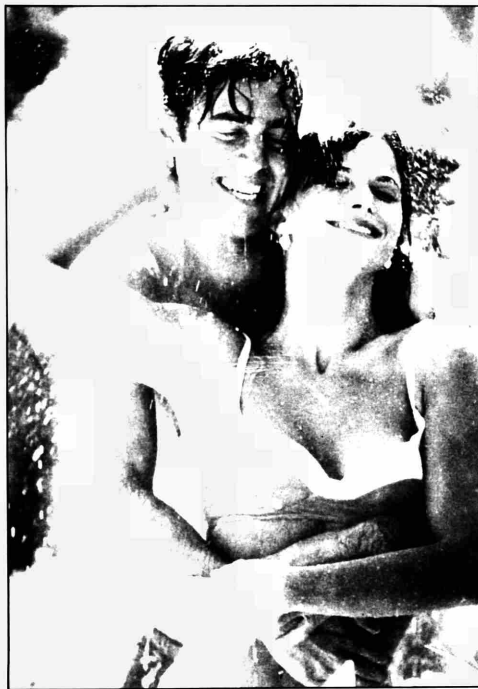


Safe Tanning Guide



Develop a Healthy Colour

WHILE SAFEGUARDING YOUR HEALTH

If you have ever wished for a golden tan all year round - then these capsules may be the answer. Beta-Gold is a natural golden brown supplement extracted

totally from plants. When used for over two weeks it can cause the skin to turn a light golden colour. These capsules may also be used with sunbathing or sunbeds. OTHER BENEFITS Beta-Gold also contains pro-vitamin A which your body converts to vitamin A but only in the amount it requires, so

you can't take too much. Large scale studies seem to prove that this pro-vitamin may actually help protect the body against cancer. DEVELOP A HEALTHY COLOUR ALL YEAR ROUND WITH BETA-GOLD

Beta-Gold £10.50 90 capsules

Safe Tanning Tips

THE BEST TIMES FOR SUNBATHING

Sunlight is a natural and beneficial tonic for the whole body. Safe exposure to the sun brings about reduced blood pressure, relaxation, improvement in mood and a feeling of wellbeing. We all know the dangers of over-exposure, especially for Irish skin-types. So, follow a safe

tanning code and reap the rewards without any negative side-effects. • Avoid mid-day sun when the sun's rays are most direct and penetrating. The best times are before 11am and after 3pm. • Increase the duration of your exposure to the sun gradually over a few weeks allowing the body to build

up its natural defences, i.e. melanin. This is the pigment that causes you to tan. • If you have sensitive skin or are in charge of children use a high factor rating tanning lotion that will give you and them proper tanning protection. • Use a good moisturiser after sunbathing to offset the dehydrating effect of the sun.

Protect Yourself From Sun Damage

TAN-SAFE, our latest discovery, is a sun lotion that gives you protection from the harmful rays of the sun while still allowing you and your family to enjoy the sunshine. Ideal for all types of fair and sensitive skin and for those who want maximum protection this summer.

• Prevents sunburn, wind burn, flaking and dehydration of the skin. • It is a hypo-allergenic, vanishing type cream that actually moisturises your skin. • Not tested on animals. • Bio-degradable Recommended for all types of

skin and especially for those with fair or sensitive skin who burn easily. Ideal for adults and children alike. All of the ingredients in the product are fully biodegradable and will not soil your clothing. The ideal beach accessory this summer. TAN SAFE LOTION: £8.90

Soothing Aftersun Spray

AROMA-SOOTHE is a unique blend of the two most widely acclaimed anti-burn substances found in the plant kingdom. Aloe Vera and the essential oil of Lavender, together with NaPCA, the natural moisturising factor in human skin, and ultra-soothing essential oil of Chamomile. Comes in a non-aerosol pump so you can spray directly on to tender areas without the need for rubbing. Cooling, soothing, restores lost moisture. Suitable for all skin types, including children's.

