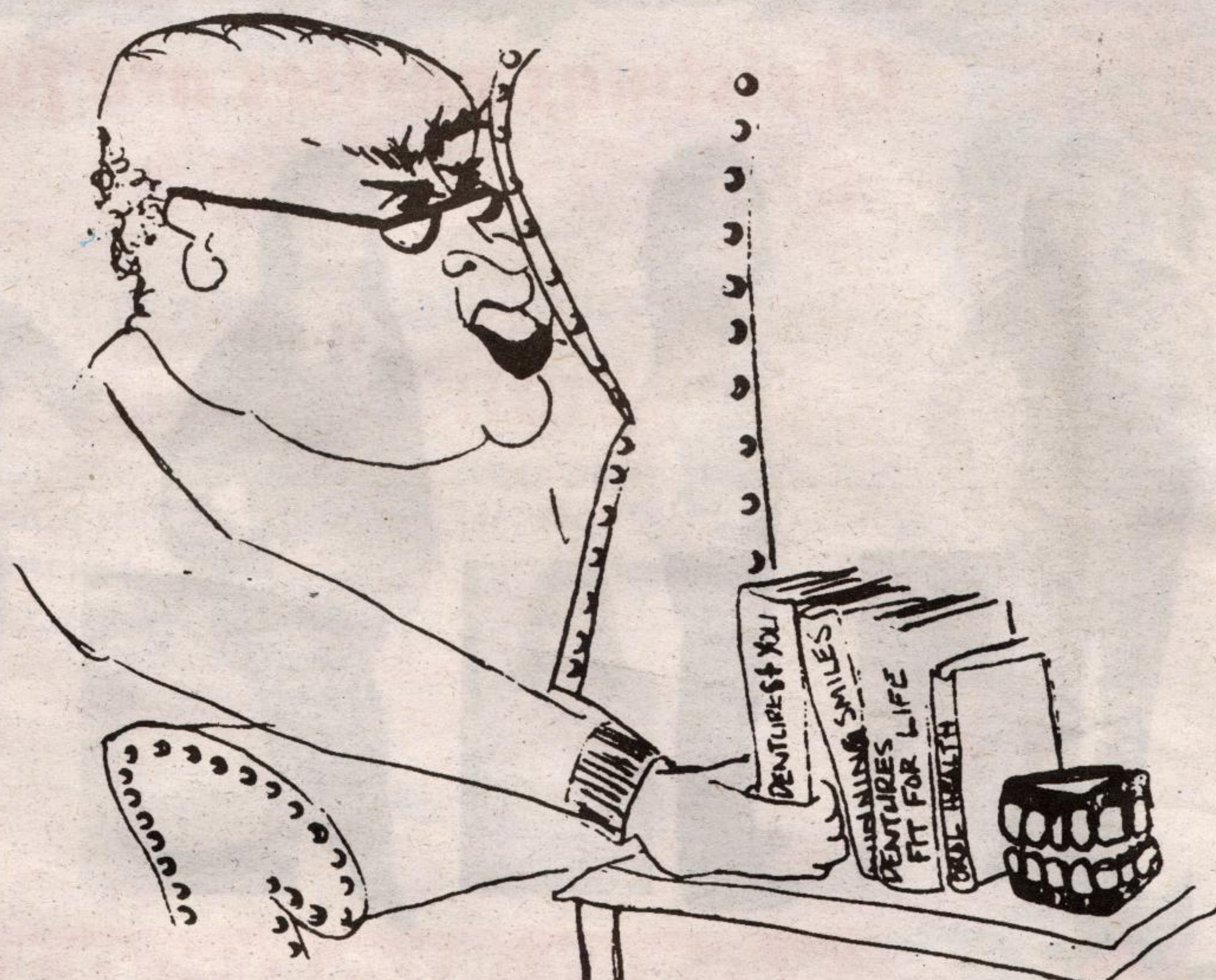
Experts say the most enjoyable sex comes with gray hair and wrinkles. Overcome squeamish feelings and try it. We can help virtually all men to be able to perform normally again. It is guaranteed: **MUST HELP OR MONEY REFUNDED**

- 3 other natural products from Bell that helped hundreds of thousands of men and women to improve their lives:
- **Bell Ezee Slimming Patches** help people to reduce overeating and cravings for fattening foods.
- **ARTHRITIS: Bell Shark Cartilage** will help or money refunded. 98% success rate.
- **Bell Prostate Ezee flow Tea** helps men who have to make frequent bathroom trips or money refunded. Makes urine flow freely again.



AVAILABLE IN GEORGETOWN AT: • Health Equals = DLS 97 Main St. S.; Nutrition House Georgetown Market Place; Shoppers Drug Mart South Georgetown Ctr.; Shoppers Drug Mart Georgetown Market Place
Call stores first, if out of stock or for other locations, call 1-800-333-7995. Send this ad to a friend. Nothing can be more noble than helping others. More information in stores and on the web at www.BellLifestyleProducts.com

Do your dentures make better book ends?



We can read your mind! Give us a call.



Georgetown Denture Clinic
Alexander Trenton, Denturist
18 Church St., Georgetown

(Across from the library and Cultural Centre)

(905) 877-2359

Creating confident smiles since 1982!