

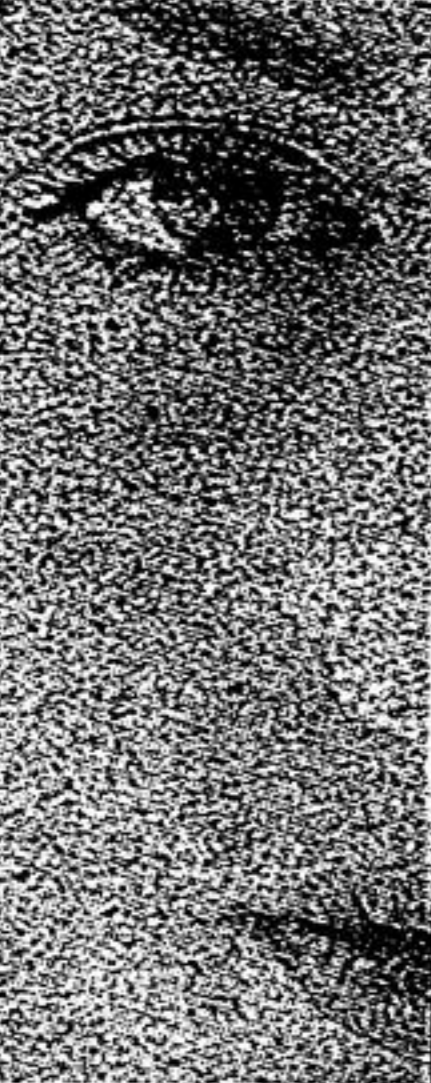
FOCUS ON BUSINESS

SHERLASE
clinic

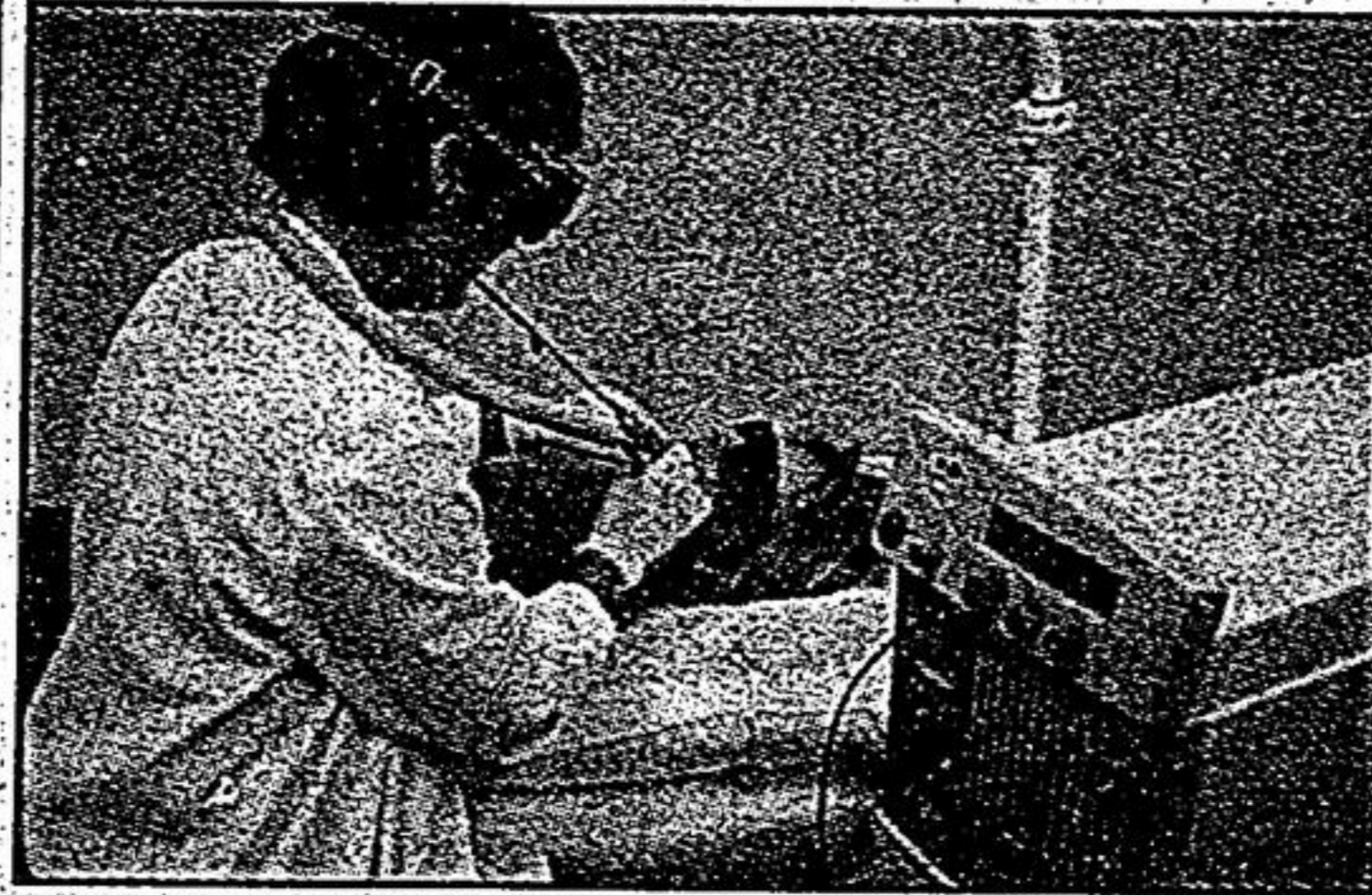
Specializing in
Advanced Skin
Treatments

