

CLASSIFIEDS

NATIONWIDE

- CHILDBIRTH -

"SELF PREPARATION FOR CHILDBIRTH" First Irish Publication by midwife/antenatal teacher. Prepares parent physically & emotionally for baby's birth. **Bookshops:** <http://www.indigo.ie/~birth> or publishers (069) 62596 Fax: (069) 62933

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

Single-Strand

Perma-Growth™
Newly 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 Perma-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 Perma-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-Integrations™** process, which many still try to emulate. Our fees are generally offered at a rate 20%-30% less than elsewhere.

Growth Hair Clinic
52 King Street South
Dublin 2
Tel: 01-679 8986

BIRMINGHAM • MANCHESTER
LEEDS • SOUTHPORT • DUBLIN
GLASGOW • GATESHEAD

OPEN TIMES TO SAT FROM 10am

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CORK

- COUNSELLING -

GENE AIDS **MANAGED**

- Education programmes on AIDS and Sexual Health
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- Library and Information Services
- Confidential Helpline

Tel: (021) 275837
Helpline: (021) 276676

- FLYING -

SOUTH AIR **Flight Centre**

Flight Training P.P.L.P.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 688401

- 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. 4th March @ 8.30 pm 28 Academy St., Cork. Tel: 021 276364

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DUBLIN

- CHIROPODISTS -

Chiropody/Podiatry Centre
PATRICK MORTELL
M.C.S.O. F.E.C.A.
F.I.C.H.P.A.C.I. H.D.P.A.C.I.

Chiropodist - Podiatrist
For Appointments Home Visits

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Phone 868 0708

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Personal Development
HOME STUDY AUDIO CASSETTE PROGRAMS

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Windsurfing, Sailing, Waterskiing, Surfing, Canoeing.

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DERMALIFT - "Facial Lifting and Contouring" for a more youthful you - Free consultation! Turbo sunbed, beauty treatments. Call Moira 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 Munget, 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 WATERFORD

- 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

20 O'Connell St., Sligo
Tel: 071 42896 Fax: 071 45335

Present
"Fresh Attributes"
The New Spring Colour Collection from Lancôme. Surround yourself with cool pastels to create that fresh 90's look

Opening hours: Mon-Wed 9am-7pm
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TIPPERARY

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'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

- CHIROPODIST -

EILEEN MORRISSEY, S.R.N., S.C.M., M.C.S. Ch, M.I.C.H.O. All conditions treated in a professional and caring way. Verruca, corns, callouses, Athletes Foot, arch supports fitted. Auto Foam aids. 0505 46202 Crosspatrick via Thurles

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WESTMEATH

- CHIROPODIST -

Chiropodist/Reflexologist
JOAN O'NEILL, M.A.Ch.
Pod. 1 Millmont Terrace, Mullingar. (044) 49111
Clinic Hours Mon-Sat 9.30 am - 5.30 pm House 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 LINING. 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

CAPPANALEA O.E.C. - 25 years on from the project which was initiated by the Killorglin Community. We cater for all age groups, individuals and societies. The Centre has had a Day Visitor Centre recently added. Cappanalea O.E.C. is A.F.A.S. approved for canoeing, hillwalking and rockclimbing. Killorglin, Co. Kerry 066-69244

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, Sailing, Rockclimbing, Sailing.
☎ 065 78066

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

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

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

KILFINANE O.E.C. Killynane, Co. Limerick. Canoeing, Hillwalking, Rockclimbing, Assault Course. ☎ 063 91161

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

LITTLE KILLARY Adventure Centre, Salruck, Renyule, Co. Galway. Hillwalking, Canoeing, Rockclimbing, Archery. ☎ 095 43411

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

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

- 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 -

A WEEKEND that will change your life! "Instant change through N.L.P." 8th - 9th March. Free explanatory cassette. **NATURAL SOLUTIONS**, Monkstown. ☎ 280 5506

- HYPNOTHERAPY -

PERSONAL PROBLEMS - smoking, blushing, phobias, sexual, slimming/anorexia, confidence, public speaking.

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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.

REIKUSEICHEN

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

Margie Flynn
Healing Room, Clontarf, Dublin. Tel. 068 2748883 - (01) 633 3259

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.

REIKI

Reiki is a natural healing art that encourages one to face the negative energies in the mind, soul memory, physical body and everyday environment. Reiki enhances the healing process at the pace agreeable to the healee and is therefore a non-invasive, non-aggressive, gentle and holistic road to self enhancement and awareness.

REIKI PRACTITIONER

- ANTRIM -

Denise Burke, 77 Seapoint, Belfast Rd. Carrickfergus. Tel. (01960) 362534

- DUBLIN -

Ella Canavan, Life Healing Centre, 83/88 Lwr. Dorset St., D7. Tel. 8305570 / 8381302

Elizabeth Atkins, Shankill, Co. Dublin. Tel. 282 7261

- LONGFORD -

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

WICKLOW

- PERSONAL TOTEM POLE PROCESS -

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

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REIKI TEACHER & PRACTITIONER

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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 087 448545 Baggot St., Phibsboro & Raheny. Enquiries re Mini Workshop 2000

- DOWN -

Peter Shields, Alexandra House, 230 Scarbo Road, Newtownards, Co. Down BT 23 45J. Tel. (01247) 826474