

Health & Beauty



Advertising Feature

■ THERAPY NATION

IS there some aspect of your life that you'd like to change? Hypnotherapy can help you to make that change. Professional hypnotherapy can enable you to overcome problems and illnesses, anxiety and panic, depression, fears and phobias. It can enable you to take control, to break habits (such as stopping smoking for good) and to achieve your true potential in life. There are a lot of misconceptions about hypnosis. Hypnosis is a safe and natural state, very

similar to that experienced during meditation or yoga. In hypnosis you will be relaxed and focussed, more aware, more open to suggestion and more likely to address issues openly and honestly. You will be awake and in control at all times. On its own, hypnosis simply achieves a feeling of relaxation. However, in hypnosis the subconscious mind can be accessed, enabling all manner of beneficial life changes. What are you waiting for?



PERMANENT BEAUTY

Reading's specialist beauty clinic for the removal of unwanted hair



Before



After

Other treatments include:
Thread Veins/Broken Capillaries / Acne Reduction / Acne Scarring / Rosacea / Pigmentation/Sun Damage / Microdermabrasion / Laser Skin Rejuvenation / Glycolic Peels / Dull Congested Skin / Fine Line & Wrinkle Reduction

We offer a friendly and confidential service with:

- Government registration
- Specialist therapists & nurses
- Guaranteed results*
- Price match promise*
- Interest Free Credit*
- Free parking
- Free consultations
- Credit Cards accepted
- Open evenings and Saturdays also

6 x BIKINI AND UNDERARM LASER HAIR REMOVAL PACKAGE FOR ONLY £800 (SAVING £340) REMOVAL OF UNWANTED HAIR
* subject to conditions

52 LONDON STREET, READING, RG1 4SQ CALL FREE ON 0800 019 5490
Also in Guildford & Basingstoke www.permanentbeauty.co.uk

■ PERMANENT BEAUTY

BODY treatments to make you feel great! Permanent Beauty is a specialist laser clinic with long established branches in Reading and Guildford and a new branch in Basingstoke. It has several years experience in the laser cosmetic industry and uses the safest and most effective equipment available. It is fully registered, licensed and

insured and comply with all the national legal requirements. In addition to this it uses equipment which has been approved by the United States Food and Drug Administration – the FDA. Permanent Beauty specialises in laser hair removal, providing a permanent reduction of unwanted hair and can offer solutions for improving a variety

of the more commonplace skin/complexion issues. The products and treatments which Permanent Beauty uses have been featured recently on Channel 4's Ten Years Younger programme. Your total satisfaction is very important to Permanent Beauty. Call for further information or to book a free consultation.

Over 10,000 locations worldwide.

Join with a friend, save with a friend, succeed with a friend.



Join Curves with a friend, split the service fee and reach your fitness goals together. It just takes 30 minutes, 3 times a week on our strength training and cardio circuit to see real results.

Curves
The power to amaze yourself.™

Join Now
2 for 1
*split service fee with a friend or take 50% off the service fee.

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Offer based on first visit enrollment, minimum 4 mo. d.d. program. Not valid with any other offer. Valid only at participating locations through 15/7/07. New members only.

Hair Affairs

Ladies & Gents Stylist

Are You Busy Working through the week & don't have enough time for that Colour or Perm?

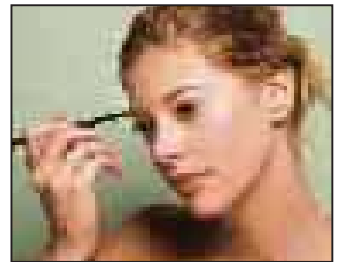
No worries

We are now open Sundays from 10 - 4pm



Tel: 0118 947 1851

(Parking in front of the shop)
51 Donking Hill, Caversham, Reading, RG4 5DG



Clinical Hypnotherapy and Hypnoanalysis for improved health & emotional wellbeing

No matter what the issue simply call for a confidential consultation and discover how hypnotherapy can help you.

Web : www.renewaltherapy.com
Email : jules@renewaltherapy.com
Tel 0118 933 3475

The Therapy Centre, 6b Church Street, Reading. RG1 2SB (1 minute from Oracle)

■ FUNKY BARNET

THE Funky Barnet Unisex Salon based at 14 Wokingham Road, Reading, has now been trading successfully and is celebrating its eighth year in business throughout the whole of May. Join it for a glass of wine and nibbles. It has special offers including 20 per cent off colours/highlights with a free conditioning treatment worth £10 (Tuesday to Friday only) with many more offers available. Funky Barnet is proud to announce it will be commencing and stocking Raccoon International hair extensions (the number one in hair extensions). All its staff are highly qualified in all aspects of hairdressing and have all been trained by Raccoon itself to give

you the best advice and service required for your new look. Why not also visit its beautician for a treatment from a full facial to a Brazilian wax, also manicures and pedicures or take up the sun in the tanning salon for a feel good factor? Funky Barnet is a Wella Premier Salon also stocking Joico and Tigi products and it also holds the 5* Good Salon Guide and occasionally has features in Your Hair Magazine. Coming soon: Botox injections (See future ads for further information).

