

# Pamper yourself

## Enjoy new beauty treatments and fashion

By Sharon Mayr

Imagine a world free of stress, worries and bad hair days! Wouldn't it be nice to journey to a place of peace, serenity and pampering this holiday season?

I've listed just a few suggestions to help you get started.

### Beauty Through Balance

Visit a spa, regularly if you can, to enjoy the benefits of much needed rejuvenation for both body and spirit. *Ancient Secrets Inc.*, a Vancouver-based company supplies spas world-wide with an all-natural product line using indigenous ingredients from all over the world, known for their well-being properties and healing benefits. They also offer a "do-it-yourself" recipe guide.

As well as being eco-friendly, winning the approval of the David Suzuki Foundation, they've developed spa products using Canadian glacial clay and Pacific organic seaweed from coastal BC. *Beauty Through Balance* is now one of Canada's top spa body care lines.

Sherina Jamal developed a passion for natural skin care through her rich East Indian culture and in 1997 founded *Ancient Secrets Inc.*

Their new launch is the Acai Berry

Series, an advanced anti-aging product line containing the acai berry, indigenous to Brazil's rain-forest and renowned for its high anti-oxidant levels. For more information or to find a spa near you that specializes in *Beauty Through Balance* treatments call 1-888-796-0589 or email [info@ancientsecrets.ca](mailto:info@ancientsecrets.ca). You can also visit [www.beautythroughbalance.ca](http://www.beautythroughbalance.ca).

### From old-world to modern

*Kiehl's*, a renowned New York-based company providing hair care preparations and quality skin products since 1851, has recently opened their fifth Canadian location in Edmonton's Southgate Centre.

The interior décor uses natural, sustainable materials, energy-efficient lighting and features a Maria Theresa-style circa 1950 antique chandelier as well as a 1948 Harley-Davidson motorcycle



Edmonton's own Chantelle Thompson, one of the top 10 finalists in Canada's Plus Size Model Search.

to provide a spirit of excitement and adventure for all patrons (men, women, children and babies).

*Kiehl's*, well-known for its old-world apothecary, blends cosmetic, pharmaceutical, herbal and medicinal knowledge using natural, high quality, detoxifying, indigenous products, such as Amazonian white clay, known as "magic earth"; aloe barbadensis; oat kernel flour; allantoin, derived from the comfrey root for its soothing properties; diatomaceous earth, found on rocks and seaweed in fresh and salt water, to slough off skin; and bentonite, a natural absorbent clay.

There is also a private personal consultation area where you can discuss with the staff the products best suited to your needs. Be sure to enjoy their "try before you buy" program where you can try product samples of their complete line of hair and skin care products before you buy.

With a 100-per cent money-back guarantee on all purchases you have nothing to lose, so why not get lost in the old-world at *Kiehl's* this holiday season? For more information visit Southgate Centre, select Holt Renfrew locations or their website at [www.kiehls.com](http://www.kiehls.com).

### Luscious lashes

*Lancome* proudly unveils *Oscillation Powerbooster*, the first-ever vibrating

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