

Curves - Lose those inches this Summer

By: Christina McDonald Legg

Dropping the inches and losing the pounds is something that many women desire. It is at the top of every New Year's resolution, every summer wish list and every bathing suit wearing season. Women have tried every diet from all water to all meat, counting calories to counting grams in order to lose those extra pounds.

But no matter what diet, many women have found one

thing in common with all of them - they often don't work. Dieting leaves women hungry, deprived and slows down the metabolism, setting you up for a life time of yo-yo dieting with disappointment and disenchantment waiting.

Curves is a fitness centre with a community of women supporting each other in their fitness and weight-loss goals and helping keep motivation and determination high. There are currently 105

Curves locations in Ireland, offering a comfortable, friendly environment for women of every fitness level and giving them the support and inspiration needed to complete the programme.

The six-week programme from Curves offers more than a diet fad and sets women in a routine that offers healthy eating and strength training, which builds calorie burning muscle. The Curves programme's goal is to raise the metabolism. A higher metabolism burns more fat throughout the day, and by working out three times a week for 30 minutes a day and sticking to a healthy diet, women can see results in barely any time at all.

"At Curves we are committed to making sure that our members get the most out of their 30 minutes," Anita from Curves said. "We also offer our members the option of

working out at any of our 9,000 locations world wide, so they can even keep up their 30 minute workout anywhere they are."

On the Curves programme, women eat five small meals a day instead of the normal three large meals. This prevents them from feeling hunger, even during the low calorie phase of the plan, which only lasts one week, and keeps metabolism raised. Balanced with the weekly exercise plan, this programme gives women the metabolism to burn fat and the energy to feel motivated.

Curves has two solutions for women in the programme; one higher protein and one higher carbohydrates. Protein intake ranges from 30 percent to 45 percent, depending on the solution chosen to suit the individual.

At the beginning of the programme, the weight and body

fat percentage are recorded. By eating healthy and following the workout plan, women feel and look great, losing inches and weight and building muscle and becoming toned.

"This is a programme that shows results," Anita said. "Through exercise, healthy eating and support in a friendly, comfortable environment,

women are able to lose weight and keep it off."

For more information and locations, readers can go to www.curves.com.

Curves locations:
Claregalway - 091 739917
Barna - 091 867608
Oranmore - 091 833000
Lisban - 091 781000

Super Strength Collaflex Drink Simply add to juice

Collagen is found not only in our joints (cartilage), tendons, ligaments and bones, but it also supports and firms our skin. In fact, collagen makes up about a quarter of our body's protein. Unfortunately, we lose about 1.5% of our body's collagen every year after the age of about 30, and this is not easily replaced from food.

Higher Nature's CollaFlex Drink provides pure marine collagen, hydrolysed for easy absorption, as a nutritional support for joints. While most collagen products on the market are made from pork or chicken, Higher Nature's is sourced from fish, including halibut, plaice and black pollack.

This collagen drink dis-



solves easily in any fruit juice providing a delicious way to supplement the whole body with one of its key proteins, for flexibility and firmness. CollaFlex Drink also supplies vitamin C, which is important for collagen.



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Be a natural fake with Lavera self-tan - and don't forget the Tan Commandments

Lavera Self-Tanning Lotion (€16.50 RRP) is the first of its kind* and new to Ireland - not only does it produce a natural looking, bronzed glow, it has no chemicals, synthetic colours or unpleasant fragrances - only pure, natural ingredients to give a long lasting, safe tan.

Like conventional fake tans, Lavera Self-Tanning Lotion uses DHA (Dihydroxyacetone) but not a chemical form. Instead Lavera uses a safer, natural derivative of palm-ol/rapessed oil. When combined

can last up to 5 days. The smell of Lavera Self-Tanning Lotion is pleasant and fades shortly after application. The length of time that the colour takes to develop depends on your skin type.

The Ten Tan Commandments: 1. The best time to apply self-tan is an hour before bed. 2. Exfoliate and moisturise your skin thoroughly. 3. Avoid hairlines, eyebrows and nails. 4. Apply the self tan lotion sparingly - you can always add more. 5. Apply using circular movements and smooth in

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