

RE-FRESH, RE-VIVE, RE-JUVENATE... RE-ENHANCE FOR SPRING...NOW



With the festive season over, the time to look and feel great has never been better. Re-Enhance are now offering their most attractive prices on some of the most desirable cosmetic treatments, in the run up to Spring.

Dr. Kinsella, a member of the British Association of Cosmetic Doctors, said “many people don’t make the most of this time of year. Although important to look good facially, without the thought of having to uncover on a beach, people forget about their bodies. With the holiday season now some months away people can save up to 20% on their initial course of VelasMOOTH cellulite and body contouring treatment. With 2-3 monthly top up sessions, their bodies will be in better shape this summer at lower cost than normal.” After making a number of TV appearances recently with treatments such as dermal fillers, anti-wrinkle injections and VelasMOOTH, he believes that another similarly under-used treatment, at this time of year, is leg vein removal. “In spring, I am inundated with enquires for red vein removal. People who have large amounts of these veins should ideally come to me now, allowing enough time for treatment before the summer.” Dr. Kinsella, is recognised as an expert in this cosmetic treatments and is regularly employed by pharmaceutical manufacturers, to train other practitioners in the use of dermal fillers. He offers a tailored range of products to suit exactly his patients’ individual needs. ■

For a confidential consultation to discuss your needs, please contact Dr. Kinsella on freephone 0800 077 8092

QUESTION & ANSWERS COSMETIC DENTISTRY

FROM JAMES HULL
ASSOCIATES

HOW CAN I GET A WHITER SMILE?

A whiter and brighter smile can be achieved quickly, safely and painlessly in one visit using Zoom tooth whitening, one of the latest procedures for tooth whitening, which takes just over 1 hour. Zoom can transform a dull smile into a healthy, eye-catching smile.

ARE THERE ANY OTHER WAYS TO WHITEN MY TEETH?

Regular visits to a hygienist, will remove day to day stains caused by colour rich foods in our diet such as red wine, coffee, curry etc.. For heavily stained teeth a dentist may recommend whitening procedure or veneers.

WHAT IS A VENEER?

A Veneer is a thin layer of porcelain made to fit over the front surface of a tooth, like a false fingernail fits over a nail. They are made specially to fit your teeth.

WHY WOULD I NEED A VENEER?

Veneers can improve the colour, shape and position of your teeth. You may wish to cover up a single discoloured or stained tooth or to lighten front teeth. If your teeth are chipped, then a veneer can be used to cover the whole front of the tooth with a thicker section to replace the broken part. Veneers can also be used to close small gaps.

WHAT SERVICES DO JAMES HULL ASSOCIATES OFFER?

James Hull Associates at Alderley Edge offer an extensive range of cosmetic treatments, including porcelain veneers to cover gaps and imperfections, Zoom tooth whitening to make your teeth gleam and Invisalign clear braces to straighten them, and implants for missing teeth. You can rely on them for a discreet and professional service. ■

If you would like more information about James Hull Associates, or to book an appointment call 01625 582244 or visit www.jameshull.co.uk



CHANGE YOUR LIFESTYLE

“I am an expert on exercise, you are an expert on you – let’s work together to get results!”

Emily Hogarth

Very few people get fit and lose weight by themselves. It’s your decision – you can stay as you are or make the commitment to change and make healthy eating and daily exercise a habit. However it is a lot easier and longer-lasting to have some help and motivation - The Fitness & Lifestyle Company, based in Manchester and Alderley Edge will send a Fitness Consultant to your home or workplace and together you will focus on developing a lifestyle that supports good health in both mind and body. The consultant will work closely with you to support and maintain your new goals and exercise regime for as long as you may require - from as little as £20 per week.

Fitness & Lifestyle’s director, Emily Hogarth, is a UK-certified personal trainer and has an Australian Master Trainer qualification. Her 3 years in Australia has given her a state-of-the-art approach to fitness and lifestyle which is simple, yet so effective, that the corporate world is looking at ways of using fitness consultants to improve employees’ health, motivation and energy in the workplace.

The Fitness & Lifestyle Company is the ideal choice for the personal support you need to identify and then to reach your goals. You don’t need to join a gym or need any special equipment. We will help you get started straight away and enjoy the benefits of a better body and an improved mental outlook. ■

THE FITNESS & LIFESTYLE COMPANY LTD
Call Emily on 07899 966352
www.fitnessandlifestylecompany.com