

NATIONWIDE

- CHILDBIRTH -

"SELF PREPARATION FOR CHILDBIRTH"
First Irish Publication by midwife/antenatal teacher. Prepares parent physically and emotionally for baby's birth. Details of new maternity legislation. Available in main bookshops, cost £8.99 <http://indigo.ie/~birth> or publishers (089) 62586

CORK

- BEAUTY SALONS -

Pamper yourself with **THE AQUAGEN BEAUTY SALON**. All beauty treatments, facials, waxing, electrolysis, broken veins, turbo sunbed. Special Offer on Slender Tone Sequence 16. Courses of 10 were £120 now £80. Late opening by appointment. 27 Grand Parade, Cork. 021 276586

- COUNSELLING -

TABOR LODGE, Belgooly 021 887110. 28 day Residential Treatment for Alcohol/Drug/Gambling Addictions. Minnesota Model - Drug Free, Individual & Family Counselling. VHI approved.

HAIR SPECIALISTS

HAIR GUARANTEED
In 38 Weeks or Less



Perm-a-Growth™

Readily developed in the U.K. by Growth Hair Clinic. Patent applied for. In keeping with our policy to supply the ultimate in Hair Replacement, at a fee you can afford, our new Perm-a-Growth™ process is the most subtle process ever devised, giving you a healthy looking second head of hair.

This new process allows you to gradually replace your lost hair whether you are just starting to thin or are already bald. With Single Strand Perm-a-Growth™ you have the flexibility to integrate with existing hair, even extend or reduce the 38 week recommended schedule, to suit your requirements.

No one will ever realise you are replacing your lost hair, eliminating any possible feeling of embarrassment and without the uncertainty or trauma of surgery.

We also carry out and service all modern hair replacement methods, including our own **Male-Integration™** process, which many still try to imitate. Our fees are generally offered at a rate 20%-30% less than elsewhere.

Growth Hair Clinic
52 King Street South
Dublin 2
Tel: 01-479 8986
BIRMINGHAM • MANCHESTER
LEEDS • SOUTHPORT • DUBLIN
GLASGOW • WATERLOO

PHONE OR FILL IN COUPON FOR FREE BOOKLET

STR 5

Postcode Tel

CORK

- COUNSELLING -

GENIE AIDS
MANAGED AIDS
• Education programmes on AIDS and Sexual Health
• Counselling
• Refunding, Home Support & Holistic Therapies
• Library and Information Services
• Confidential Helpline
Tel: (021) 275837
Helpline: (021) 276676

- FLYING -

SOUTH AIR
Flight Training
P.L.C.P.L.R.
Introductory flying vouchers.
Special Offer:
10 lessons for the price of 9
with this voucher until 20/5/97
Kinsale Rd., Cork.
Ph. 021 888401

- HEALTH CENTRE -

TONY QUINN HEALTH CENTRE
START A NEW LIFE TODAY
Tony Quinn's Successful Living Sessions for Business, Success, Health, Relaxation, Self and Life Improvement. Talks on: Tues. 6th March @ 8.30 pm
29 Academy St., Cork.
Tel: 021 276364

HAIR SPECIALISTS

HAIR GUARANTEED
In 38 Weeks or Less



Perm-a-Growth™

Readily developed in the U.K. by Growth Hair Clinic. Patent applied for. In keeping with our policy to supply the ultimate in Hair Replacement, at a fee you can afford, our new Perm-a-Growth™ process is the most subtle process ever devised, giving you a healthy looking second head of hair.

This new process allows you to gradually replace your lost hair whether you are just starting to thin or are already bald. With Single Strand Perm-a-Growth™ you have the flexibility to integrate with existing hair, even extend or reduce the 38 week recommended schedule, to suit your requirements.

No one will ever realise you are replacing your lost hair, eliminating any possible feeling of embarrassment and without the uncertainty or trauma of surgery.

