

# iN

**YOUR MONTHLY UPDATE TO WHAT HAS BEEN HAPPENING IN AND AROUND ESSEX...**



**FRANCES FURLONG  
RUNNER UP  
IN BEST MOBILE  
PRACTITIONER  
AT THE FIRST EVER  
AESTHETIC AWARDS**

Congratulations to the charming Frances Furlong, owner and nurse practitioner at Perfect Skin, who came second in the category of Best Mobile Practitioner at the national Cosmetic News Awards.

The achievement was especially remarkable as Frances has only been mobile for two years, and was up against 176 other more established consultants. The glitzy award ceremony held at Hertfordshire's Sopwell House celebrates the work of the best in country's cosmetic professionals. The awards were voted for by the readers of Cosmetic News Magazine and customers of the companies and clinics that entered. More than 4,500 nominations were received with more than 5,700 votes cast. On receiving her silver trophy Frances said 'Thank you so much to all my clients for your votes, support and loyalty'. Frances has eight clinic locations six of which are in Essex. [www.perfect-skin.co.uk](http://www.perfect-skin.co.uk)

**THE LITTLE  
BEAUTY ROOM  
OFFER DISCOUNT  
PAMPERING**

Even though Christmas is well and truly over, The Little Beauty Room still have some of that festive spirit to give out. They're offering a one-hour Environ facial as well as a back massage for only £50. If there is a better way to start the New Year, iN Magazine would like to hear about it! And to nail the deal, they're also extending an offer to your fingertips, offering Minx nails and a mini pedicure for only £30. T. 020 8524 4405



**FREE WEIGHT-LOSS  
SURGERY INFORMATION  
EVENING**

January will see Holly House Hospital play host to a weight-loss surgery information evening. If you're considering weight-loss surgery but aren't sure if it's for you, then their experienced and sensitive staff members will be happy to answer any questions you might have. The event is free of charge but places will be offered on a first-come first-served basis, so be sure to apply early. 24th January, 7-8:30pm. Telephone 020 8936 1214 to book your place.



**FIFTEEN YORK HILL  
CHAMPAGNE BAR  
OPENS IN LOUGHTON**

Conveniently combining its name and address, a brand new champagne lounge has just opened in Loughton. Its modern yet stylish interior manages to be both sleek and comfortable, and their selection of wines and champagnes is most exquisite. Those who want something to soak up the alcohol can order a selection of nibbles, and they also serve up a cracking traditional roast dinner every Sunday. If you're looking to get your groove on, head down there Friday or Saturday when they've got a real party atmosphere going on, with a selection of popular music and 80's hits. T. 020 8508 9655



**'DO YOU THINK I'M ZAIKAA'  
ROD STEWART TRIBUTE NIGHT**



Indian restaurant Zaikaa in Epping, hosted a brilliant Rod Stewart tribute night recently. Confirming his reputation as quite possibly the best Rod Stewart act in the country Greg Dorrell entertained the diners, as they enjoyed Zaikaa's 'Art of Indian

Food Menu', with Rod's classic tracks from the 60's and 70's. With 'You Wear It Well' and 'Maggie May' getting the iN girls and everybody else, dancing and singing along. Congratulations to Zaikaa owner Abu and his wife for putting on such an enjoyable night. [www.zaikaa.co.uk](http://www.zaikaa.co.uk) T. 01992 575 122