



Health & Beauty



Dr Ashveer Roopnarian

Common problems that occur due to poor posture include lower back, mid-back, neck and shoulder pain as well as tension headaches and knots. A chiropractor can assess your posture and provide treatment that reduces pain due to muscle spasm and improves the alignment of your spine. Therapeutic and strengthening

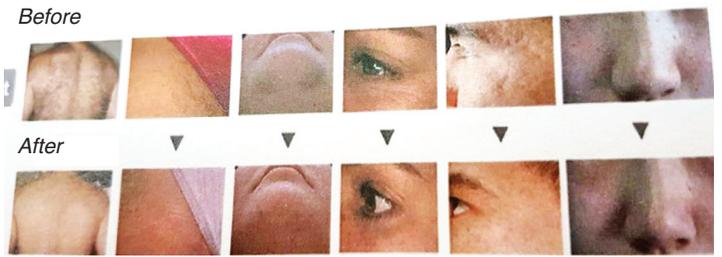
exercises are also prescribed to correct muscle imbalances as a result of poor posture. It is essential for those who spend many hours on an office chair or on their feet at work to maintain a healthy spine and correct posture. Chiropractors also treat, sport injuries, whiplash injury, sciatica, joint pain (shoulder, knee,

hip, and elbow), muscle strains and ligament sprains. Medical aid and IOD patients are also seen to. Dr Ashveer Roopnarian is opened from Monday to Saturday. To make an appointment or for more information, contact Dr Ashveer Roopnarian, M Tech: Chiropractic (SA), on 031 400-2220 or on 082-263-9007. Alternatively, visit 32 President Road, Bayview, Chatsworth.

One Stop Beauty Shop Laser Aesthetics and Slimming Laser Treatments

Treat unsightly blemishes, sunspots, freckles, pigmentation, skin rejuvenation, photo facial, tattoo removal, wrinkle removal, spider and varicose veins, breast lifting, acne scars, open pores, skin tightening, hair removal and much more. Lamprobe: treats skin tags, fibromas, milia and many more skin le-

sions. Skin peels: PCA peels, pumpkin peel masks, ultra-peel, aesthetic peels and more. Slimming: ultrasonic liposuction, ultra sound loosens fat, high frequency tightens skin and EMS firms and tightens area. Introducing the most powerful skin lightening and brightening product on the market. New improved and stronger. What's so different about Glutathione? It's the fact that it's the only glutathione that has pine bark extract which is a UV resistant- no more sun burnt skin. Now they have added Zinc to the capsules (for anti-hair loss, stronger nails and for those who suffer from acne) blended with six most powerful lightening ingredients. Gluta-GLO Glutathione IV in pill lightening capsules.



Get shades lighter from head to toe permanently. A new formula re-designed, manufactured with nothing but the highest quality ingredients. Gluta-GLO 1450mg Glutathione IV in a pill is blended with six powerful lightening ingredients such as Vitamin C plus L-Cysteine which is a lightener on its own Alpha LiPOIC, ZINC and a new powerful ingredient that no other product contains pine

bark extract. This powerful anti-aging, antioxidant boosts vitamin C absorption, energy booster, removes infections, inflammations etc giving you a lighter brighter more radiant skin. The best part is that pine bark UV resistant Glutathione is the most powerful antioxidant of all antioxidants and its anti-aging, lightens you from head to toe, removes acne, pigments, blemishes, under eye

dark circles, marks, stretch marks, scars etc leaving you fair and flawless from head to toe. Also available: Platinum Sepiwhite Lightening Cream for face and body, removes sun burn almost instantly, and also fades stretch marks. They are situated at Shop 13, CMA Centre, 170 Croftdene Drive (Road 501). They can be reached on 031 402-1024 or 083-677-8686.

THE ONE STOP BEAUTY SHOP
Laser aesthetics and Slimming

NO DIET AND EXERCISE REQUIRED
Lipo injections destroys the entire fat capsule, it's wall and content for PERMANENT results

GLUTA-GLO GLUTATHIONE 1450MG IV IN A PILL LIGHTENS YOU FROM HEAD TO TOE, WITH ADDED PINE BARK EXTRACT WHICH IS UV RESISTANT YOU DON'T GET SUN BURNT AND ZINC WHICH STOPS HAIR LOSS AND ACNE.
SEPIWHITE: MOST POWERFUL NATURAL FACE AND BODY SKIN LIGHTENING CREAM.
CLASSIC WHITE: FACE AND BODY LIGHTENING SOAP.

•WEIGHT LOSS
•LOWERS CHOLESTEROL
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•CLEARS SKIN
•ASSISTS WITH HAIR REGROWTH
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Not happy with your current weight? Want to look and feel great again? What are you waiting for?

We treat spider veins, varicose veins, pigmentation, age/sun spots, freckles, tato removal, hair removal, breast lifting, skin rejuvenation injection, skin tightening, slimming injections, ultrasonic liposuction and much more....

