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QUEEN MARY 2



Gallic Getaway

Southampton - Cherbourg - Southampton

2 Nights departing July 14 2008

Inside Stateroom from £299 pp
Outside Stateroom from £389 pp
Balcony from £409 pp

Includes Full Board and Entertainment,
Free Car parking and \$35 on board Credit Per Person

QUEEN ELIZABETH 2



The QE2 is retiring in November 2008, your last opportunity to voyage on this world famous ship

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Geranger - Flam - Savanger - Southampton

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Outside Stateroom from £959 pp

Includes Full Board and Entertainment,
Free Car parking

Autumn Getaway

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Peter Port - Southampton

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Includes Full Board and Entertainment,
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QUEEN VICTORIA

Spring Getaway



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Ask a Specialist Times

How to create the salon look at home

STEPPING out of a salon feels great! Your hair has just been styled by a professional so you're looking good and feeling good. However, do you find that the next day is different story? You try to recreate the look but somehow you don't seem to get it quite right?

Studio One was host to a home styling evening. Based in Queen Street, off the Godalming High Street, Studio One is run by Richard Stone. It prides itself on offering excellent customer service and expert hair care advice. The event was led by two of the salon's stylists, Hayley Vickery, and Sarah

"Louise" Edgington. Both are midway into their level 3 NVQ and have been assessed on the success of the event.

The main aim of the home styling evening was to help their clients to achieve a better look out of the salon. Each client was asked to bring in their own hairdryer and hair products from home where they would perform their daily routine in front of the stylists.

The stylists were there to provide friendly advice, making sure that the client was using the correct techniques and products to achieve the desired look whether it was how to

blow dry your hair, how to wear it up, or how to straighten it.

An event like this is great for keeping that salon hairstyle in your everyday life. Clients were left feeling satisfied and confident from the home styling evening.

"It was good fun and a great idea. I will be back," said one highly satisfied client. "The friendly environment created within the salon made it a very relaxing experience."

For more information regarding the home styling evening or to make an appointment at the salon call Studio One on 01483 419499.



Studio One in Queen Street, Godalming, hosted a home styling evening for clients. (c)

Slimmer, healthier thanks to Sure Slim



SLIMMER Neomi went to Sure Slim wanting to lose the weight she had gained over two pregnancies, and also to learn to eat healthily for the rest of her life.

She said: "I read about the Sure

Left, Neomi weighed 11st before she went to Sure Slim. (c)

Slim diet which uses blood tests to determine if any medical condition, such as diabetes, high cholesterol or gout exists, and checks for other pre-existing conditions that may prevent weight loss, like thyroid malfunction.

"When Sure Slim handed over my programme, I could not believe how much food I was allowed. In fact I



Right, Neomi is now 8st 6lb. Her total weight loss is 2st 8lb. (c)

THE PERFECT FIGURE...

Sally Stoyles tells how she lost weight in time for her wedding thanks to Sure Slim:

"I wanted to lose 4st before my wedding. In March 2003 I was looking and trying on size 22 wedding dresses, and in September I ordered a size 12 with the aim of keeping me focussed on losing weight."

My friend recommended me to SureSlim, so I went along for my consultation and once I had received my blood test results I started the diet straight away."

"The first week I lost 8lbs and the weight kept falling off. In less than five months I had lost 4st and 25 inches." "The diet is like no other diet I have ever tried, because the weight loss happened so quickly, and I could see my dress sizes going down. I felt that the Quick Loss Diet was really working for me."

"A few of my friends are now on the Quick Loss Diet and they are having the same results. I am now on the maintenance plan and

the weight is staying off. The diet has really changed the way I think about food, and with the help and support from the SureSlim clinic, I know I will keep the weight off forever.

"Using your blood test results and medical history SureSlim designs an eating plan to correct your glucose metabolism and balance your hormone levels so you can lose weight easily and healthily. Your lifestyle, dietary restrictions, food preferences are also incorporated into your personalised eating plan.

SureSlim also provides one-to-one support until you reach your goal weight and will then introduce the Lifestyle program that will ensure you maintain your weight for life.

Call now and book in for free information consultation and have the concept explained. Now is the time to take action. Call the Guildford branch on: 01483 511311.

www.sureslimuk.com
01483 511311

45 High Street* Guildford Surrey GU1 3DY email:
guildford@sureslimuk.com *Just past Next



struggled to eat it all for the first week.

"After two weeks, I'd lost 10lb and, by October 2006, I was down to 8st 3lb.

Neomi now feels happier and healthier and, in her words: "marvellous, slim, happy, confident and sexy".

She added: "After many years of dieting, Sure Slim has provided me with a healthier lifestyle, achieving my goal weight without starving!"

She now follows the Sure Slim lifestyle programme which re-introduced, on a regular basis, foods that would normally cause her to put on weight. And, to her amazement, the weight has stayed off and she has learned what foods her body can cope with.

Sure Slim has more than 160 wellness clinics throughout the world with currently 30 in the UK.

To receive more information or book your free initial consultation, give your local weight and wellness specialist a call on 01483 511311.

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