

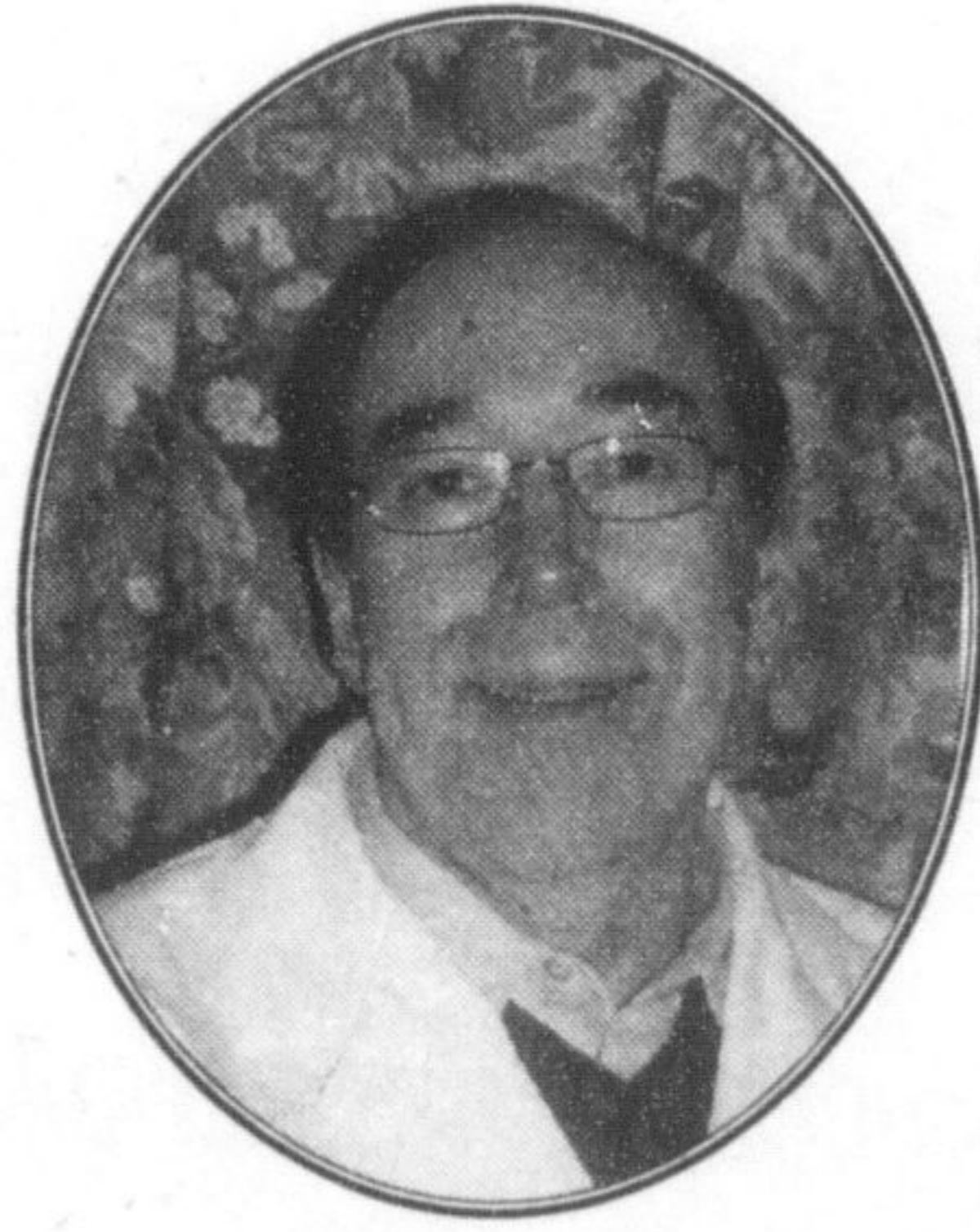


Cosmetic Surgery Next Door

Expert cosmetic surgery is available just next door to Milton, across the street from Mississauga's Square One shopping Centre! At the McLean Clinic, plastic surgeon Dr. Hugh McLean specializes in all aspects of the art from breast enhancement, tummy tucks and liposuction to eyelifts and facelifts.