AROMA-SOOTHE £5.90

Aromatherapy

We carry a full range of Aromatherapy and beauty products. Aromatherapy has never been so popular as it is today and essential oils have such a wide range of uses... from relaxing oils such as Lavender and Sandalwood which are popular for massage, to oils such as Eucalyptus, Pine or Peppermint which can help in relieving in colds, flu etc. Exotic oils such as Jasmine, Neroli & Rose form the basis of many expensive

perfumes. Our pure essential oils are very concentrated. A few drops go a very long way and they must never be used undiluted. For those who prefer a ready to use product we have a full range of moisturisers, shower gels, lip balms, massage oils, facial oil, hydro-dispersible body oils, after-bath lotions, all formulated to our exacting standards. We also stock a lovely range of pottery burners at very reasonable prices.

Tony Quinn Health Stores & Agents

These featured products and many more products are available at any of our centres, agents or by posting the mail order form on the next page.

DUBLIN CITY

67 ECCLES ST (Off Dorset St) Tel: (01) 308588 Mon-Fri: 9am - 10pm Sat: 9am - 6.30pm

RATHMINES

2 WYNNEFIELD RD (Opp ESB Office) Tel: (01) 974234 Mon-Fri: 10.30am - 8pm Sat: 10.30am - 6pm

DÚN LAOGHAIRE

96 LR GEORGES ST Tel: (01) 280-9891 Mon-Sat: 10am - 6pm Late Nights: Mon & Wed till 9pm

BRAY

9 QUINBORO ROAD Tel: (01) 286-9311 Mon-Sat: 10am - 6pm Late Nights: Mon & Thurs till 9pm

CORK

20 ACADEMY ST Tel: (021) 276364 Mon-Sat: 10am - 6pm Late Nights: Tues & Fri till 9pm

DUNDALK

18 JOCELYN ST Tel: (042) 38097 Mon-Sat: 10am - 6pm Late Nights: Mon & Thurs till 7.30pm

ARMAGH

41 ENGLISH ST Tel: (0861) 525742 Mon-Sat: 9.30am - 5.30pm



LIST OF APPROVED AGENTS

- ARTANE - Teresa Hanaway, 97 Brookfield Est. 01-316023 (after 3pm)
- BEAUMONT - Carmel Flanagan, 84 Shantala Road. 01-842-8195
- BLACKROCK - Paul Doyle, 3 Avondale Lawn Est. 01-288-7432
- BLANCHARDSTOWN - Nuola McNeely, 11 Westway Park. 01-820-4125
- CABRA - Suzanne Cosigan, 01-388123
- Ca. DUBLIN - Anne Drury, Skerries. 01-849-0204
- DUBLIN 6 - Brenda O'Driscoll, Terenure. 01-903357
- DUBLIN 8 - Patricia McKenna, 2 Bloomfield Avenue. 01-543319
- DUBLIN 10 - Dermot Lane, Ballyfermot. 01-623-1674
- FAIRVIEW - Dara Cronin, 17 Windsor Avenue. 01-336399
- FIRHOUSE - Cyril Mahon, 99 Glenvara Park. 01-942437
- HOWTH - Seánán Clifford, 5 Church Street. 01-323067
- RAHENY - Margaret Forde, 01-339902
- SWORDS - Donal Ó hÓbáin, 29 Forest Blvd. 01-840-5540
- NATIONWIDE
- ARMAGH - Margaret Shortt, 63 Dundrum Road, Tassagh. 0861-531463
- CORK - Mary O'Farrell, 021-632937
- CORK - Liam O'Connor, Holistic Health Centre. 021-962107
- CARLOW - Josephine Donnelly, 26 Mountain View, Pollerton. 0503-41878
- CASHEL - Liam Kelly, Roseview. 062-62063
- CELBRIDGE - M. & B. O'Cuonaigh, 8 Willowbrook Lawns. 01-628-8961
- DROGHEDA - Maire Maguire, 4 Regents Place. 041-32028
- GALWAY - Mary Dolan, 091-53114
- GREYSTONES - Brenda Connolly, 01-287-6054
- KILKENNY - Seán Kelly, 102 Patrick St. 056-63874
- MAYO - Nora Conway, 094-22204
- MONAGHAN - Marie O'Sullivan, Crescent Stores, Castleblaney. 042-74350
- NAAS - Ki Massage Therapy Clinic, St. David's House, Main St. 045-74350
- NAAS - Kevin Lovatt, Millbrook Health Studios. 045-75356
- WATERFORD - Caroline Moran, 5 Barronstrand Road. 051-76279



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