

# FOCUS ON BUSINESS



## SPRING FLOOR MODEL SALE

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## "Rejuvenate, Revitalize, Rejoice" Spring Seminars at The Mill

### Defining Your Colour Personality Design Seminar

This hands-on course will help you to determine which colours you are drawn to and why, the effect these colours have on you, and how to create palettes you love and incorporate them into your decor. **Two dates available:**

**Date:** Saturday, April 26      **Date:** Wednesday, May 7  
**Time:** 10:00 am - 1:00 pm      **Time:** 6:30 pm - 9:00 pm  
**Cost:** \$65.00 plus GST (materials & refreshments included)

### Easter Dinner En Provence Cooking Class

A new approach to serving Easter dinner based on the cuisine from the south of France that will surely delight the palettes of family and friends.

**Dates:** Wednesday, April 2  
 Thursday, April 10  
**Time:** 11:30 am - 2:00 pm  
**Cost:** \$49.95 plus GST



### Spring Time Fête

Come celebrate the arrival of Spring. Enjoy a delicious brunch while being inspired with "how to" demonstrations on floral arrangements, centre pieces, table setting, and decorating ideas for Easter.

**Dates:** Sunday, March 30, Thursday, April 3, Wednesday, April 9  
**Time:** 12:00 pm - 2:30 pm  
**Cost:** \$55.00 plus GST

All Seminars are held at The Queensbridge Mill,  
 4160-19th Ave., Markham  
 To register: Call The Queen's Pantry (905) 477-4625

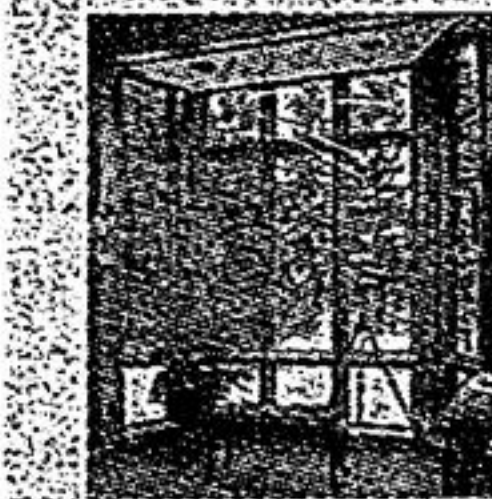


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\*Not to be used in conjunction with any other special.  
 PST & GST extra. Offer expires April 8, 2003

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**IT'S FINALLY SPRING!!!**  
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## SPRING INTO ASHGROVE SPA

The therapists at Ashgrove Spa are all ready for the challenge of taking away the signs of this cold and long winter and get our customers ready for spring and summer.

70% of women think their skin is sensitive, but the reality is that only 20-25% are.

The others are just not dealing with their skin condition properly and not treating their skin according to the season. This could cause irritation of the skin, tight feeling, blotchiness and of course premature aging and the early appearance of fine lines. Your skin condition is effected not only by your life style, nutrition, age and stress but also changes by outside factors like cold, pollution, sun, dryness of the air - and the way you take care of it.

It is important to have your skin check-up and your homecare product updated by a professional esthetician. Everyone needs and deserves facial treatments - at least one for each season of the year.

Our professional therapists start each facial treatment with analyzing your skin and recommend a treatment best suited to your skin type and condition. They'll educate you about the best homecare routine to improve or preserve the skin of your best.

We also offer Microdermabrasion treatment. Your feet would not look ashamed in a pretty sandal after our famously extensive pedicure and would give you some time to relax in our whirlpool pedicure chairs, maybe joined by your friend or partner. It's time to polish those pretty toes again and have your feet ready for the long walk on the golf course.

Don't forget the only way to save your finger nails after or during gardening, if they are shaped and protected properly with regular or more frequent manicures. A nice warm paraffin treatment would increase the result too. We also offer biogel or more known seaweed gel to protect and strengthen your natural nails.

The wearing of long pants and long sleeves

weather is over. Don't worry about shaving every day. Waxing would save time for you and we'll prove that it can be gentle and can be done without injuring the skin even on sensitive areas. Our unique technique and imported, high quality wax is the guarantee for that.

When you call the spa to reserve your special time, we'll offer you the treatments especially recommended for your personal needs. Don't forget to check our seasonal and monthly specials and promotions. Visit our web site or call the spa to inquire.

Ashgrove Spa is located at the SW corner of Hwy. 7 and 9th line on the third floor with a nice view to the east end of the town. Our professional team is there to welcome you Monday thru Saturday.

Ashgrove Spa (logo)  
 6633 Hwy. 7th, Suite 304, Markham  
 905-201-0343  
 www.ashgrovespa.com