

HEALTH BEAUTY AND FITNESS



Pembrokeshire foot clinic

- Provides a comprehensive chiropody podiatry service at its Haverfordwest clinic, which also has full disabled access.
- Home visits, residential/nursing home and hospital visits are also available.
- The service is provided by state registered chiropodist podiatrists who are also HPC registered. Both practitioners hold BSc podiatry degrees and have previously worked within the NHS as podiatrists.

- The clinic provides safe and effective treatment for the relief of a large range of foot problems from nail cutting to conditions such as corns, hard skin, verrucae, thickened and fungal toenails, in-growing toenails and foot and heel pain.
- Specialist areas of treatment include diabetic footcare, nail surgery under local anaesthetic and biomechanics.
- It also provides, free of charge, educational talks to any groups about footcare and podiatry.
- Chiropodists who hold BSc podiatry qualifications undergo three years of medical training within universities and NHS hospitals (a minimum of

"I feel like I am walking on air"

PEMBROKESHIRE FOOT CLINIC

HPC & State registered
Podiatry/Chiropody
BSc Hons Podiatry
MChS SRCh

01437 769333

Based at The Physiotherapy Centre, The-Granary, Quay Street, Haverfordwest SA61 1BE

1,000 hours clinical practice). Always check your podiatrist/chiropodist has these qualifications, as not all do.

Clarins-for-me points exclusively at Vogue – West Wales' only Clarins Beauty Salon!

The Clarins-for-me programme lets you collect points to redeem for free products when you buy from a Clarins Gold Salon.

For every £10 you spend on Clarins products at Vogue Health and Beauty Clinic you will receive one C point, worth £2 when redeemed for your own choice from the entire Clarins range. The more C points you collect, the more valuable your free gifts become – it's that simple.

So whether it's skincare, make-up, a fragrance, suncare products or something from the men's

range call in to Vogue and start earning towards your free Clarins gifts today.

Vogue – three floors of beauty!

Vogue Health and Beauty Clinic is located over three floors in the Clock Tower on Riverside Quay and has long been established as Haverfordwest's premier beauty salon providing a full range of waxing and electrolysis hair removal, non-surgical facelifts, facials, massage, body wraps, manicures, pedicures, nails and St Tropez spray tans.

Vogue is West Wales' only Clarins Beauty Salon and has been a Clarins Gold Salon since 2000, enabling its therapists to provide advanced beauty treatments for face and body reserved only for Gold Salons, the nearest being in Cardiff.

Vogue has also just been appointed by Decleor to provide its unique range of aromatherapy products and treatments as an Aroma Salon.

The ground floor of the Clock Tower houses Vogue's retail boutique carrying a wide range of fragrances, cosmetics and skincare products from Clarins, Clinique, Decleor and Lancôme.

In fact, Vogue is Pembrokeshire's only Clinique stockist.

The salon is open six full days a week, Monday to Saturday, with late nights on Tuesday, Wednesday and Thursday.

Some come and enjoy a little me-time – that's exactly what it's there for.

Vogue Health and Beauty Clinic – three floors of beauty at the Clock Tower on Haverfordwest's Riverside Quay.

Call today on Haverfordwest 760400.

GiGi London-Medical Aesthetics!

Dr Rupal Naik, specialising in cosmetic medicine, has built a loyal customer base due to her professional and friendly disposition. She has helped many men and women regain youthful appearance and most importantly their confidence. Dr Naik advocates a holistic approach whereby her customers pay attention to their inner health as well as their personal presentation. Indeed Dr Naik will testify that some patients have come off antidepressants following treatments as their confidence has increased through feeling better in mind, body and spirit. The treatments and products have now expanded so that GiGi London also offers reflexology for health and beauty and a complete suite of Dr Murad (www.murad.com) salon treatments and homecare products for men and women. Prices are exceptionally competitive, compared to the price lists that leading salons such as Urban Retreats, Harrods, offer to their international customer base. Claire Laselles, formerly owner of True Beauty is now working full time with Dr Naik at GiGi London-MA. The first ten customers will have a complimentary trial salon treatment and all treatments now attract loyalty points – ask Dr Naik for details. Book early. Tel: 01834831145, email: info@gigi-ma.com

OK the secret's out! Cutting Edge has expanded and now offers tanning.

It has a brand new Ergoline fast tanning booth, available to use in three, six and nine-minute sessions depending on skin type, with a wide range of moisturising accelerators, starting from £2. Discounts will be given on minutes bought in packages.

The salon also has a new spray tanning room, in which Urban Tan is used. It is unique in that it has six aromas and four shades to choose from, so you can personalise your tan from a natural-looking glow to a deep, dark, just-back-from-holiday tan.

Special Offer

For the month of August there is a fantastic introductory offer of £15 for a full-body spray tan which takes just 15 minutes and is sure to leave you looking and smelling gorgeous – and there is now stickiness.

Of course, the salon still offers all its hairdressing services, from a trim to a full head of hair extensions.

Call in or telephone 01437 767661 for all your hairdressing and tanning requirements, late nights Thursday and Friday.



CLARINS

Enjoy a little me-time

That's exactly what we're here for.

vogue
health & beauty clinic

The Clock Tower, Riverside Quay, Haverfordwest

01437 760400

GiGi
medical aesthetics
For men and women

Present this voucher to claim 10% Discount on all treatments & free consultation on all bookings made before 21st August 09

Wider range of treatments now available

Full range of medical aesthetics including Skin Reveal Imaging consultation supported with a complete range of Dr Murad treatments & products. Chemical Peels, IPL Hair Removal & Photo Rejuvenation.

Book your appointment now with Dr Rupal Naik MBChC (Cardiff) on 01834 831145 or visit: www.gigi-ma.com Mountain Clinic, Mountain Farm, Tavernspite, SA34 0PB

Cutting Edge
Merlins Bridge

Unisex Hair Salon
Specialising in Hair Extensions

For a free consultation
Phone Sam **01437 767661**

WELLA, Ergoline, urban tan, RASOON, GOLDWELL