We also carry out and service all modern hair replacement methods, including our own **Male-Integration™** process, which many still try to imitate. Our fees are generally offered at a rate 20%-30% less than elsewhere.

Growth Hair Clinic
52 King Street South
Dublin 2
Tel: 01-479 8986
BIRMINGHAM • MANCHESTER
LEEDS • SOUTHPORT • DUBLIN
GLASGOW • WATERLOO

PHONE OR FILL IN COUPON FOR FREE BOOKLET

STR 5

Postcode Tel

DUBLIN

- CHIROPODISTS -

Chiroprody/Podiatry Centre
PATRICK MORTELL
M.C.S.C.I. F.E.C.A.
F.I.C.O.F.A.C.I. H.D.P.A.C.I.
Chiroprodist - Podiatrist
For Appointments Home Visits
105A Cabra Road, D.7.
Phone 868 0708

- PERSONAL DEVELOPMENT -

LifeQuest
Personal Development
HOME STUDY
AUDIO CASSETTE
PROGRAMS
including the best sellers
THE SILVA METHOD
by Jose Silva / Robert B. Stone
UNLIMITED POWER
by Anthony Robbins
30 DAY FREE TRIAL
For free brochures phone 8422887

- SAUNA BATHS -

ENJOY A SOOTHING, stimulating massage and a relaxing sauna. 8 Eustace St. (off Dame St.) Dublin 2. Tel. 671 1898

- STRESS MANAGEMENT -

DYNAMIC S
Interpersonal Skills
Training. Assertiveness, stress management, sexism at work, post-traumatic stress. Courses held regularly. 677 5655
Fax: 677 5487

- SKINCARE -

FARMERS
Skincare for Spring
Stockists of Roc
Skincare Products

- WATERSPORTS -

DOCK
JUNIOR ACTIVITY WEEKS
All day, All summer £85
Pre-book, pre-pay
OFFER £85
Ph. 01-668 3945 for
details. See you at the
Boat Show

LIMERICK

- BEAUTY -

DERMALIFT - "Facial Lifting and Contouring" for a more youthful you - Free consultation. Turbo sunbed, beauty treatments. Call Maura today. **SKIN DEEP BEAUTY SALON**, 1 Black Abbey Court, Adare. 061 396999

- CHIROPODY -

ANN BAGNELL, S.R.N., S.C.M., M.C.S.Ch. For all footcare with clinics at Mungret, Kildimo, Oola & Pallasgreen. Home visits on request. Clinic appointments 061-353127



Health Leisure

Make the most of your free time this winter, with the Sunday Tribune's Health & Leisure Classified Section. There are numerous suggestions to help you stay fit, healthy and in tip top condition during the season that's in it. You will also find enjoyable ways of spending those long winter days and evenings. It's all here: make reading the Health & Leisure classified section your first step towards greater physical and mental well-being this winter.

MONAGHAN

- BEAUTY SALON -

OLIVIA KEENAN, Slender Tone, Sequence 16 non-surgical face lift. The new medically approved Apilus method of electrolysis. Cellulite & inch loss treatment. 22/24 Glaslough St. 047 83320

SLIGO

- BEAUTY PRODUCTS -

TOHERS
28 O'Connell St., Sligo
Tel: 071 42896 Fax: 071 46335
and
Calvin Klein
Introductory
"CK Be"
The Ultimate Fragrance and Bodycare Range
Opening hours: Mon-Wed 9am-7pm
Thurs-Fri 9am-9pm
Sat 9am-6pm

TIPPERARY

- BEAUTY SALON -

"LANECHE, The Secret of Beauty" Natural skincare - excellent results, reasonably priced. Beautiful make-up range, magnetic system, available in beauty salons all over Ireland. 052-36433

GWYO

To advertise in the Health & Leisure Pages, contact Dave Kelly on 01-661 5555
Fax: 01-661 4656
Email: s Tribune@indigo.ie

GWYO

- HEALTH & FITNESS -

PARADISE HEALTH & FITNESS CENTRE
Exclusive Members Gym. Machine & free weights. Step aerobics, body wrap & eurowaves. Steam rooms, Tai Kwon Do, aromatherapy & massage. Free trials. Nenagh. Tel 067 34399

WESTMEATH

- CHIROPODIST -

Chiroprodist/Reflexologist
JOAN O'NEILL, M.A.Ch.
PoD: 1 Millmount Terrace, Mullingar (044) 49111
Clinic Hours Mon-Sat 9.30 am - 5.30 pm. Home calls by appointment.

