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light centre**
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Aesthetic Light Centre

Now is the time to have hair-free skin! When people think of hair removal, they think about the beach and wearing summer shorts and skirts. But the best time to consider hair removal is winter. A contraindication to laser hair removal is direct sun exposure. Now that we spend most of our time inside and covered up, we don't have to worry about keeping away from the sun during the summer months and we can have the beauty of hair-free skin.

Now here's your chance to have hairless skin and get rid of those razors, creams and waxes. The Aesthetic Light Centre specializes in laser hair removal using the latest in Intense Light Technology. This system provides a fast, effective treatment with minimal discomfort and recovery time.

Treatment at the Aesthetic Light Centre is affordable and our prices are competitive with other centres in the GTA.

A complimentary evaluation and test patch is performed by Tracy Donald who is a certified IPL technician and holds a diploma in electrolysis. This evaluation will determine whether you are a candidate for this type of treatment.

"The Palomar Estelux is a pulsed light system which is similar to conventional lasers but can provide hair removal and photorejuvenation up to ten times faster," explains Tracy Donald. "Previous



technology did not have the ability to treat dark skin, however the cooling system developed by Palomar has addressed this issue and therefore provides greater safety and flexibility for all skin types." In addition, the Palomar Extelux is able to provide photorejuvenation treatments. This treatment allows the patient to look younger by decreasing age and sunspots, eliminating spider veins and other blemishes and eliminates redness caused by rosacea.

Give us a call at 905-948-9096 to book your complimentary consultation and test patch and to find out how we can help you remove unwanted hair and restore your skin's youthful appearance.

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Bukhara Fine Indian Cuisine

The essence of good Indian cooking lies in the subtle blending of a variety of spices to enhance the basic flavour of a particular dish.

For owner, Nidhi Sawney, capturing the essence of Indian food is her sole passion at Bukhara Fine Indian Cuisine. Nidhi and her staff take pride in offering customers authentic Indian cuisine at reasonable prices.

Named and modeled after a very successful restaurant in Delhi, India (famous for its fine quality and service), Bukhara Fine Indian Cuisine invites customers of all ages to enjoy an extraordinary dining experience. One of the restaurant's chefs gained many years of culinary expertise while working at the 5-Star Taj Mahal Hotel in Delhi.

"Our goal is to provide fine Indian cuisine in a comfortable, relaxed atmosphere," says Nidhi. "Since we opened in September 2004, the reception has been overwhelming, and I would like to thank our customers for their tremendous support."

Bukhara Fine Indian Cuisine offers a wide selection of favourite foods made from original Indian recipes. Delicious kabobs, tandoori chicken, curries and biryani (a layered rice and meat preparation) are cooked to a customer's choice of mild, medium or hot. Other specialties include naan bread, lamb chops, shrimp, and trout - all cooked in a clay oven. All food is made using the finest ingredients and is prepared fresh daily.

An all-you-can-eat lunch buffet is offered weekdays (except Saturdays) from 11:30am to 3:00pm. For dinner, a complete list of scrumptious appetizers and entrées are available seven days a week. "We welcome new customers all the time," says Ajay, General Manager at Bukhara Fine Indian Cuisine. "It's always a delight to see new faces and to see them enjoying fine Indian cuisine."

For larger gatherings, Bukhara Fine Indian Cuisine can also offer an elegant banquet facility, which can accommodate up to 300 guests. This is a perfect setting to celebrate a wedding, birthday, anniversary or any special event.

Planning a party for the home or the office at reasonable prices? Bukhara Fine Indian Cuisine offers a catering service that delivers freshly prepared food to your doorstep for any occasion. Hot take-out meals are also available.



If you're looking for a new dining experience with friends, colleagues or customers, visit Bukhara Fine Indian Cuisine today. The restaurant is fully licensed, all major credit cards are accepted and there is plenty of free parking.

Take advantage of Bukhara Fine Indian Cuisine's winter promotion. Just present this article (or mention it) and receive a 25% discount off any dinner between 5:00 pm and 7:00 pm. This offer expires on March 31, 2005 - so hurry in and enjoy!

"I encourage local residents to visit our restaurant for some exceptional food and service," Ajay says. "We are confident that once you dine here for the first time, you'll want to return again, and you'll want to tell others."

Take advantage of 15% off on all dinner entrées until the end of March.

Bukhara Fine Indian Cuisine is located at 680 Denison Street in Markham.
They can be reached at (905) 480-9388.
Fax number is (905) 480-9773.

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