For those who don't believe that surgery is warranted, but still dislike what their mirror shows, the clinic offers an array of non-surgical solutions. Under the auspices of Dr. McLean, a highly experienced cosmetic surgery nurse specializes in skin care: peels, microdermabrasion, IPL photorejuvenation, radiofrequency skin tightening (Thermage), laser vein and hair removal, correction of skin discolorations, acne solutions, Botox, fillers for wrinkle reduction, and more!

"We want our clients to be able to find an answer to all their concerns at one



DR. HUGH A. McLEAN
FRCS(S) Plastic Surgeon

location," says Dr. McLean. The clinic's aim is to provide seamless service and real solutions. One benefit of nurse-supervised skin care, for example, is that you are not left to your own devices or to advice at a cosmetic counter to find products that really work for you. "A lot of people have a shelf full of products that they have tried and given up," says nurse Ann Sheidow. With Ann's supervision, you can be confident that tried and proven solutions will be offered to you and careful follow up provided.

Dr. McLean has 24 years experience as a plastic surgeon and restricts his practice to the cosmetic aspect of the specialty. "I limit myself to those things I know I do best," he says. "I want results that are consistently gratifying both to me and to my clients."

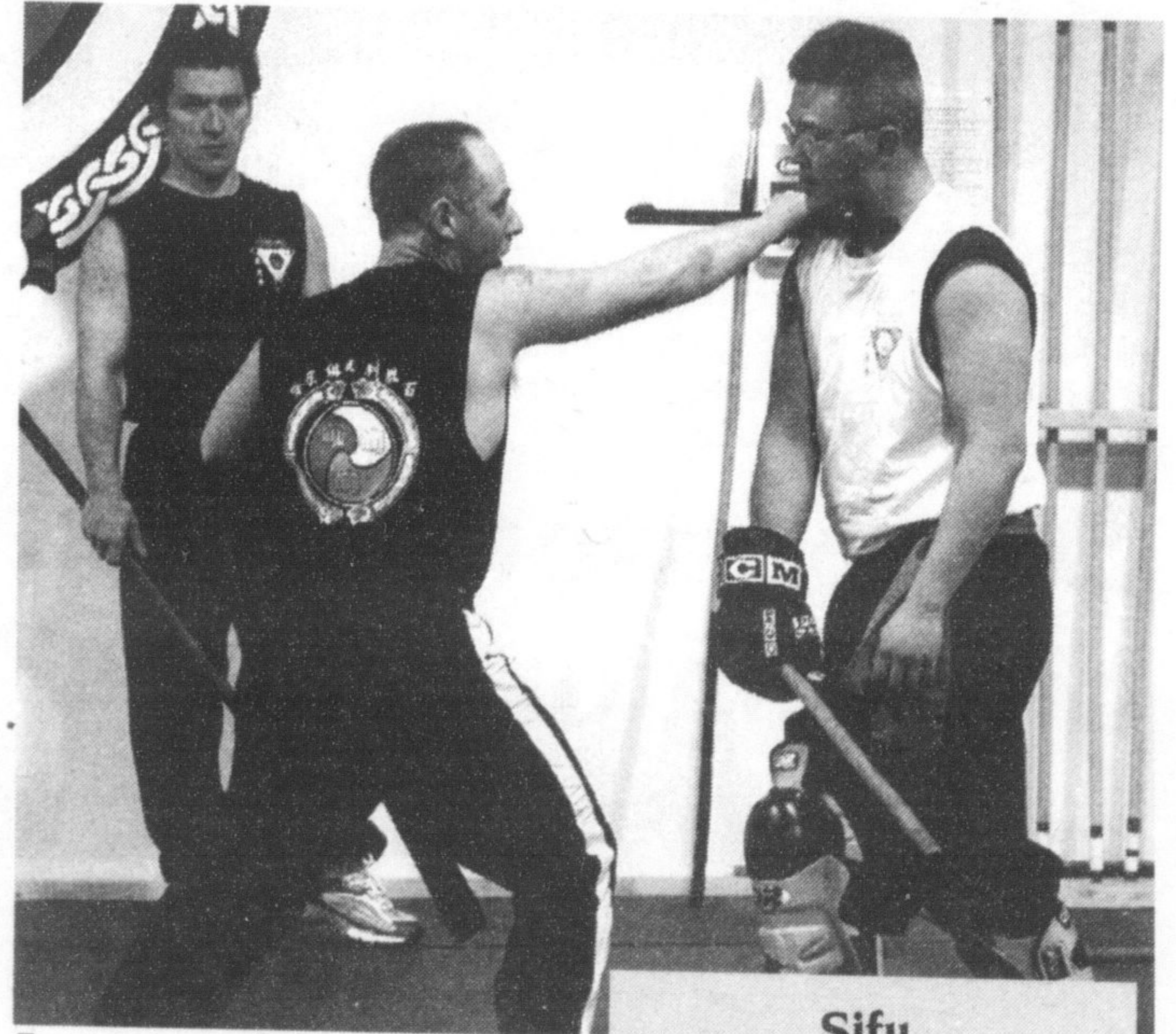
The McLean Clinic has been located in the Sussex Centre at 50 Burnhamthorpe Road West since 1988. Telephone 905-273-4888 to consult with Dr. McLean or Ann.

