



A Bum Lift?



Yes, you heard correctly. And while you might not see that procedure here any time soon, it does seem to be the up and coming latest cosmetic craze.

According to the U.K.'s Daily Mail, a Miami, Florida surgeon in the U.S., Dr. Constantino Mendieta told the British Aesthetic and Plastic Surgeons

conference in London there was a rise in the number of women who craved curvier bottoms.

Now officially called the "Miami Thong Lift," the procedure uses small grafted amounts of fat liposuctioned from the thighs or stomach. The fat is then purified and then injected into the layers of muscle of the buttocks.

The bum procedure does improve the skin's texture and thickness, and takes several hours under a local anaesthetic. But you will have some serious thighs for a few weeks due to bruising and swelling.

As you can imagine, not all plastic surgeons think this bum lifting procedure is a good idea. Transferring fat is never 100% predictable, with some fat dying during the process.

And obviously, you want a very experienced bum-lifting surgeon to do the job. Can you imagine the results of a poor procedure? One buttock could end up larger than the other.

I guess the biggest question is how far would you go for a lifted bum? It could be that we've taken perfection a bit too far.

But then again, maybe we're just giving this whole idea a bum rap.



You. Wear. It. Every. Day.

Your skin, of course! Without saying a word, your skin says who you are and what you're all about.

- It lights up your face
- Screams sass, if you want it to
- Looks romantic or all business
- Makes you feel pretty or masculine



And it's the only one you've got!
Taking care of it is an investment

A message from Lynette☺

A big thank you to everyone for their patience with their appointments while things have been a little unsettled since the closure Secret Sanctum at Market Square. Things are now taking shape again and settling back into routine with services available at two great locations at Varsity and Robina, with late night's available Tuesday at Robina and Wednesday at Varsity. Appointments are via prior arrangement so please call or sms me on 0410660929. Also please visit www.secretsanctum.com.au to view many more treatments available and some old favorites too. Sorry there were just too many to list on the new service menu.

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Salon Offers You Don't Want To Miss!

Check them out here! p. 4



“A woman whose smile is open and whose expression is glad has a kind of beauty no matter what she wears.”

Ann Roth, Writer

Product Must Have!

If you do suffer with Rosacea or Cuperous (skin – with broken capillaries) indio has a wonderful Correcting Serum that will calm and sooth the area and improve the appearance of red patches and broken capillaries. It needs to be applied every morning after cleansing and before moisturising.



What To Do About Rosacea

Redness, flushing, and prominent blood vessels are just some of the symptoms that characterize rosacea.

Common triggers are the sun, followed by heat, spicy foods, alcohol and stress. In addition, caffeine and citric acid are also known triggers.

W.C. Fields, pictured right, the American Vaudeville entertainer, was thought to have rosacea because of his large, bulb-shaped ruddy, oily nose, another characteristic of rosacea.



A baffling disease, one that is not fully understood, rosacea sufferers appear to process cathelicidin, a skin protein within the skin, differently than the rest of us.

Today, treatment is available, unlike in W.C. Fields's time. The public

mistakenly concluded that he was an alcoholic! Rosacea definitely takes its toll on self-esteem.

Thankfully, there are drug therapies to ease and control inflammation. But the most exciting part is the inclusion of lasers and light therapies to effectively

treat the redness and flushing

associated with rosacea.

Pulsed-light lasers go down one wavelength and destroy the red cells. Intense pulsed light uses lots of light to destroy some of the pigmentation as well as redness.

Multiple treatments of either therapy are needed, but they produce long-lasting results. Skin care must be gentle.

There may not be an answer to the rosacea mystery, but there are effective, long-lasting treatments.

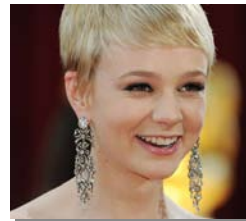
source: www.weonma.com

Big, bold earrings have become the new statement jewelry for 2011. Look who's doing it beautifully!



Beyonce

With an ultra-straight hairstyle and gold highlights, it's Beyonce's earrings that take center stage. Her neutral-coloured dress is the season's fashion leader.



Carey Mulligan

With an adorable pixie cut and smooth, shimmery make-up application, Carey's long silver earrings simply compliment her look.



Heidi Klum

A romantic, sexy ponytail with wisps of hair around her face, Heidi adds a bit of fun with her butterfly earrings. The neutral charcoal dress takes a back seat with this look.

How To Manage Mangled Brows

Today's brow is one that looks fuller and more flattering to your face.

If your brows are thin

from over plucking, camouflage with a fine-tipped pencil using a light hand and short strokes to mimic the look of individual hairs.

To encourage re-growth, check out brow-filling treatments on the market.

Need help? Just let us know! Source: dailyglow.com

Do You Want My Tote Bag?



I know we've got shortages everywhere. Clean air, clean water, clean politicians.

But with all these critical shortages, how did we get such an abundance

of tote bags? You know those cute bags you get when you sign up with banks, magazines, and even credit card companies?

Well now this epidemic has hit the bookstores, too! As I was standing in line to pay for my book, I noticed the huge pile of tote bags piled to the ceiling.

The lady in front of me got hit first. "Would you like a membership to our book club?" The barely twenty-something employee smiled. "You can save 10% off every purchase. Plus, if you subscribe today, you get one of our tote bags."

A light shone around those tote bags just like in the movies. But the woman wasn't going to get sucked in. "No," she muttered, and scurried away.

My turn.

"My membership is up for renewal," I blurted out.

"So it is," the bookstore guy said with a gleam." I stared at the tote bags as their heavenly light pulled me in. What could I do? I wanted to renew my membership. And now, I wanted a tote bag, too.

"I want to renew my membership," I gulped. "Sure," he said, his voice smooth as honey.

That's when he placed a tote bag right in my hands. I felt so special. I carried that bag home and put it up on the top shelf with all my other brand new tote bags.

Oh, boy. I'm in trouble, wouldn't you say?

Diva Delicious

1. Say something nice to someone who needs it.
2. Get a massage!
3. Buy fresh flowers for yourself.
4. Get those hard-working feet massaged, too. It's a mood-booster.
5. Wear your favourite lipstick when cleaning the house and sing at the top of your lungs.



Blush Tip

Apply either a translucent powder over your blush application to thoroughly blend it, or use some shimmery powder to give your entire face a warm, subtle look.

Blusher Application Techniques

"To create the illusion of width on a long face, apply blush to the apples of the cheeks and extend the blush outward towards your ears."



www.greatestlook.com

Got Chronic Pain?



Whether it's depression, chronic neck or back pain, or the management of such illnesses as diabetes, and fibromyalgia, massage is a proven defender in helping

people regain their lives.

Studies have shown over and over again that therapeutic massage lessens chronic pain, allowing sufferers a much better quality of life.

Then, of course, massage is great for that common disabler, stress!

The Full Monty Package

April Super Special

Your Saving \$80

Here's what you get

A Peel Treatment to Sooth & Hydrate

A Microdermabrasion Treatment to Clean
and Clear

A Non Surgical Face Lift to Plump and Tighten

Sensational Results

ONLY

\$120

WARNING: 10 packages only available at this ridiculously low price!

To secure your "Full Monty" Call 0410660929 today!

Secret Sanctum Skin Solutions

Located Within:

Gold Coast Medical Precinct

191 Varsity Parade, Varsity Lakes. 4227

Call or Sms Lynette on 0410660929 for all appointments

&

& enquiries.

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www.secretsanctum.com.au

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