

CLASSIFIEDS

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 £6.99 http://indigo.ie/~birth or publishers (069) 62596

CORK
- BEAUTY SALONS -

Pamper yourself with THE AQUAGEM 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



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Perm-a-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 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.

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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 Hair-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: 01-679 8986

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DUBLIN
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- PERSONAL DEVELOPMENT -

LifeQuest
Personal Development HOME STUDY AUDIO CASSETTE PROGRAMS
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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 Glasgough St. 047 83320

SLIGO
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Powerful Cellulite Control
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WESTMEATH
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SPORTS & OUTDOOR EQUIPMENT

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ADVENTURE SPORTS

Kinsale Outdoor Education Centre. is situated in the beautiful town of Kinsale. The Centre offers courses from beginners to advanced in sailing, kayaking, motorboating, windsurfing and multi-activity for individuals and groups of all ages Specialist courses arranged Kinsale, Co. Cork. Tel: 021 772896 Fax: 021 773088

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 ☎ 066 80666

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

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

EDUCATIONAL RESOURCE CENTRE. Weavers Square, Rathfriland, 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

LITTLE KILLARY Adventure Centre. Salruick, Renvyle, Co Galway Hillwalking, Canoeing, Rockclimbing, Archery ☎ 095 43411

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COMPLEMENTARY TREATMENTS

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OSTEOPATH Karl Prendergast, MIOA For treatment of back & neck pain and shoulder & knee problems 5 Devon Pl., The Crescent, Galway Tel. 091-589147

WICKLOW
- PERSONAL TOTEM POLE PROCESS -

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DUBLIN
- HEALTH CENTRES -

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GALWAY
- HYPNOTHERAPIST -

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- DUBLIN -

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

Elizabeth Shankill, Co Dublin Tel 282 7261

- LONGFORD -

Marina McCann, Co Healthy options, Natural Therapy Clinic, 19 Dublin St., Longford 043 47776

REIKI TEACHER & PRACTITIONER.
- DUBLIN -

Ilsa Blackstein, Reiki & Sei Chm Tel 6230838 Dublin 20

Mary Power 22, Hazelwood Drive, Artane, D5 Tel 848 1949

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Gwendoline McGowan BA (Hons) Bs. 087 448545 Baggot St., Phibsboro & Raheny Re: Mini Workshop 2000 Understanding the Food We Eat.

- DOWN -

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