

Milton • Means Business

Non-surgical facelift not too good to be true at Beverly Hills weight-loss centre: owner

By **STEPHANIE THIESSEN**
The Champion

Although it's said age is only a number and you're only as old as you feel, the mirror can often put a damper on that type of positive thinking.

And yet, many people just aren't ready for the drastic step of a facelift to cure crow's feet and jowls. Not to mention the steep price tag.

For the past six years Marion Healy, owner of Beverly Hills Weight Management and Nutrition Centres on Ontario Street, has been helping people look as well as feel good with non-surgical facelifts.

Sound too good to be true? Ms Healy said it isn't.

"It deals with tightening and toning muscles on the face," Ms Healy explained, especially around the jaw and in the eye area.

With sessions twice weekly, Ms Healy said results can be seen after about five weeks. After that, it's just monthly visits that are required for maintenance.

"A lot of my clients use this as an alternative to having a facelift," she said.

With its rapid expansion over the past several years, non-surgical face-lifts are just one of the services Beverly Hills has added to its nutrition counselling. There's also electro muscle stimulation (EMS) treatments, which tighten and tone muscles, and Vacusage, a cellulite reduction treatment that's been at the centre for about a year-and-a-half.

"That's taken off like gang busters," Ms Healy said, adding, "We're not just one service, we like to work the whole body."

The popularity of Beverly Hills' services and treatments seems to point to an added interest in taking care of oneself, Ms Healy said.

"Women and men are more into longevity and looking good," she said.

She added she thinks looking good and feeling good are directly linked.

"For most of us, our self-esteem is connected with how we look. If you look in the mirror and look good, you feel good. That's then projected in your business and relationship with your husband or spouse."

Knowing she's affecting more than just clients' outer shells, Ms Healy said she can't see herself doing anything else.

"I'm one of those few people who comes to work each day and absolutely love what I do. It's really rewarding."

She said there's nothing better than when she sees a radical transformation in one of her clients. It often starts with the weight coming off, and then before you know it, the client is getting her hair done and dressing more stylishly.

As for Beverly Hills' nutrition counselling, Ms Healy said the key is customizing a plan for each client. The counsellors at the centre provide accountability and support, she said. Some clients visit the centre every day, others visit once each week.

The nutrition plans use regular grocery store food.

"We take into consideration the clients' likes and dislikes," Ms Healy said.

As a registered nutrition consulting practitioner, Ms Healy has been in the nutrition field for 16 years now. Before coming to Milton, she spent a decade running a nutrition clinic in Toronto.

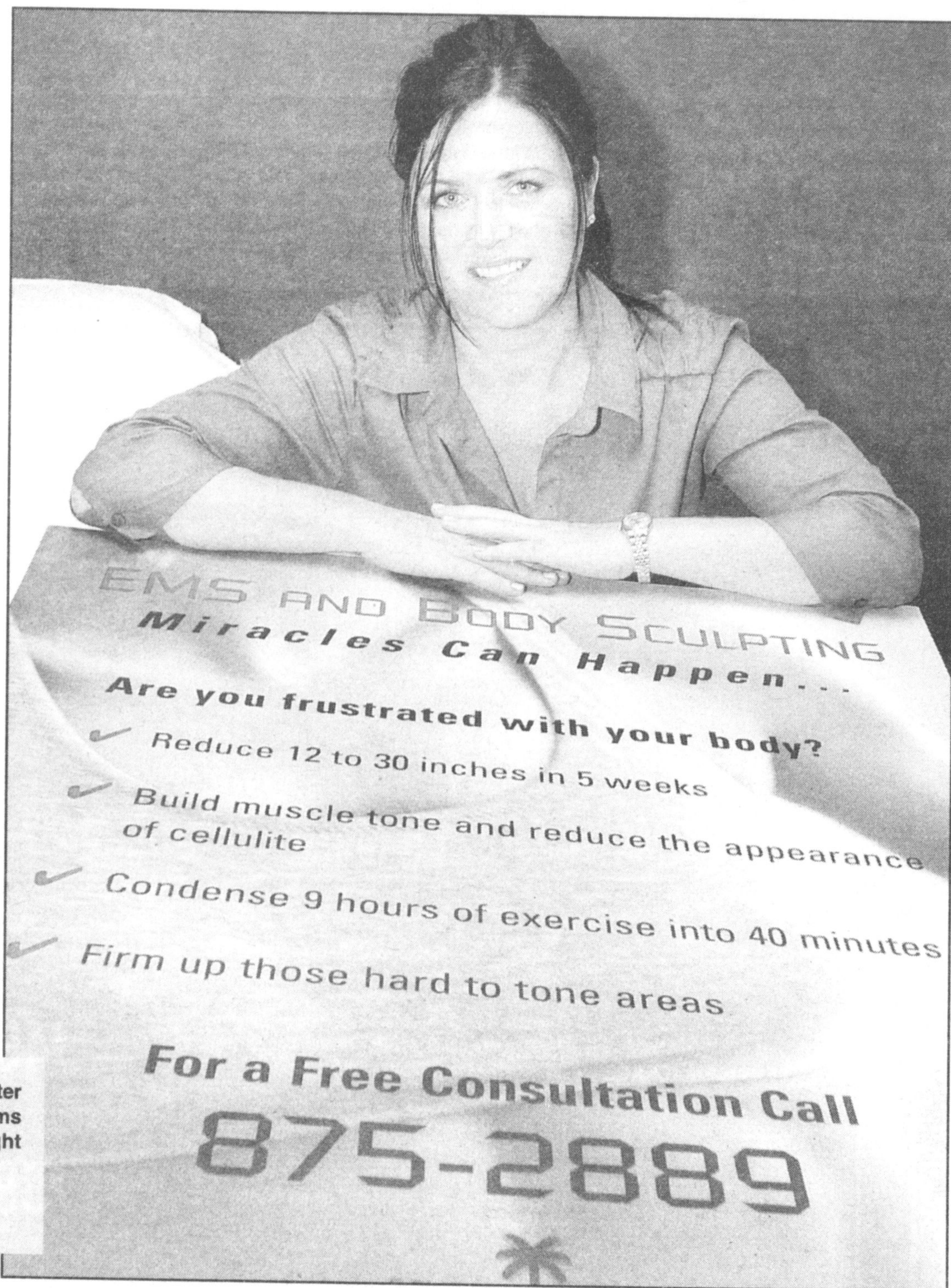
She said deciding to get involved with health and physical wellbeing wasn't at all a stretch for her. Instead, it felt natural.

"I think I've always loved vitamins, health and exercise. My dad was a pharmacist, so I was always into looking after yourself."

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Owner Marion Healy displays a poster outlining the advantages of programs offered at Beverly Hills Weight Management and Nutrition Centre.

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