

LOVE IS IN THE AIR!!!!

Valentine's Day is just around the Corner.... (14th Feb)

Hi everyone, **HAPPY NEW YEAR!!!!** Wow... I can't believe its half way through January, time really flies.

Valentine's Day is just 4 weeks away; this time we wanted to reward you for being a valued loyal client. So allow us to spoil you this Valentine's Day with our secret Valentine's Day package.... Shhh, it's exclusively available to our existing clients! (Please turn over the page)



Luba &

What's New!

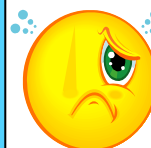
New Loyalty Program has started

We have started a new Loyalty Program, which will give our loyal clients better benefit. 50% off when you reached the 5th treatment and 10th treatment FREE on treatments with the same value.

Lucky Dip Winner!!!

Congratulations to the Xmas Lucky Dip Winner Catharine Dillon and Sharon Hamilton for winning \$500 worth of Beauty Treatments each.

Say Good-bye to Nikki



Nikki has left us, after 1 year employment with 4u2c Body Utopia.

My best wishes to her in finding a job that will suit her needs.

Joke of the Month

A Beauty Salon came up with this clever sign for their salon



Michael Jackson will make your children beautiful.



The History of Valentine's Day

Every February, across the world, chocolate, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day – and its patron saint – is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient ritual? Today, the Catholic Church recognises at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men – his crop of potential soldiers. Valentine, realising the injustice of the decree defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

2/20 Beauty Secrets

Preventing Saggy Skin

1. Keep Properly Hydrated: It is important for adults to drink at least 8 full glasses of water a day. Water is your skins natural cleansing system. Water constantly works to flush away toxins and waste products to keep your skin soft and healthy.

2. Avoid Sun Baking: protect yourself from the Sun. Sun damage is one of the leading causes of premature saggy skin and facial wrinkles. Always apply a sunscreen with an SPF rating of at least 25 if you plan on being outdoors for more than 30 minutes. Your sunscreen is one of your most powerful weapons against saggy skin and aging spots.

3. Don't Smoke: Avoid smoking at all costs. If you are currently a smoker, do whatever it takes to quit – permanently. Smoking actively increases the signs of aging and can increase your risk of developing **sagging skin** significantly.

4. Keep Your Skin Clean: Never go to bed with make up on. This will lead to increased stress on your skin and can cause pores to clog and become infected. Be sure to wash your entire face daily with a gentle cleanser recommended by your beauty therapist customised only for your skin. Do not rub, scrape, or be overly abrasive in the process. As with most things in life, moderation is the key to achieving favourable long term results.

5. **Professional Treatment:** Once a month professional treatment is very important. The tone of your skin is improved, your cells are plumped with moisture, fine lines are minimised, and facial contours appear firmer. **leaving your face perfectly smooth and radiant.**