- Laser Hair Removal
- Vein Treatments
- Facial Resurfacing
- Restylane Injections

383 Main Street N, Unit 7
Markham, Ontario
Tel: (905) 201-8005



New laser for facial & leg veins



A new laser especially designed for the removal of facial and leg veins is now being used at Markham's Sherlase clinic. The clinic, owned and operated by Sheri Kurtz, has seen a dramatic increase in both men and women booking treatments in order to look and feel younger.

According to Nancy Luther, RN, who has over six years experience with lasers and over 12 years with Sclerotherapy, the laser treatments use heat to weld the vein together by using the light energy to transmit the heat.

"For years, the laser has been recommended for facial vein therapy. At Sherlase, we pride ourselves in the newest in technologies and laser equipment. We want to provide the latest and best for our clientele."

"Another reason for using the facial laser treatment is that it improves the look of Rosaeca and eliminates Cherry Angioma, those vessel clusters that appear as annoying red dots," she continued.

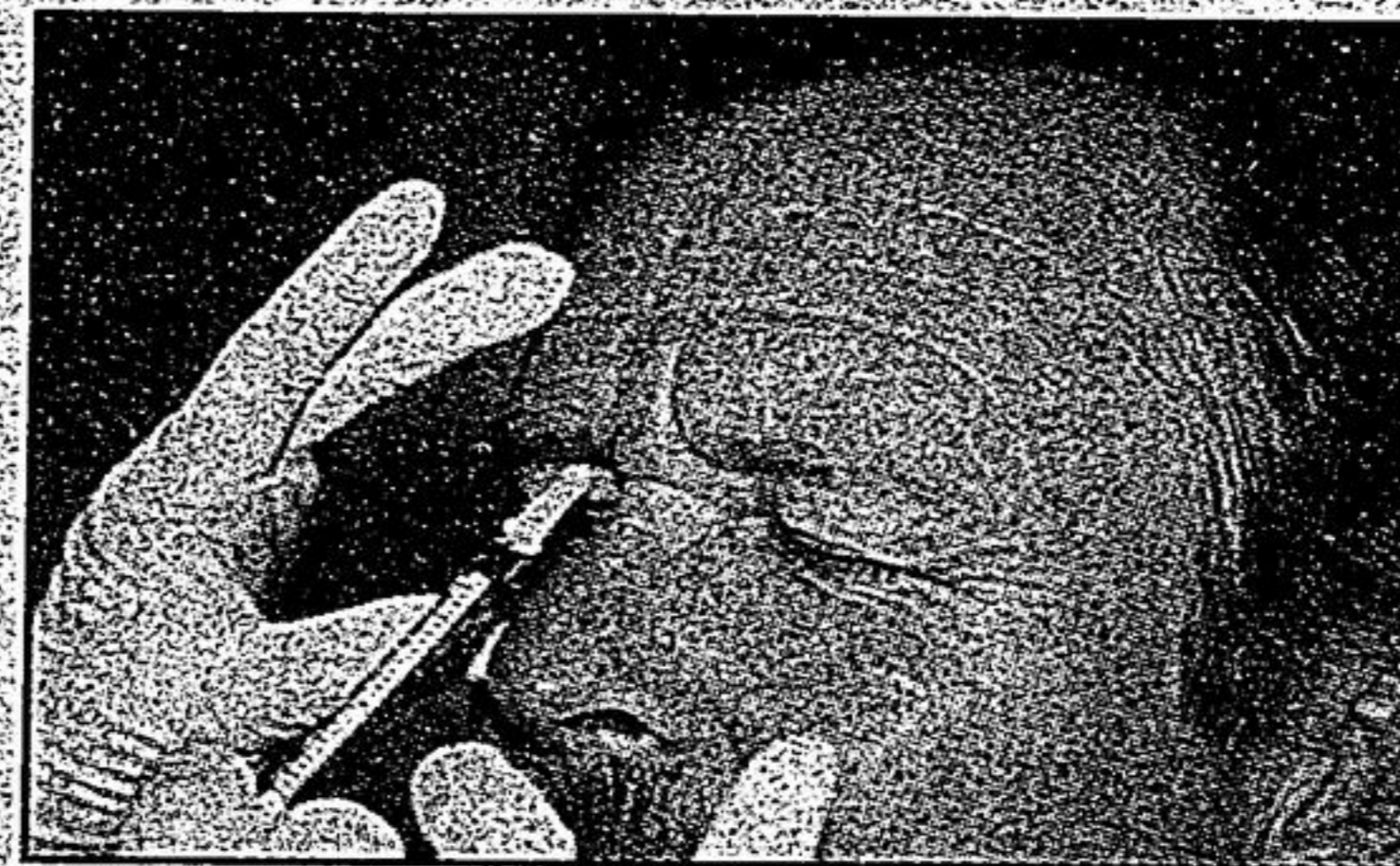
Botox Treatments

"Another exciting area for us as a clinic is the increased interest in Botox treatments for men and women. It's very popular for cosmetics because it is simple, quick, fast-acting and

easily maintained. An added benefit is that it has been around for over 10 years and has more than proven its worth."

