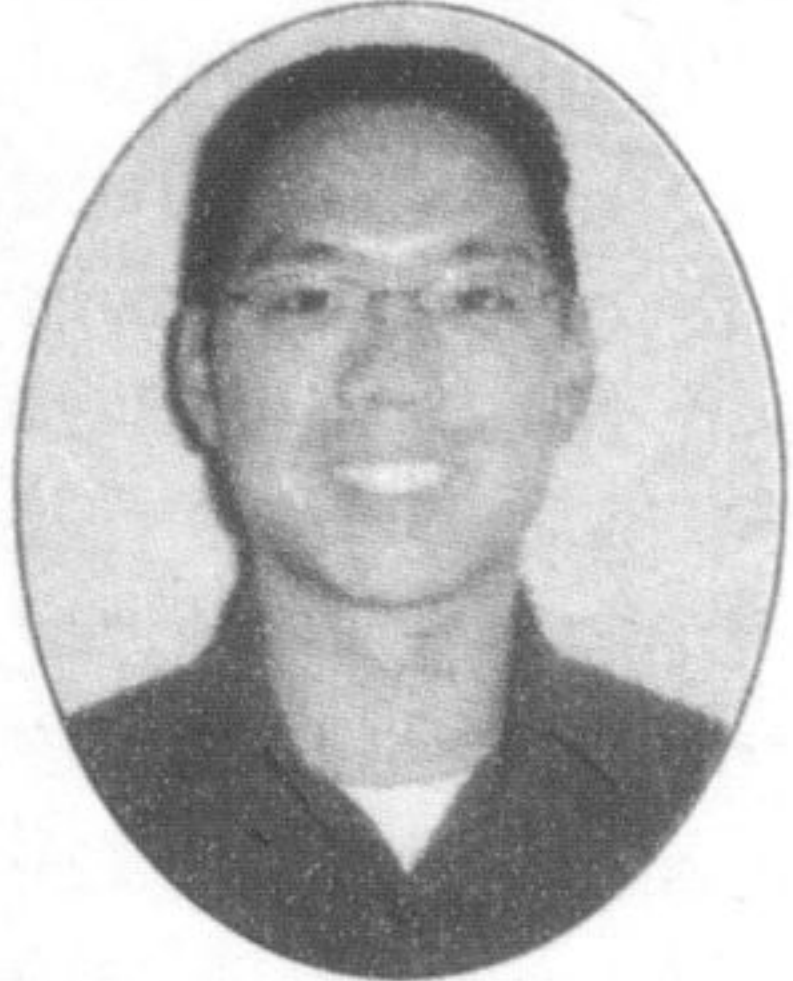


Pregnancy – Chiropractic for mothers-to-be? Absolutely!



DR. JOHN KIM, D.C.

Pregnancy is a time of joy and anticipation, yet for some, the experience is coloured by discomfort and illness. Expectant women may undergo structural and hormonal changes that result in low back and pelvic pain. Chiropractic care assists in coping with the physical stresses of an ever changing body and can facilitate a healthier, more

comfortable pregnancy.

Drugless Approach to Health

Nearly all medications can cause fetal damage or malformations, therefore, it is important to avoid them during pregnancy. Chiropractic's gentle, drug-free approach is especially beneficial during pregnancy.

Greater Comfort and Safer Births

One of the latest developments in Chiropractic prenatal care has been a method of balancing the pelvis to prevent constraint to the uterus. Through gentle chiropractic care, we are able to release the stress on the pelvis and relax the uterus, ensuring the baby is in the best

possible position for birth and creating an environment for an easier, safer delivery.

Look for our advertisement... Helping families achieve optimal health...naturally!

Editorial supplied by Kim Family Chiropractic located at 106 Wakefield Rd, Milton. 905-878-2333.

Knowledge, experience and results

Anne Maaden Cosmetic & Laser Centre is one of the most unique medispas in the GTA, and is located right in the heart of downtown Milton. Owned and operated by Carol Van der Maaden, Natalie Van der Maaden and Judith Finn, the clinic offers more than just laser hair removal.

A trip to Anne Maaden will offer exciting and valuable understanding of the latest technology within the cosmetic industry. The owners of Anne Maaden have had their fingers on the pulse of the latest equipment since their opening November 8, 2004. They were the first in the area to offer Blue Light Laser Treatments with Levulan, in order to treat acne with phenomenal results. Results exciting enough to partner with local dermatologists and physicians to fight one of the most persistent skin conditions. Anne Maaden also offers Photo facials or IPL, one of their most popular treatments. Similar to Blue Light Laser therapy, this laser helps relieve the skin of condi-

tions such as: rosacea and sun damage with the added perk of skin tightening.

Other services at the clinic include: laser hair removal, microdermabrasion, 90 minute clinical facials, non-surgical face lifts, cellulite treatments, treatments for stretch marks, electrolysis and skin tag removal and also offering an infrared sauna as a new service. Their physician, Dr. Jennifer Bonnett, performs injectable treatments such as botox, restylane, perlane, collagen, and sclerotherapy for the treatment of leg veins.

