



## Dear reader and valued client

It seems this year has caught up with all of us and we stand facing the end of it. But before we say goodbye we have some helpful tips:

1. Don't leave your Christmas shopping for the last minute
2. Be safe whether you travel locally or on holiday
3. Most importantly, enjoy December. It is after all the most fun month

### **PROTECT yourself before you WRECK yourself**

We live in one of the best countries when it comes to climate. We have so much fun in the sun soaking up that much needed Vitamin D, but and this is a BIG BUT, these days overexposure to the sun can do more damage than good. So, before you go on your holiday make sure you pop in to The Aesthetics Centre to buy your Emthunzini Sun Hat UPF50+ and your Sunblock (we stock Heliocare, Skin Ceuticals and Bioderma) to protect you from all of those HARMFUL rays while you enjoy your holiday.



### **LPG Express Slimming Concentrate**



Is that extra kilo or two getting you down? Are you finding that gym isn't helping you to shape up quite as fast as you had hoped? This is where the LPG Express Slimming Concentrate comes in.

This concentrate will help you to:

- Burn fat quickly
- Reduce body fat content
- Improve lean body mass
- Effectively fight against cellulite and
- Refine your body by transforming fat into energy

It is indicated for men and women and consists of 14 individual doses which are taken daily. Each vial contains a highly concentrated complex of caffeine and L-Carnitine for quick fat burning. It also combines 5 plant extracts that stimulate water, toxin and metabolic waste elimination. This concentrate should be used in conjunction with the vela treatment as well as a healthy eating plan and a healthy lifestyle. Please note that results vary per individual.

#### **Doctors available in December 2015**

Dr Jenni will be available until the 24<sup>th</sup> of December 2015

Dr Martin will be available until the 9<sup>th</sup> of December 2015

Dr Martelize will be available until the 17<sup>th</sup> of December 2015

Dr Marianne will be available until the 12<sup>th</sup> of December 2015

#### **Closing days in December 2015**

We will be closed on the 2<sup>nd</sup> of December 2015 for our year end function.

We will be closed from the 28<sup>th</sup> – 31<sup>st</sup> of December 2015 (between Christmas and New Year).

We are also closed on all public holidays.

#### **Catch up on our latest Blog topics**

“Do you know the muffin man?”

<http://theaestheticscentre.co.za/2015/10/19/do-you-know-the-muffin-man/#more-1353>

“The power of CLA”

<http://theaestheticscentre.co.za/2015/10/27/the-power-of-cla/#more-1402>

#### **PLEASE NOTE**

We are moving into our busiest time of the year and appointment times will be subject to availability. To avoid disappointment, please make sure that you book your appointment(s) ahead of time to ensure that you are helped before your festivities ends.

#### **SITES AND SOCIAL MEDIA**

Remember to follow us on our social media. We post lots of exciting tips, news snippets and motivational quotes to brighten up your day. We also post a number of interesting blog posts which (we publish around the fifteenth of the month) on our website to help you with more specific Aesthetic concerns.

Our website link is: <http://theaestheticscentre.co.za/index.php> . You can also follow us on:



*You are amazing! REMEMBER THAT*