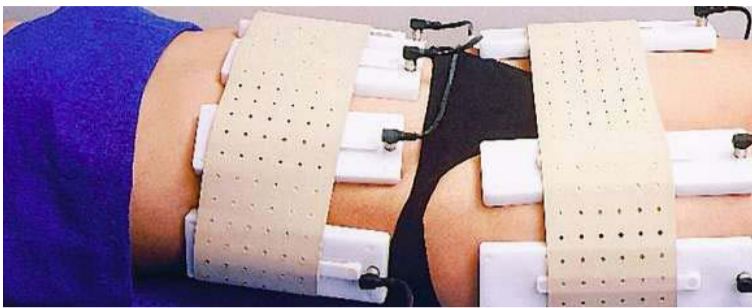


Time to shape up



The Ultrasonolipolysis therapy at Unisense is non-invasive and painless.

If you are obsessed with losing weight and getting rid of orange peel skin and have tried everything - be it strict diet, strenuous exercise, medications, hot or cold wraps, slimming machines and even starvation - and are still not happy with the result, there is one slimming method you would be satisfied with.

It is a therapy known as Ultrasonolipolysis, which essentially utilises low frequency ultrasound waves to reduce body fat and orange peel skin. A technology that originates from France, this slimming technology is clinically proven and medically based.

According to Unisense managing director Vincent Li, the low frequency action of ultrasound breaks up fats in the body into fatty acids. The fatty acids are then metabolised in the muscles, heart, kidneys, liver and other internal organs.

"A big part of the free fatty acids will be eliminated through the liver and urine, a small part will be consumed by the heart and muscles and another small part will inevitably go back to the fat tissues if one does not do some physical exertions," said Li.

"With the ultrasound therapy, you lose weight the natural way. A patient undergoing therapy is advised to drink three litres of water daily. This will help flush out toxins from the body. After each session, the client is advised to exercise to maximise the effect of the therapy," added Li.

Li, who has been treating obesity and orange peel skin with Ultrasonolipolysis for the past 12 years, said the therapy is effective in treating moderate to severe obesity.

"Unlike clients who just want to get rid of orange peel skin, obese clients must adhere to a dietary plan to complement the therapy. Clients with less than 10 kilos to lose will be put on a low-carbohydrate diet while those with over 10 kilos to lose on a high-protein diet," said Li.

The therapy also helps firm and tone up the areas treated. Therefore, there will not be any visible loose or flabby skin after therapy. In fact, it can even help reduce stretch marks especially

for women who had just delivered their babies. In addition, clients who have undergone liposuction can also use it to tone up their skin.

Areas that can be treated with this therapy include the abdomen, waist, hips, thighs, legs, calves, ankles, knees and arms.

Each therapy may last for 15 to 90 minutes, depending on the severity of a client's problems.

An ultrasonolipolysis therapy is non-invasive and painless. All a client has to do is to lie down and relax while the therapist places the transducers, which are smeared with soothing cream, around the treated areas and monitor her progress.

A lymphatic drainage will also be performed with Datavein machine.

After each therapy, a measurement may be taken so that the client can see the inches lost. It is said that a single 15-minute session can help a client lose 0.5cm-4cm on the treated area.

Li emphasised that the therapy is safe provided that the contraindications are respected.

"The only discomforts of using the therapy are a mild ringing or whistling in the ear and occasional mild itching that feels like insects bites. This discomfort disappears as soon as therapy ends.

"We at Unisense believe in providing real solutions for those with weight problems. It's not just about the looks. It's more about providing effective slimming programmes to enable long-term weight and health management," added Li.

For details, contact your nearest Unisense outlet:

KL: Ampang (03- 4260 2508), KL Plaza (03-2143 1281), Mid Valley (03-2287 8357); Selangor: Damansara Utama (03-7726 9053), Subang (03-8024 4953), Klang (03-3344 0091); Malacca: 012-6560 070; Perak: Ipoh (05-2429 740); Penang: Jalan Anson (04-2296 399); Sarawak: Kuching (082-418 939), Satok (082-256 262).

Conceals as it heals

ACNE affects nearly everyone at some time in their lives, with an estimated 80% of people of all ages experiencing breakouts.

In the past, the only things available to manage breakouts were harsh drying agents, which many are still using. People had no choice but to assault the inflamed area with benzoyl peroxide, which dehydrates, inflames and irritates the skin further, leading to more problems.

Daily care begins with the Murad Blemish Regimen, designed to help reduce surface bacteria, gently exfoliating excess skin cells, providing necessary hydration, and instantly reducing inflammation - all with a unique patented formulation.

The Murad Blemish provides relief for anyone suffering from acne and other acne-like conditions.

There are many skin conditions that mimic breakouts, including keratosis pilaris, eczema, folliculitis and perioral dermatitis. All typically appear as red, inflamed bumps on the skin, but need to be treated with non-irritating approach.

Associate Clinical Professor of Medicine at UCLA and founder of Murad, Inc. Howard Murad believes in educating people about their skin, while employing a systematic approach to addressing the causes of the condition.

Recently, Murad announced that it has reached a new milestone with the sale of its three millionth Blemish Complex Kit.

The kit, which has now successfully helped millions take control of their acne, features Murad's Clarifying Cleanser, Exfoliating Blemish Treatment Gel, Skin Perfecting Lotion and Blemish Spot Treatment. With 90% of all users



The Blemish Treatment Concealer.

reporting a reduction in blemishes in just four weeks of using the daily regimen, Murad's Blemish Complex Kit remains one of Murad's most sought after and effective product lines.

Adding to the Murad Blemish Regimen is the Blemish Treatment Concealer. It is more than a cover-up, this dermatologist-developed formula is designed to clear and prevent blemishes - using a silky, oil-free formula which features:

- 2% Salicylic Acid, an FDA approved acne fighter, to clear active breakouts and prevents new ones
- Vitamin A, to regulate oil production
- An antioxidant-rich blend, featuring Green Tea Extract, which provides powerful protection against free-radicals
- Available in two different shades to match skin tone

Blemish Treatment Concealer is a favourite among Hollywood makeup artists, who use it to get clients camera perfect for photo, film and TV shoots.

For details, call 1-300-88-8826 for promotions, e-mail to info@cnbeauty.com.my or visit www.cnbeauty.com.my



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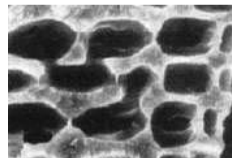
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Say goodbye to conventional calcium supplements made from solid materials like shells, limestone and cow byproducts. Now there is a natural and organic way for quick and easy calcium absorption. Lifestream® Natural CAL is made from natural calcium-rich sea vegetables. This sea vegetable has a unique "honeycomb" porous structure, which gives it 5 times the surface area to be digested upon by your digestive system. Hence, Lifestream® Natural CAL can be digested more quickly and absorbed better, which allows more calcium deposition into your bones.



Lifestream® Natural CAL

Naturally present in a perfect blend, the sea vegetable in Lifestream® Natural CAL is made up of other essential minerals including magnesium, zinc, selenium, and phosphorus. These important minerals work in synergy to facilitate your calcium absorption and increase your bone mineral density.

Determined to bring you the soluble calcium supplement, Lifestream® Natural CAL is thoughtfully made available in both vegetarian capsule and pure powder form to suit your personal preference.

With Lifestream® Natural CAL, you can be rest assured that the calcium you are taking is fulfilling your body's calcium needs.



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For more information, please call our CARE-Line 1800 880 CARE (2273) Every Monday - Friday, 9am to 6pm.