



Spa gifts are a gift of health

Stress levels in Canadians have nearly doubled in the last 10 years. An emphasis on workplace productivity and technology such as cell phones and PDA's has led to greater stress and health related problems. As a result, lifestyle demands and stress have led to a greater reliance on convenience foods and delivery services. This negative cycle prevents exercise and other healthy activities leading to personal neglect.

With the holiday season fast approaching it is important to learn to take care of yourself in order to enjoy the festivities. A regular spa visit would be ideal - but are you actually going to schedule and make the appointment? Twenty minutes a day is all it takes to improve your wellbeing. The holiday season is the perfect time of year to give others the gift of health.

Lush, purveyors of fresh, handmade cosmetics has perfected the at home spa experience by offering luxurious prod-

ucts packed with fresh ingredients and essential oils to pamper and rejuvenate the mind. Lush Spokesperson, Erika Edwards says "There is no greater gift to receive during the holidays than one that will allow someone to take a few minutes for themselves to unwind and restore balance. Here are some ways to give the gift of rest and relaxation at home:

- Bath bombs and bubble bars filled with essential oils soothe and restore the mind and body in as little as 15 minutes.

- Choose feet and hand treatments that take only a moment to apply at bedtime and wake up with a new outlook (and fabulous nails).

- Many face and body treatments can be used in the bath and shower.

- Using massage bars help ease the hustle and bustle of the holiday season.

More information is available online at www.lushcanada.com, or by calling 1.888.733.5874.

—News Canada

FOR HER THIS CHRISTMAS!

Teen Diva Package

\$100

Teen Facial
Teen Pedicure
Brow
Shaping/Waxing
Spa Snack

Quick Escape

\$95

(w/ Spa Manicure \$117)
1/2 Hour Massage
Spa Pedicure
Spa Snack



Escape to...

Dreamy Escape

\$180

European Facial
1 Hour Massage
or Body Wrap
Spa Pedicure
Spa Snack

Blue Springs Spa & Salon

Hairstyling, Aesthetics & Body Treatments

Chocolate Delight Package

\$185

(w/ Chocolate Pedicure \$240)
Chocolate Mud or Seaweed Wrap
Express Mud Facial One Hour Massage
Fruit w/ assorted chocolates

Total Escape

\$275

Salt Glow One Hour Massage
European Facial Spa Manicure
Spa Pedicure Spa Lunch

Monthly Massage or European Facial for One Year ~ \$918

Monthly Spa Manicure & Spa Pedicure for One Year ~ \$972

RMT available by request. Maternity Massage (custom massage table) available by request.



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www.bluespringspa.com



GEORGETOWN PHOTO

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FUJIFILM FINEPIX A500



- 5.1 Megapixels
- 3X Optical Zoom Lens
- **FREE PRINTS FOR 1 YEAR!**

\$159.99

Accessory Kit: Roots Camera Case, Fuji XD256 MB memory card, rechargeable battery kit. **\$49.99**

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- Charger & Battery Included
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\$299.99

Accessory Kit: Fuji XD512 MB memory card, Fuji leather case, XD card storage case & LCD cleaner. **\$49.99**

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- 5X Optical Zoom Lens
- Charger & Battery Included
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\$369.99

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AVAILABLE SERVICES

- PASSPORT PHOTOS (NO APPOINTMENT NECESSARY)
- DIGITAL PRINTS IN 30 MINUTES
- ENLARGEMENTS IN 1 HOUR



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