SPORTS & OUTDOOR EQUIPMENT

BARTON SMITH SPORTS. One of the biggest ranges of sports goods, shoes, outdoor clothing & equipment in the North-West. Est. over 200 yrs. 7/8 Johnston Ct., Hyde Bridge. 071-42356

COX'S, Market Sq., Ballina Dome tents, rucksacks, sleeping bags & boots aplenty. Extensive range of camping & caravanning equipment. Breathable rainwear & army surplus. Protective clothing. Tel 096 70896

LANDERS LEISURE LINES. Every camping, angling & shooting accessory you'll need. Rainwear by Sprayway, Columbia & Jack Murphy. Boots, Socks, Rucksacks, Flasks. Courthouse Lane, Tralee. 066 26644 / 066 24378

ADVENTURE SPORTS

Kilfinane O.E.C., Co. Limerick, offers a wide range of Adventure Sports, Catering for Schools, Adult Breaks and Company Training Programmes. Specialist Programmes for Transition Year and Leaving Certificate Applied. All rooms (11x4) are Ensuite. Excellent catering facilities. A.F.A.S. approved center with experienced and qualified staff. Tel: 083 91161 Fax: 083 91291

ACHILL O.E.C. Cashel, Achill, Co. Mayo. Rockclimbing, Surfing, canoeing, Hillwalking. ☎ 098 47253

BIRR O.E.C., Roscrea rd. Birr, Co. Offaly. Hillwalking, Canoeing, Rockclimbing, Sailing, Camping. ☎ 0509-20029

BURREN O.E.C. Turrough, Bell Harbour, Co. Clare. Hillwalking, Canoeing, Caving, Rockclimbing, Sailing. ☎ 065 78066

CAPPANALEA O.E.C. Oulagh West, Carraghlake, Kiltorglin, Co. Kerry. Hillwalking, Canoeing, Rockclimbing, Sailing. ☎ 066 69244

DUNMORE EAST Adventure Centre. Dunmore East, Co. Waterford. Archery, Canoeing, Hillwalking, Sailing, Windsurfing. ☎ 051 383783

SHEILBAGGAN O.E.C. Ramsgate, The Head, Co. Wexford. Hillwalking, Surfing, Sailing, Canoeing. ☎ 051 562108

EDUCATIONAL RESOURCE CENTRE. Weavers Square, Ballyglass, Co. Wicklow. Archery, Abseiling, Hillwalking, Rockclimbing, Canoeing. ☎ 0508 81002

GARTAN O.E.C. Churchill, Letterkenny, Co. Donegal. Hillwalking, Canoeing, Rockclimbing, Archery. ☎ 074 37032

KINSALE O.E.C. St. Johns Hill, Kinsale, Co. Cork. Canoeing, Rockclimbing, Kayaking, Sailing. ☎ 021 772896

LITTLE KILLARY Adventure Centre. Salsruck, Renyffe, Co. Galway. Hillwalking, Canoeing, Rockclimbing, Archery. ☎ 095 43411

THE NATIONAL ADVENTURE CENTRE. Tigrin, Ashford, Co. Wicklow. Hillwalking, Rockclimbing, Canoeing, Orienteering. ☎ 0404-40169

- COMPLEMENTARY TREATMENTS -

CORK

- ALLERGY TESTING -

FEELING tired, irritable & bloated? Losing interest? Could you have Candida? There's help at hand. Effective Candida cures in 6 to 8 weeks. Call Ger at Freedom Holistic Centre. 021 633421.

