

# 5th annual Toronto North Woman's Show

February 7 & 8, 10 am to 5 pm at the Radisson Hotel, Markham

## Beautiful skin is only a millimeter away

From page 14

Then the micropeel is performed.

The actual peel takes about 20 minutes from start to finish.

It is sort of like a lunch-hour peel. You have a micropeel, have a quick bite (to eat) and go back to work.

There are many steps to the peel. The whole process is pain free and the surgeon explains what is happening during each step.

After giving the face a thorough cleansing, the plastic surgeon will either do a physical dermaplan (where they will remove the top layer of dead skin) or they will do an enzyme exfoliation.

The plastic surgeon will choose one of the procedures based on the skin type of the patient.

The next step is the acid applica-

tion. Lactate (milk) acid is used for sensitive skin, while glycolic acid is used for environmentally damaged, acne-prone and stronger skin. This step frees the debris from the pores.

The final step is the CO2 thera-

py. Here, an ice ball is rubbed all over the skin to calm it down.

Because the top layer of skin is removed, the plastic surgeon will put a SPF shield on the patient's face to protect it from the sun.

Healthy skin is clean, it looks vibrant, it's clear and not clogged.

The patient will then use the BioMedic skin care line daily. There is a line for each skin type and the doctor will customize a program for each patient.

While it can be a one-time treatment, Stenson suggests people have six micropeels every two to four weeks and then have a maintenance peel once a month.


"In a sense, it replaces a facial. A facial is more therapeutic. A micropeel is a medical treatment. You are going to see results."

The actual micropeel costs between \$70 to \$90. A kit of five skin care products costs about \$200.

For a plastic surgeon that performs BioMedic Micropeels near you call 1-888-578-SKIN (7546).



These photos show the results of six micropeels on someone with severe acne.



**Norma and John Daniel**  
 11568-70 Concession 3, R.R. 1, Zephyr, Ontario L0E 1T0  
 Phone: 905-473-6132 Fax: 905-473-1044  
 email: norma@inforamp.net  
 Website: www.highfields.com

North - 5 KM look for our sign

404 To Davis Dr. Then 16.5 KM East to 3rd Concession, Uxbridge

## HAVE A MASSAGE Just For The Health Of It!



Check out our booth at the  
Toronto North Woman's Show!!!  
Treat yourself to a massage  
Enter your name for a massage or  
reflexology gift certificate.

♥ Gift Certificates for Valentine's Day ♥

- MASSAGE THERAPY • REFLEXOLOGY
- CRANIOSACRAL THERAPY

for sprains & strains, headaches & insomnia,  
stress management, sports injuries,  
pre/post natal care, pre/post surgical care

"Hands on Health Care"  
Open Mon - Sat  
Extended Health Coverage

**UNIONVILLE MASSAGE & THERAPY CENTRE**  
 4591 Hwy. #7, Ste. 210, Unionville  
 (905) 477-1707

**VOLUNTEER BOARD MEMBERS NEEDED!**

**The Women's Sexual Assault Helpline**

is a volunteer based non-profit agency which serves women

- 16 years and older, who are survivors of sexual assault and/or sexual abuse.

We currently require women to serve as volunteer Board members. We are looking for women with previous Board experience as well as knowledge in the following areas:

Finance, Human Resources, Legal, Public Education and Fund Raising.

Commitment is approximately 6 - 10 hours per month.

For an application or more information regarding our centre, please contact the Helpline at (905) 895-3646, Monday - Friday, 9:00am-5:00pm

## The Natural Way

A Computer Assisted Birth Control Program

Are you dating or attached to someone?, or is dating in your near future. If yes, then you need the knowledge and assistance of **The Natural Way.**

'The Natural Way' is a computer software program that runs on Microsoft Windows (c). It teaches both men and women about the woman's reproductive system, helps them to gather information about and track the woman's fertility signs, and clearly shows when there is a risk or opportunity of pregnancy. **The Natural Way** does not involve the medical side effects of oral contraceptives, nor the complications of barrier methods.

**For more information about  
The Natural Way, please contact  
Performance & Precision at  
(416) 447-4966**

**Come and see us at Booth 60 at the  
5th Annual Toronto Womans Show  
on February 7th and 8th, 1998**

**BioMedic will be giving a  
micropeel demonstrations at the  
Toronto North Woman's Show  
February 8.**

### Connect with the Goddess Tara

It's important for women to connect with the female power of Tara.

Through the ceremony of Empowerment, Tara, the mother of compassion and goodness, can help heal the emotional and physical health of women, said Lama Lhanang, a Tibetan teacher who is speaking at the Toronto North Woman's Show February 7 and 8.

Although Tara is a Buddhist goddess, women from all religions can participate in the ceremony, said Lama Lhanang.

Lama Lhanang said Tara manifests into some of the world's greatest women including women from India, Tibet and China, as well as great queens, Modern Mary and Mother Theresa.

**Ceremony of Empowerment**

The purpose of Empowerment is to bring women into the Pure Land - the land where Tara resides.

It clears the mind. It removes obstacles and heals their soul. It directly gives women energy from Tara, he said.

In order to reach the Pure Land, women have to visualize their own manifestation of Tara.

After the ceremony, women will feel clear, stronger and revitalized, said Lama Lhanang.

It's an actual feeling and experience within you. It's an actual power over all creation.



## Undercover Lingerie

Specializing  
In Fine  
Lingerie  
&  
Swimwear



548 Carlton Rd  
Unionville  
905-475-9316