"I can't believe the results," says Heather Colthart. "I was really surprised at the difference it made in my looks. It was easy. I looked tired all the time and now I look and feel great."

Botox injections block impulses from the nerve to the tiny facial muscles that are related to expression lines. This relaxes the muscles in question so they relax, thus the overlying skin



remains smooth and unwrinkled while the untreated facial muscles contract in a normal fashion, allowing normal facial expressions to be unaffected.

Botox injections have been used safely and effectively for over ten years to treat many ophthalmologic and neurological disorders. Each year thousands of patients receive Botox for a variety of conditions and it is quickly becoming a popular treatment for reversing the visible signs of aging. Some even report a decrease in tension and migraine headaches.

The Sherlase Clinic is located at the southeast corner of 16th Ave. and Markham Rd.

For more information call
(905) 201-8005

SANDY'S AUTO SERVICE

Bring your car to

"The Doctor"

and receive

25% OFF LABOUR ON ANY JOB

with this coupon

176 Bullock Dr., #8, Markham-905-294-3868

www.toronto.com/sandysautoserv

*Not to be used in conjunction with any other special. PST & GST extra. Offer expires September 25, 2001



FLOOR MODEL SALE

10-50% OFF

Queen's Pantry

176 Main Street, Unionville, 477-4625

Queensbridge Mill

4160-19th Avenue, Markham, 887-1127

website: www.queensbridge.com



Upholstery/Reupholstery

Reupholster your existing furniture for less than buying new or

Buy quality built sofas & chairs at manufacturers prices.

