

'THE ^{get} ESSEX LOOK'

In Essex it's not the three R's that count, it's the three G's – Golden, Glamorous and Gorgeous.

Get all three with our pick of the best beauty that this county has to offer.

eye lashes

GLAMOURPUSS MOBILE BEAUTY,
M: 07894 629 729

Get glam this summer and treat yourself to semi permanent eyelash extensions. No more mascara, wake up every morning with beautiful long thick lashes that last weeks! **SUMMER SPECIAL OFFER FULL SET OF LASH PERFECT EXTENSIONS FOR JUST £50!**

fitness

SHAH PERSONAL TRAINING,
T: 07961 740295
E: shahpersonaltraining@gmail.com

Whatever your goals may be this summer; let Shah help give you that push. Shah Personal Fitness specialises in: Fitness, Weight Loss, Body Building, Nutrition, Boxing, Kick Boxing and Advanced Training. **GET IN TOUCH NOW FOR AN EXCLUSIVE 10% IN MAGAZINE DISCOUNT.**

tanning

PURE MEDI-SPA,
9 CHIGWELL ROAD, SOUTH WOODFORD,
LONDON, E18 1LR
T: 020 8989 1822
E: info@puremedispa.co.uk
W: www.puremedispa.co.uk

Get that summer glow the easy way with a St Tropez Skin Tan at PURE Medi-Spa. This UV free treatment gives a natural, sun kissed, streak free look. With the spray application taking only fifteen minutes it is perfect to fit into a busy schedule or for a lunch time treat.

hair

TURN HEADZ EXTENSIONS,
E: extensions@turnheadz.co.uk
T: 07795 681810 www.turnheadz.co.uk

Turn Headz Extensions is a fully qualified, insured and mobile hair extension technician, she can transform any length, thickness and colour hair from the comfort of your own home! **UN-MISS-ABLE PRICES - 200 KERATIN BONDS ONLY £290**

anti-ageing

PERFECT SKIN BY FRANCES FURLONG,
T: 07939 064 616
E: info@perfect-skin.co.uk
W: www.perfect-skin.co.uk

Francis Furlong RGN Bsc hon. Facial and Body aesthetic treatments. **10% OFF FIRST TREATMENT OR COURSE OF TREATMENTS VALID FOR MAY AND JUNE 2011.** Clinics in Essex, London and Suffolk call now or visit the website for all treatments and to find your nearest clinic.

body shaping

HYPOXI GEORGE LANE,
81A GEORGE LANE, SOUTH WOODFORD,
LONDON E18 1JJ
T: 020 8989 7840 M: 07984 434 004

FREE TRIAL OF HDC AT THE BRAND NEW HYPOXI STUDIO ON GEORGE LANE. The new skin firming bed is sensational, with visible difference in just three sessions. Improves lymphatic drainage and eliminates toxins to leave your skin feeling younger and firmer. **FANTASTIC OFFERS ON ALL HYPOXI, VACUNAUT AND DERMOLOGIE COURSES.**

fish pedicure

KARMA, 114 EPPING HIGH STREET, EPPING,
ESSEX CM16 4AF,
T. 01992 572 783

Get beautiful, soft, smooth feet in time for the summer with a Garra Rufa fish pedicure at Karma. These toothless fish remove dead skin and encourage circulation leaving your feet looking as good as they feel. **EXCLUSIVE OFFER - IN READERS BUY ONE SESSION GET ONE FREE IN MAY!**

