

## All your pampering needs are fulfilled at Body & Sole

Everyone needs a little pampering at some point and clients know they'll receive it from the dedicated staff of Body & Sole.

Over the past five years Body & Sole has blossomed into a full range esthetics salon serving Milton and out of town clients.

"The goal is to have a full, wide range of services in a comfortable and relaxing atmosphere, all together at a day spa," owner Christine Brush said.

Services include manicures, pedicures, facials, artificial nails, eyelash/eyebrow tinting, waxing, body treatments, ear piercing and aromatherapy massage.

Ms Brush said hair up-do's are available and wedding parties are always welcome. A 20 per cent group discount is offered.

One of the most popular services offers an hour long pedicure in the comfort of an Omni Spa Deluxe pedicure chair complete with whirlpool jets and back massage.

Ms Brush said the main idea is to "make the clients feel relaxed and comfortable, not rushed."

The 2400 sq. ft. spa complete with three facial/massage rooms, four manicure stations and a shower enables people to enjoy the quiet time they desire.

"We make sure we are one on one with our client to give them the customer service they deserve," Ms Brush said.

The receptionist is available to assist customers with the purchase of gift certificates or product lines including Yonka skin care, Gehwol foot care, OPI nail polish in 65 colours and TIGI makeup.

The spa is open six days a week from Monday to Saturday, with evening hours Tuesdays and Thursdays.

**Body & Sole is located at  
550 Ontario St. South, Units 9 & 10  
905-875-0508**

## State Farm Insurance offers personalized service

For almost 80 years, State Farm Insurance has been offering North Americans what they want - personalized service and products that meet their changing needs.

Miltonians have been counting on State Farm for auto, home, life, business and disability insurance for almost 25 years.

Originally operated by Paul Lonergan, husband and wife team Don MacRae and Anita Cutaia combined the company two years ago. Ms Cutaia has been a community State Farm representative for eight years.

In September of 2000, Heather Solie began a second State Farm Insurance office to better serve the Milton community.

Mr. MacRae said the key to State Farm's success is small-town service that goes above and beyond.

There is no 800-number to dial, and calls are always answered by a real person, Mr. MacRae

said. If something happens after hours, the client just has to call the same local number to be connected with a live person.

Every client is known by name and is greeted as soon as they walk through the door.

"State Farm tries to always be the customer's first and best choice, through understanding customer service," Ms Solie said.

Guaranteeing people understand their policies is important. Ms Solie said she wants people to know what they are and aren't covered for.

"We're offering the value of them (clients) fully understanding what they are covered for," Ms Solie said.

The company is financially stable, so people will feel confident that whatever happens, they will receive personal service.

**Locations are:  
485 Main St. E., 905-878-8109  
3006 Derry Rd., 905-693-1400**

## Complete customer service found at Shoppers Drug Mart

Pharmaceutical needs may be at the heart of Shoppers Drug Mart but it aims to serve customers in more ways than one.

The busy pharmacy counter always takes the time to ensure each patient understands their prescriptions, any side effects they can have and the overall outcome.

"We try to provide optimal patient care," Sandra Pesce, pharmacist said. "Our goal is to ensure good patient outcomes."

The friendly and knowledgeable pharmacists are constantly upgrading their education in order to relay current information to their customers through clinic days.

On top of brand names and a wide variety of products from cosmetics to giftware, Shoppers Drug Mart provides customers with superior service apparent through specialty activities and promotions.

The most recent promotion was the introduc-

tion of the Optimum Card. As store manager Nives Zoppas explained, the card allows customers to obtain points on purchases including some prescription drugs. Points can then be redeemed to save money on future purchases.

Another big hit at Shoppers Drug Mart is Seniors Day, held the last Thursday of every month. Four times a year a Seniors Party is hosted including Seniors Day discounts, entertainment and snacks.

Whatever brings you in to Shoppers Drug Mart, rest assured there will always be smiling faces waiting to assist you.

"The staff are fully trained on cash and on merchandising," Ms Zoppas said. "They get very detailed training so they can assist customers in any way."

**Shoppers Drug Mart is located at  
550 Ontario St. S. (Milton Mall)  
905-878-4521**

## Education and tanning offered at Fabutan

A healthy bronze glow is not reserved to the warm summer months. Fabutan, Milton's newest tanning salon, can make it happen year round.