Cead Bua Fighting Arts Centre can address all your requirements through the martial art Kung Fu

Owned & operated by 3-time Canadian Kung Fu Champion and bestselling author Sifu Glen Doyle, Milton's Cead Bua (kay'd boo-ah) Fighting Arts Centre offers classes to Men, Women, Teens - and has a Little Warriors program for ages 4-12yrs.

This Centre teaches the most elite fighting methods of two very different cultures. Firstly, the Chinese Kung Fu style of Hung Gar. Hung Gar is a very powerful fighting system from Southern China and is famous for strong stances and powerful strikes. Secondly, the Irish Stick Fighting system of Rince an Bhata Uisce Bheatha (rink-an watta ish-ka va-haa), an aggressive two-handed stick fighting style passed down through the Doyle family for generations.

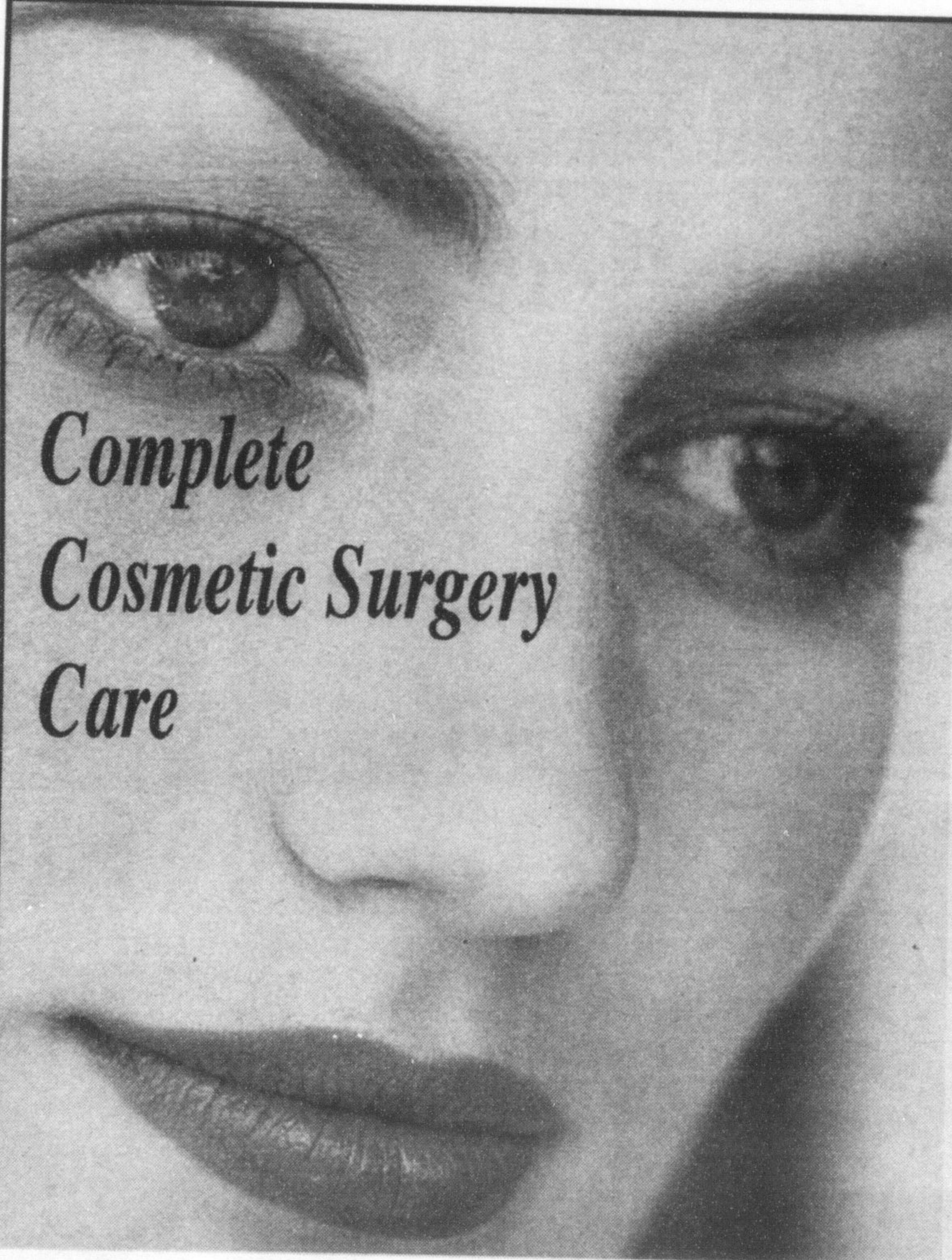
Whether you just want to boost energy levels, or initiate an all-out mind, body, and spirit overhaul, Kung Fu can address all your requirements.



Sifu Glen Doyle
explaining stick fighting techniques.

For more information about Cead Bua please go to: www.ceadbua.com

Editorial supplied by Cead Bua Fighting Arts Centre located at 761 Main St. E. Unit 3, Milton. 905-864-7185.



**Complete
Cosmetic Surgery
Care**

McLean Clinic Accredited Private Surgical Facility Cosmetic Surgery

Mississauga's Centre For:

- Facelift
- Tummy Tuck
- Breast Enhancement
- Liposuction

Alternative Therapies & Skin Care

- Collagen • Restylane • Juvederm
- Spider Veins • IPL Photo-rejuvenation • Spider Veins
- Hair Removal • Skin Tx • Biophora
- Skin Ceuticals • Botox

ACNE THERAPY: Avoid Antibiotics and Accutane!

- Effective topical treatments • Blu-U light therapy
- Zeno portable clearing device

Sussex Centre, Suite 343
50 Burnhamthorpe Road West
Mississauga, L5B 3C2

(905) 273-4888 • 1-866-393-9433

Dr. Hugh A. McLean, FRCS(c)
PLASTIC SURGEON

Cosmetic Surgery: Face, Breast & Body
www.mcleanclinic.com

