



Health & Beauty



New laser dentistry introduced

Dr Preeyan Padayachee would like to introduce new laser dentistry to his patients. We are currently the only dental practice in Phoenix that is performing laser dentistry. The epic lase is the ultimate in patient comfort. One of the most promising aspects of laser dentistry is the opportunity to do more with less anesthetic and less damage to the tissue which results in faster healing and minimum pain and recovery time. Procedures performed with laser include gum treatment, whitening,



excisions, pain therapy, surgical extractions and more. Join us in the road to ever-changing technology and advanced dentistry. We specialise in all basic and specialised dentistry.

Call us to enquire about the painless injection and free pick up and drop off service. Call them on 031-500-9626/9757 or email dentalrooms@gmail.com

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Visit your local Chiropractor

LOW BACK PAIN

Lower back pain is one of the most common complaints amongst people. It occurs in almost 80 percent of the population. The pain which might be a sharp or an aching sensation, can be experienced anywhere from below the rib cage to

the buttocks. This may also refer pain down to the thighs and legs. Lower back pain can be caused from lifting heavy objects, prolonged driving and sitting at a desk for long periods of time. It may also be caused from degeneration or a muscle strain. Lower back pain can

be treated by a chiropractor by means of spinal manipulation and soft tissue therapy. For more information, contact Dr D Govender (chiropractor) on 031-828-5007 or visit Hi-tech medical Centre at 2 Stanmore Drive in Phoenix.

Beautify your skin with Snailcare Skincare products containing snail extract

Snail extract contains the following natural ingredients:

1. Allantoin: hydrates skin by increasing water content, improves smoothness by enhancing shedding of dead skin cells. It's also known as an 'anti-irritant' to the skin.
2. Collagen and elastic: 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 radicals, antioxidant.

Also contains added ingredients: Vitamin A - protects skin against UV radiation, increases blood flow. Vitamin D - locks in moisture in skin and prevents wrinkling. Snailcare has also been used to support and improve the appearance of stretch marks, skin marks, eczemas, acne scars and skin damaged by the sun.

Snailcare products are available in a gel, daycream SP40 and facial

cleanser.

The gel is recommended for oily skin types and the daycream SPF40 for dry skin types.

Snailcare Day Cream SPF 40 has been formulated to support stubborn scars and marks and has a sun protection factor (SPF) of 40 helps prevent facial spots and discolorations, reduces appearance of facial red veins and blot, slows down development of wrinkled, premature aging. It has in addition to snail extract the following ingredients:

1. Liquorice root: assists with lightening skin.
2. Limonene: increases skin hydration and absorption of actives.
3. Lipobelle: has content of CO Q10 and Vitamin E.
4. Vitamin C: creates and maintains collagen, skin strength and structure, replacement of dead skin cells, skin discoloration.

Snailcare Daycream SPF 40 and Gel is available in a 50ml jar and the facial cleanser in 100ml.

You can currently buy any cream or gel from our participating pharmacies and retail stores and get the Facial Cleanser worth R135 rands free. Visit www.snailcare.co.za for more information and your nearest stockist



Summit Chiropractic

Dr D. Govender

Registered Chiropractor

M.Tech (Chiro) PR No. 0531669

For the treatment of:

- Neck Pain
- Headache
- Back pain
- Sports injury
- Joint and Muscle pain

drgovender.chiro@gmail.com

summitchiropractic.co.za

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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.

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