Complete with five lay-down power beds Fabutan was opened by Debra Job in January. Since then it has taken off, and plans for adding two new beds in September are already in progress.

The key to Fabutan's success is the staff. Ms Job said their main goal is not to sell tanning, it is to educate.

"My whole purpose is education, to take the time with each and every one of my customers," Ms Job said.

With a background in bio-chemistry and a university thesis based on radiation, there's no doubt Ms Job knows her business.

Every new client is assessed to determine the best tanning methods for their individual needs. Characteristics such as hair colour, eye colour

and pigmentation play a big part in determining a tanning regimen. Despite favourable tanning traits, everyone begins tanning slowly, with a 10 minute maximum.

Of course tanning is not limited to the obvious esthetic results. It is beneficial for Vitamin D deficiencies, acne, seasonal affective disorders and arthritis. Ms Job said physicians have also referred clients who suffer from depression and panic attacks.

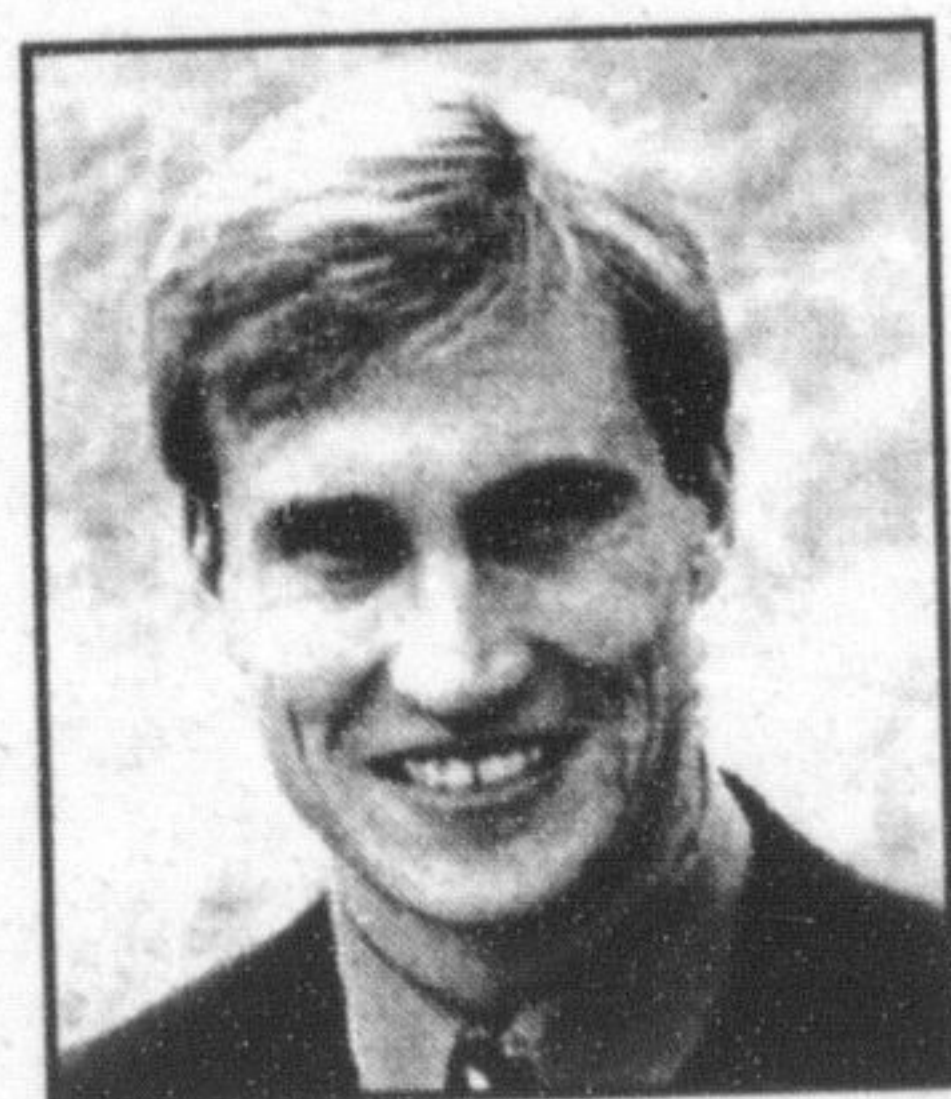
Though tanning has fabulous benefits, misuse or overexposure can be dangerous. As a result anyone under the age of 18 is required to have parental permission. Every new Fabutan customer is taught proper bed procedures and has all of their questions answered - prior to tanning.