The ultimate mission of the centre is not only the level of service that it offers to clients, but the education that the staff of Anne Maaden can provide. Anne Maaden is a leader in training and education as it is partnered with Sheridan College and offers the only course that results in a certification for laser hair removal. With many clinics opening up as the wave of cosmetic enhancement

• see STATE on page A22

Esthetics by Sandra

<p><u>Waxing</u></p> <p>Eyebrow\$7</p> <p>Upper Lip\$5</p> <p>Chin\$5</p> <p>Full arm\$24</p> <p>Half arm\$15</p> <p>Underarms\$10</p> <p>Full leg\$30</p> <p>Half leg\$20</p> <p>Bikini\$12</p>	<p><u>Eye Treatments</u></p> <p>Eyelash tint\$15</p> <p>Eyebrow tint\$12</p> <p><u>Electrolysis</u></p> <p>15 min\$15</p> <p>30 min\$25</p> <p>1 hour\$45</p>	<p><u>Hand Treatments</u></p> <p>Manicure\$15</p> <p>French Manicure ...\$20</p> <p>Paraffin wax\$5</p> <p><u>Foot Treatments</u></p> <p>Pedicure\$25</p>
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New clients receive free eyebrow wax on first visit

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FULL HAIR & ESTHETIC SERVICES

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Drifa

2006 has our New Reduced Price Structure in Esthetics!

January Special

Dedicure only

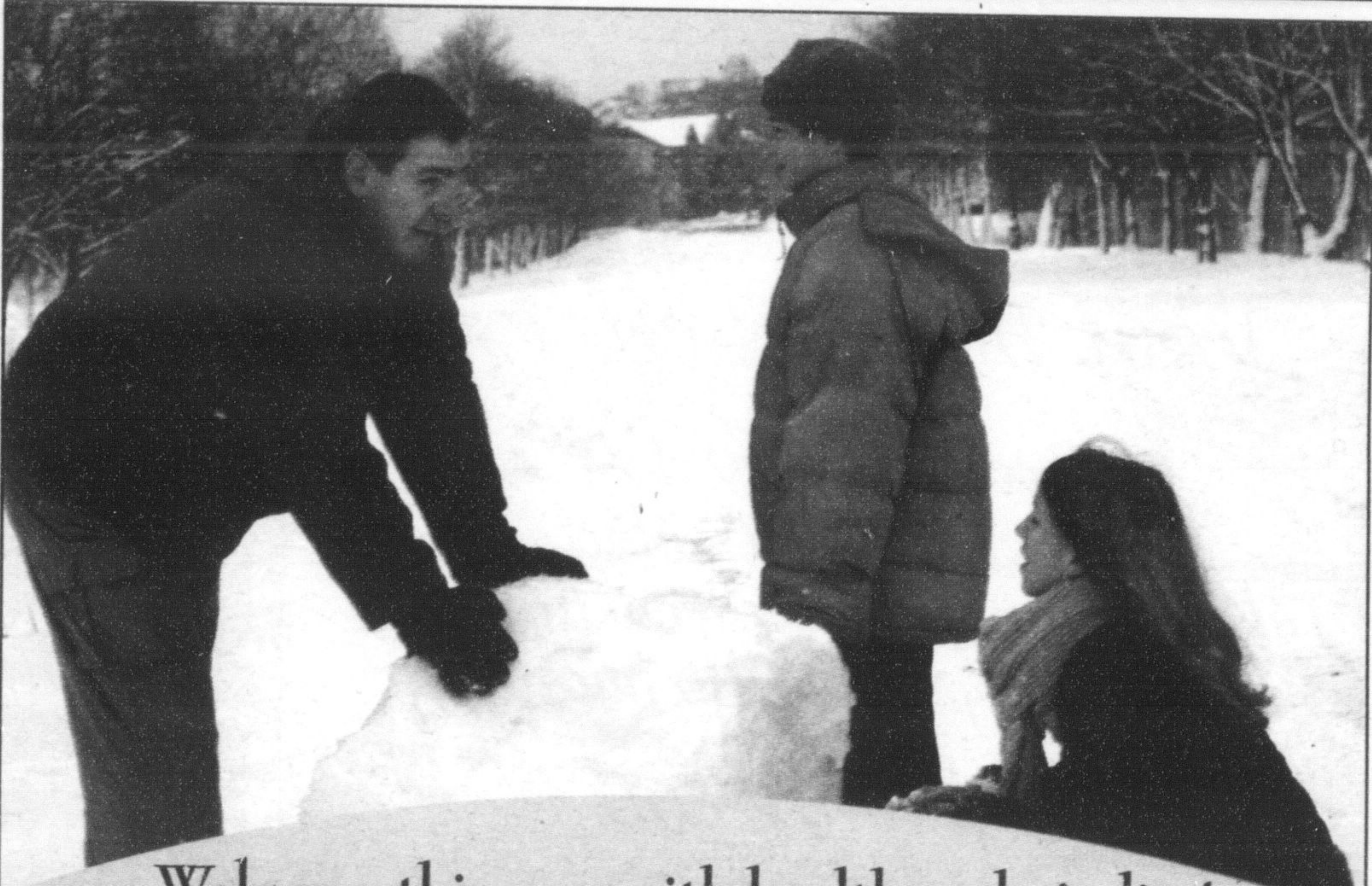
\$35⁰⁰

Manicure only

\$20⁰⁰

Hours: Tues. 9-7 | Wed. 9-8 | Thurs. 9-9 | Fri. 9-7 | Sat. 9-3 | Sun./Mon. Closed


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Dr. John Kim, D.C.