Shop, 13 CMA Centre, 170 Croftdene Drive (Road 501)
Tel: 031 402 1024
Christine: 083 677 8686 Bbm Pin: 7B8B5299/2B859270
OPEN Mon to Sat 8.30am to 6pm - Sun 8.30 to 4.30pm

ALL MAJOR CREDIT CARDS ACCEPTED

DIABETES IS HIGHLY UNDER DIAGNOSED IN SOUTH AFRICA

The blood glucose lowering effects of Diabesol appears to be comparable to drugs such as Tolbutamide in treating Diabetes and showed no significant side effects

Protects the pancreatic beta-cells

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Snailcare with snail extract for healthier and beautiful skin

All Snailcare products contain its main ingredient of snail extract powder. The Snailcare range is available in a gel, day cream SPF 40, facial cleanser and now tissue oil. Snailcare also contains vitamins A, D and E. It is fragrance free and suitable for all skin types. Snail extract powder has been primarily developed to help women fight against aging and is currently being enjoyed by many women and men daily to moisturise, support and improve the appearance of wrinkles, stretch marks, uneven skin tone acne and acne scars. The sun exposure, free radicals, irritants, cigarette smoking, and smiles and frowns all contribute towards damaging healthy skin and skin again over time. The main property of snail extract is to provide natural activators that the aging skin can no longer produce.

- Snail extract contains the following ingredients:
1. Allantoin - hydrates skin -increasing water content. Improves smoothness by enhancing shedding of dead skin cells. Also known as an 'anti-irritant' to the skin.
 2. Collagen and Elastin - Improves appearance of aging by reconstructing the collagen and elastic skin fibers.
 3. Glycolic Acid - allows outer skin to 'dissolve' revealing underlying healthier, softer, and brighter skin.
 4. Hyaluronic Acid - contributes to cell proliferation and activates the tissue repair system. Smooths wrinkle appearance by adding volume under aging skin.
 5. Protein - enriches and softens skin.
 6. Vitamin E - helps protect skin aging damaging free

SNAIL CARE
By CZA-Derm

Daily Skin Rejuvenator

Assists with . . . Eczema, Acne Marks, Burn Marks, Stretch Marks, Uneven Skin Tone, Wrinkles & Fine Lines

Contains Snail Extract, Liquorice Root, Limonene, Lipobelle, Vitamin A, C, D & E T.E.A, Carbolpol, SPF40, Glycerine

INTRODUCING Snail Care TISSUE OIL with Snail Extract

ONLY R89⁹⁹ EACH with SPF40

Assists with . . .
✓ Scars
✓ Stretch Marks
✓ Uneven Skin Tone
✓ Ageing Skin
✓ Dehydrated Skin

SCIENTIFICALLY FORMULATED

CZA-Derm

SNAIL CARE with SNAIL EXTRACT for Healthier, Beautiful Skin

Snail Care products containing snail extract does not treat or cure any medical condition, it is used at the sole discretion of the client for cosmetic benefit. Individual results may vary

For your nearest participating outlet contact 08611 76245 (SNAIL) or WhatsApp 078 009 7860 - info@snailcare.co.za - www.snailcare.co.za

Chatsworth New Haven Pharmacy 031-400-2733 Chatscare Pharmacy 031-401-9252 Pelican Pharmacy 031-400-8110 Sparksport Chatsworth 031-401-0010 Nightingale 031-401-1234 Natures Health 031-406-1408 Meranti Pharmacy 031-400-8603 Maharaj's Pharmacy 031-409-3111 Bluff Sparksport Quality Street 031-461-3760 Ispingo Progress Pharmacy 031-902-2404 Merebank Merebank Pharmacy 031-461-1648 Umlazi Sparksport Umlazi 031-906 8118 Amanzimtoti Aquarius Pharmacy 031-903-3535

Dr Ashveer Roopnarian
M.TECH: CHIRO (SA) PR NO: 0433292

CHIROPRACTOR

Conditions treated include:

- Lower Back and Neck Pain
- Tension Headaches
- Joint Pain (Shoulder, Hip, Knee, Elbow)
- Sport Injuries
- Posture Related Pain
- Muscle Strain and Ligament Sprain
- Whiplash Injury

32 President Street Bayview Chatsworth, 4092

Tel: 031 4002 220
Cell: 082 2639 007
Fax: 031 4004 712

MEDICAL AID AND IOD PATIENTS SEEN TO
Open Monday - Saturday
Phone in to make an appointment

radicles, antioxidant. Vitamin A - protects skin against UV radiation, increases blood flow. Vitamin D - locks in moisture in skin and prevents wrinkling. Snailcare has been formulated to support stubborn scars, marks and has a sun protection factor (SPF) of 40. It can be used daily to moisturise and protect skin from sun and other environmental factors. It has in addition to snail extract the following ingredients:

1. Liquorice root - assists with lightening skin.
2. SPF 40 (Sun protection factor) - helps prevent facial spots and discolorations, reduces appearance of facial red veins and blot, slows down development of wrinkled, premature aging.
3. Limonene - increases skin hydration and absorption of actives.
4. Lipobelle - has content of CO Q10 and Vitamin E.
5. Vitamin C - creates and maintains collagen, skin strength and structure, replacement of dead skin cells, skin discoloration.

Snailcare Daycream SPF 40 and gel containing snail extract is available in a 50ml jar and the Facial Cleanser in 100ml. Try our brand new addition to the Snailcare range - Snailcare Tissue Oil with snail extract now available! Visit www.snailcare.co.za or for more information on Science of Snail Extract or nearest stockist, call 086-117-6245 or WhatsApp 078-00-9786.

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