"Our goal is to educate fully on the tanning industry, its products and overexposure," Ms Job said. "I don't want people misinformed."

**Fabutan is located at 437 Main St.  
905-875-4010**

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*Your local Milton agents*

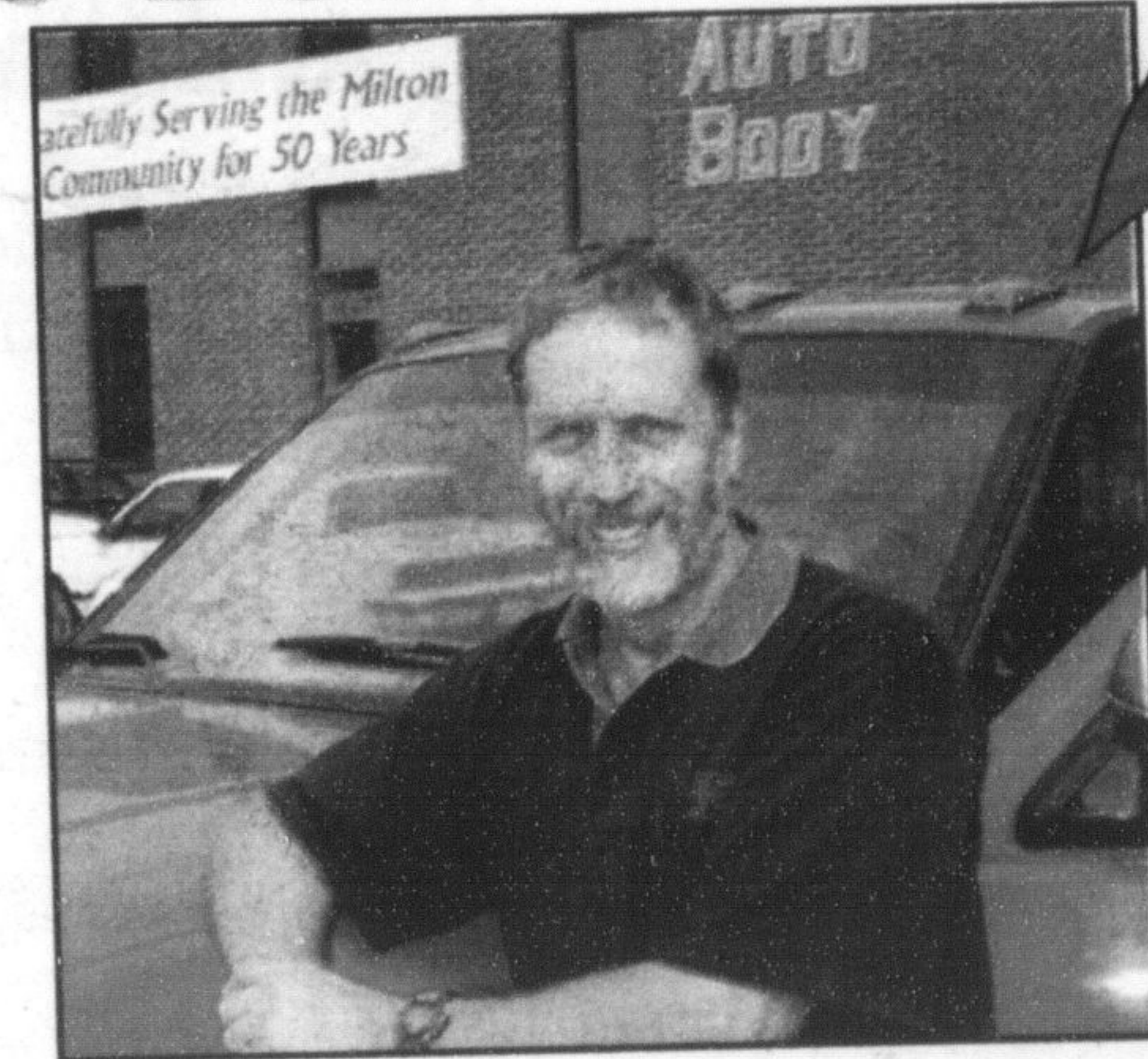


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