■ HYPNOHELPME

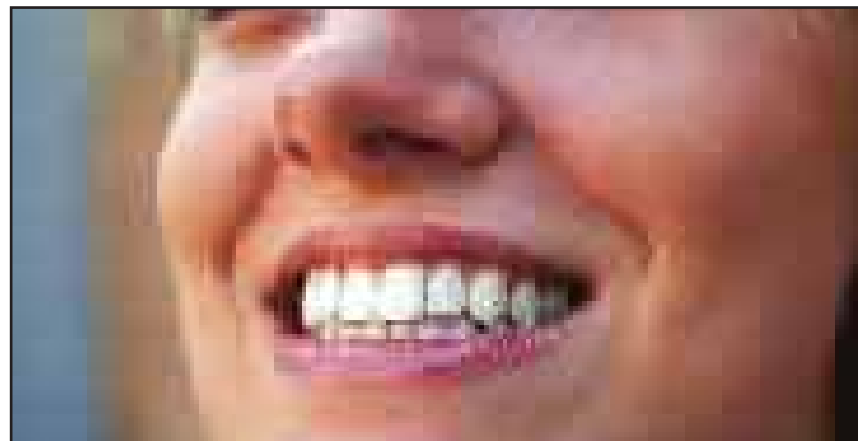
THE Lightning Process is an astonishing new training program that is changing people's lives in just three days –

you may have read about Emily, Esther Rantzen's daughter. Cat Noble is a fully trained Lightning Process practitioner in Central Reading who says she has already taken many people through the process with amazing results.

"I had ME for 19 years," says Linda, 64, who took the Lightning Process in March this year, "and now I'm healthy and well and having a wonderful life". Some say there's no cure for ME but Linda and the hundreds of people like her have gone through the process since Phil Parker created it. What do I do now? Go to www.HypnoHelpME.com and click on the Lightning Process page. Go through the Lightning Process website and read it thoroughly to check that the Lightning Process is for you. Go back to HypnoHelpME and print off the form to apply for the process or phone Cat if you have any questions – only ring Cat after you have reviewed the website thoroughly.

■ TRANZZZZFORMATIONS

HYPNOTIC Lifestyle is now holding sessions on Wednesdays from 7.30pm to 10pm at Renewal Centre, Church Road, Swallowfield. Debbie Nicholls has consulting rooms at Arborfield, Swallowfield and Wokingham. Jim Tubbs-Galley has consulting rooms at Pangbourne, Swallowfield and West Reading. Debbie and Jim, due to increased demand, are extending their practice of late evening consultations at the Renewal Centre, Swallowfield. They have helped many people overcome personal challenges, fears, phobias and anxieties – and they could help you. What challenges and lifestyle changes can they help you to help yourself with? Hypnotherapy can help overcome many psychological difficulties and psychosomatic illnesses including, but not limited to, the following – stress, anxiety, IBS, panic syndrome, OCD, habits, smoking, exam nerves, emotional and relationship problems, self confidence, sleep problems, social phobias, public speaking, blushing. Debbie specialises in weight control, arthritis pain relief and self esteem issues.



Jim specialises in addictions, future pacing and confidence issues. Both Jim and Debbie offer a free initial consultation to allay any misconceptions, preconceived ideas and notions about hypnosis, and explain how the process works. Many presenting problems in adulthood have their roots in people's childhoods and as Debbie and Jim are hypnoanalysts they are well qualified to address your personal issues. Having both been trained and qualified from the highly regarded RBCCM (Royal Berkshire College of Clinical Hypnosis) and both members of the APHP (the Association for Professional Hypnosis and Psychotherapy) you can relax assured you are in safe hands with a promise of confidentiality. Jim and Debbie are also trained in the therapeutic skills of NLP (neuro-linguistic programming), EFT (emotional freedom therapy-tapping) and psychotherapy. Contact us Debbie Nicholls DHP on 07918 656646. Contact Jim Tubbs-Galley DHP on 07881 878545.

5* Good Salon Rating

The Funky Barnet

UNISEX SALON is Celebrating it's 8th year throughout May 20% Off All Colours & Hi-lites + FREE Conditioning Treatment worth £10

Tues through Thurs with this voucher

Coming soon

RACCOON Hair Extensions (No 1 in Hair Extensions)

Stylist required 0118 926 9919

www.the.funkybarnet.co.uk
14 Wokingham Rd, Reading (Cemetery Junction) RG6 1JG

MindFree 07918 656 646

TransZzz Transformations 0788 187 8545

Set Your MindFree for TransZzz Transformations

"Have you considered acupuncture for your health problems?"

Acupuncture deals with a wide range of complaints including anxiety, arthritis, asthma, back pain, circulation and ulcers. The College of Integrated Chinese Medicine is currently taking on new patients for the College clinical, which is held on Saturdays and Sundays. The College clinic uses 3rd year students who are supervised by experienced practitioners. The responsibility for the treatment rests with the supervisors who are all members of the British Acupuncture Council. The cost of treatment is at the reduced rate of £15.00 per session.

To enquire or to book an appointment ring 0118 950 8880 please ask to speak to Charlotte.

19 Castle Street, Reading, RG1 7SB

The College of Integrated Chinese Medicine

STRENGTH OF MIND

Achieve your potential with Hypnotherapy

Overcome anxiety, stress, panic & depression, as well as fears, habits (eg smoking) emotional & confidence issues, allergies, illness & pain.

Free Initial Consultation Qualified Caring & Confidential

Helen Raines BSc (Hons) - DHP - LAPHP
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www.strengthofmind.co.uk
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The only problem with losing 3½ stone...

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- Medically approved
- Meets all your nutritional requirements
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...my kids can't keep up with me!

Gillian Whipp (Richfield Ave, Reading)
 0118 323 4102 or 07811 124202
gillian.whipp@lighterlifecounsellor.com
www.lighterlife.com

The Lightning Process™ has come to Reading!

Have you got M.E. and you've had enough? Do you want your life back?

If you're ready to change your life go to www.HypnoHelpME.com today and click on the Lightning Process page