- AROMATHERAPY -

CHRISTINA CROWLEY Full Back Remedies. Essential oils, homeopathic remedies. Aloe Vera products. Meridian range. The Square, Dunmanway. 023 45471

DUBLIN

- HEALTH CENTRES -

PROBLEMS I Perhaps I can help? Alister Brodee, Hypnotherapist, NLP & Time Line™ practitioner. Free introductory consultation. **NATURAL SOLUTIONS**, Monkstown. ☎ 280 5506

- HYPNOTHERAPY -

PERSONAL PROBLEMS - smoking, blushing, phobias, sexual, slimming/anorexia, confidence, public speaking. **LifeQuest** Hypnotherapy, HYPNOSIS & N.L.P. Free introductory talk, confidentiality assured. Ph 8422497 / 4910689

DUBLIN

- NEW AGE HEALING SHOP -

CRYSTAL MYSTIQUE. Want to find your QWZ magic? We specialise in healing crystals, meditation tapes, self help & spiritual books. Barbara 01-8455599. Townyard Lane, Malahide.

GALWAY

- HYPNOTHERAPIST -

STOP SMOKING slim, reduce stress, fear, more confidence, relaxation, self control. Diarmuid Lavelle, B.A., Dip. Mon-Fri & eve's 091 569770. Canavan House, Nuns Island, Galway.

REIKI/SEICHEM

Reiki/Seichem



Reiki & Other Rays of Touch Healing by Kathleen Miller. A comprehensive manual for healers and those going through a healing process.



Ann Faharty Cocoon Reiki Centre, Howth, Dublin. Tel: 832 1255

GALWAY

- OSTEOPATH -

OSTEOPATH, Karl Prendergast, MIOA. For treatment of back & neck pain and shoulder & knee problems. 5 Devon Pl., The Crescent, Galway. Tel. 091-589417.

WICKLOW

- PERSONAL TOTEM POLE PROCESS -

AN IMAGERY PROCESS of Awakening our Ancient Visionary Wisdom for Healing & Transformation. Hazel Archer. Tel. 01-281 8515

REIKI

Reiki is the most relaxing method of de-toxing in this busy 20th Century. Reiki also works as a wonderful anti-stress technique. This method of healing works the tension points within the body. Reiki also restores sleep patterns when received regularly. Reiki re-establishes spiritual equilibrium and mental well-being.

REIKI PRACTITIONER

- ANTRIM -

Denise Burke, 7 Seapoint, Belfast Rd. Carrickfergus. Tel. (01960) 362534

- DUBLIN -

Ella Canavan, Life Healing Centre, 83/88 Lwr. Dorset St., D7. Tel. 8305570 / 8381302
Eilizabeth Atkins, Co. Dublin. Tel. 282 7261

- LONGFORD -

Marina McCann, c/o Health options, Natural Therapy Clinic, 19 Dublin St., Longford. 043 47776

FESTIVAL OF HEALTH & HEALING

Riverside Centre, Sir. John Rogersons Quay. Feb 28th, March 1st & 2nd 1997.

REIKI TEACHER & PRACTITIONER.

- DUBLIN -

Ilsa Blackstein, Reiki & Sei Chm. Tel. 6230838 Dublin 20.

Mary Power, 22 Hazelwood Drive, Artane, D.5. Tel. 848 1949

Martina Coyne, Inniu Healing Arts, Lucan, Dun Laoghaire, Wicklow, Wexford. Tel. 628 3467

Gwendoline McGowan BA (Hons) Bs. 087448545 Baggot St., Phibboro & Raheny, Re. Mini Workshop 2000 Understanding the Food We Eat.

- DOWN -

Peter Shields, Alexandra House, 230 Scrabo Road, Newtownards, Co. Down. BT 23 49J. Tel. (01247) 826474