CALL: 905-947-9575

1001 Denison St., #12, Markham

A.B. Dance

- ◆ Jazz
- ◆ Acro
- ◆ Musical Theatre
- ◆ Ballet
- ◆ Tap
- ◆ Hip Hop

Dance Directors
Andrea & Ashley Barnes

905-472-7890

185 Bullock Dr., Markham

The School of Complete Yoga
of
Pathways Canada

Yoga classes for all ages!

Fall Session begins September 16th

Offering Yoga Instructor
Certification Courses

Call now to register

905-471-5107

NORTHLAND
ART COMPANY



"Beautifully framed limited edition art at extraordinary prices"
60 Bullock Dr., Markham
(905) 294-1104
www.northland.com

R & D AUTO REPAIR INC.



RICK NICHOLSON

Class "A" Technician
M.T., G.M.T.

21 Heritage Road, Markham
(905) 201-1803

Pathways Canada – your wellness centre

At Pathways Canada, everyone is welcomed and greeted with warmth and kindness. It is a Centre of peace and tranquility offering unique services for all health needs. Natural health is state of the art. It is growing in popularity and is being recognized for its successes in promoting a healthy lifestyle.

Certified practitioners provide a multitude of services which include Yoga classes for all ages, Yoga Instructor Training Courses, Life Cell Panorama, Ayurvedic Therapies, Transformational Foot-Therapy, Reflexology, Auricular Candling, Iridology, Regenerating Facial Massages, Lymphatic Drainage and Natural Essence Transformational Remedies. There is also a variety of natural health products available, as well as Yoga videos, audio cassettes, seminars and more.

Pathways Canada is affiliated with The School of Complete Yoga. This international Yoga school is centered in Canada, and extends into the U.S. The School offers Classic Hatha Yoga which is a gentle, refined practice of relaxation, gradual stretching, yoga postures, proper breathing, and silence. The uniqueness of each individual and the importance of a positive outlook are emphasized.

Classic Hatha Yoga is a sacred, ancient science that has been handed down over thousands of years by great masters who have attained full knowledge and realization of Yoga. It is pure, highly effective and comes from the heart. Regardless of age or physical ability, Yoga is for everyone.

Relaxation is given in every class. The entire body and mind have an opportunity to completely let go of any tension or stress, so that participants can fully absorb the benefits of Yoga. Every class is unique, often

including beautifully guided visualization. Gradual stretching follows the relaxation to open the body gently and gracefully. Yoga poses are given in a systematic way to ensure the highest benefit.

Regular practice of these postures will:

- calm the nervous system
- massage and tone the internal organs and increase their efficiency
- regulate the heart, liver, brain and endocrine system
- relax the muscles so that they become strong and easy
- lubricate the joints so that movement is free and easy

These are only a few of the many benefits received through the practice of Yoga poses. Proper breathing is an essential aspect of every Yoga class. The art of proper breathing helps one to become more connected with the practice of Yoga. In its simplicity, breathing deeply and properly, brings vitality, strength and beauty.

Silence is golden. A quiet mind and stillness are essential to rejuvenate the body. All classes offer the opportunity to experience that inner stillness wherein lies the fountain of youth, health and happiness. This fountain is in the heart of everyone, and through pure Love, it is attained. The essence of Yoga is Love, the body, mind and breath in harmony bring simplicity and peace.

Friends and visitors are invited to drop by or call for more information on any of these services.

Pathways Canada, Your Wellness Centre, is located in the Markham Village Lanes, Main Street Markham.

Call (905) 471-5107.

SINCE 1947



reroofing
vinyl windows
eavestrough & siding

472-0276

Free Estimates
MARKHAM

WEATHERPROOFER TRIPLE GLAZED WINDOW SYSTEM

- 3 PANES OF GLASS
- OUTPERFORMS R40 WALL
- LIFETIME WARRANTY

Warmest Window On The Market

ENCORE
HOME IMPROVEMENTS
Markham's Leading Window Company
450 ALDEN RD., UNIT 7, MARKHAM
(905) 470-0750
www.encorewindows.com

To Advertise in
FOCUS ON BUSINESS

Call Your
Sales

Representative

at

905-294-2200