

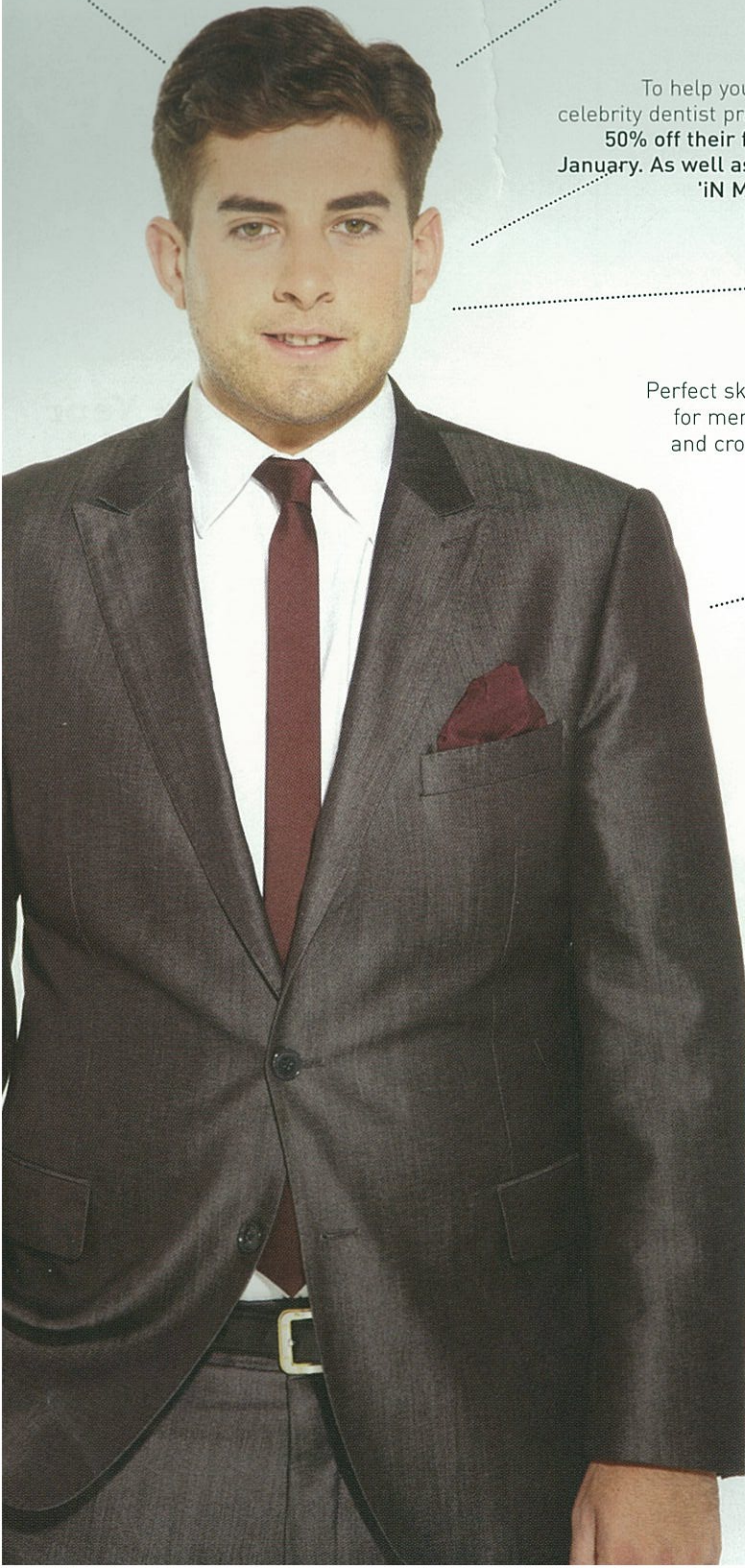
grooming

HUB HAIRDRESSING

DOWN PARADE, BRENTWOOD, ESSEX CM14 4BA

T: 01277 229 777 www.hubhair.com

Hub Hairdressing is offering a free, detailed and complimentary consultation, where they will listen to your requirements and offer professional advice so that their team can provide the very best for you, your hair and your overall style. As a thank you for your first visit HUB Hairdressing is giving 50% off on a cut and finish.



tanning

BRONZING BAY - 176A QUEENS ROAD,
BUCKHURST HILL, ESSEX IG9 5BD. T: 020 8505 8777

Bronzing Bay is the longest standing sun bed salon in the area. With Ergoline sun beds & regularly changed tubes, they are making sure their customers, including the cast of 'TOWIE', have the best tans around. **Bronzing Bay is offering 3-4-2 on all sun bed sessions as well as a celebrity endorsed spray booth 'Magic Tan' for only £15.00 with iN's budget beauty voucher.**

teeth

SMILE DESIGN BY ASH - 6 CHIGWELL RISE,
CHIGWELL, ESSEX IG7 6AB

T: 020 8500 0544 www.smiledesignbyash.co.uk

To help you see in the New Year with a new, more confident smile, celebrity dentist practice - **Smile Design by Ash, is offering all iN reader's 50% off their first hygienist appointment booked within the month of January. As well as a massive 50% off home whitening kits. Simply quote 'iN Magazine Smile' when booking to receive your discount.**

anti-ageing

PERFECT SKIN BY FRANCES FURLONG
www.perfect-skin.co.uk T: 07508 404 8627

Perfect skin by Frances Furlong offers fantastic treatments for men, muscle relaxing injections to soften frown lines and crow's feet, dermal rollers and skin peels to freshen the skin and close pores.

contouring

NATIONAL SLIMMING & COSMETIC CLINICS
446 CRANBROOK ROAD, ILFORD, ESSEX IG2 6LL
T: 020 8518 6020 www.nscclinics.co.uk

With over 25 years of experience, NSC has helped tens of thousands of men and women reach their ideal weight. With their easy three-step weight-loss programme, they will make sure you achieve the weight-loss you've always wanted, making you look and feel great and boost your self-esteem.

fitness

THE ZEN STUDIO, SHAOLIN KUNGFU,
TAICHI AND QIGONG
228B HIGH ROAD LOUGHTON, ESSEX IG10 1ET
T: 020 8508 1837 www.thezenstudio.co.uk

Discover muscles in places you didn't know you had them! Group and private classes for TOWIE Warriors in private studio directly opposite Bella Sorella on Loughton High Road. **£50 OFF PRIVATE BLOCK BOOKINGS in January!**

colonic

ELEANOR HART-SPRATT BSC (HONS) -
GOLDING HILL CLINIC, 1 LOWER ROAD, LOUGHTON,
ESSEX IG10 2RS T: 020 8508 7514

Fully qualified medical professional Eleanor Hart-Spratt BSc(HONS) offers colonic irrigation at the ten year old Golding Hill Clinic. Colonic irrigation relieves bloating and IBS, encourages weight loss and promotes clearer skin.