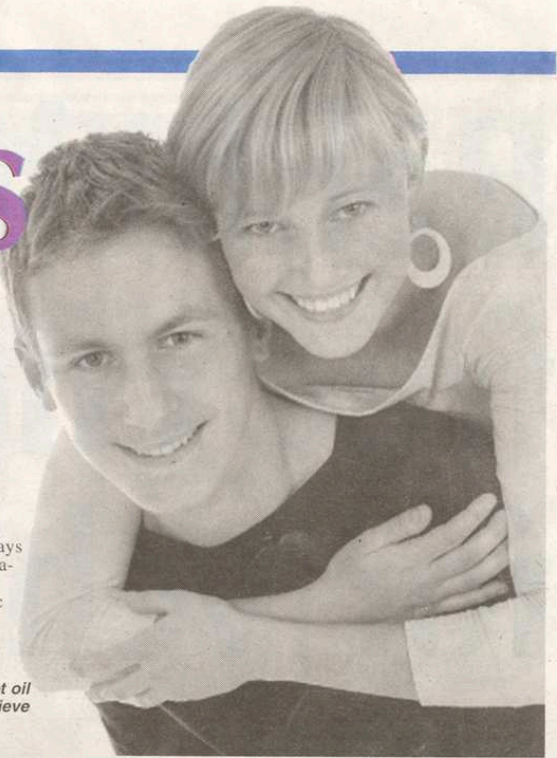


Hirsana helps hair grow...



Hirsana capsules, designed specifically for hair, contain necessary nutrients for optimum hair growth.

While it is often thought that a shampoo is the best way to deliver vitamins and minerals to the hair, the reality is that hair grows from the inside out, rather than the outside in.

So for anything from thinning to greying hair, Hirsana golden millet capsules may be the ideal solution.

Millet is tremendously healthy.

The plant is simple to cultivate, thrives on little water and even yields in places where other cereals do not grow.

For centuries, people have known that millet is good for the skin, hair and nails. After 12 years of development, E Zwicky, the Swiss manufacturer of highly nutritious organic products succeeded in extracting pure oil from golden millet.

Golden millet oil contains 64.9 per cent linoleic acid and 1.4pc alpha linolenic

acid as well as Vitamin E and Vitamin B6.

Hirsana golden millet oil capsules contain the natural active ingredients of golden millet in highly concentrated form and offer a highly effective formula for thick and shining hair, beautiful skin and strong nails.

The capsules counteract certain dietary related signs of deficiency.

They boost the supply of all the important nutrients, vitamins and zinc to the hair, skin and nails and strengthen hair, leaving it thick and shiny and stop hair loss.

Hirsana golden millet oil also supports natural skin functions and gives you the benefit of clean, attractive skin.

In addition, Hirsana also boosts the strength and lustre of fingernails.

Every capsule contains 200mg of top quality, pure golden millet oil along with Vitamin E, Vitamin B6, Thiamin, Riboflavin, Pantothenic acid, Biotin and Zinc.

Vitamin E serves as an antioxidant and protects

cells against free radicals. Vitamin B6 boosts the metabolism, among other things.

Thiamin makes an important contribution towards ensuring that the nervous system continues to function normally while riboflavin supports the formation of blood cells.

Meanwhile, pantothenic acid is involved in the meta-

bolic process for energy recovery while biotin plays an important role in metabolic processes.

The trace element zinc supports the build up of protein produced within the body.

■ Hirsana golden millet oil capsules can help achieve beautiful hair, skin and nails

Rediscovering beauty secrets at Alwazzan



Rediscover the secrets of true beauty at the Alwazzan Beauty Centre. Get rejuvenated in a comfortable environment that will put you at ease.

A team of highly-experienced staff members are constantly at hand to ensure that you get the best from a range of beauty treatment services.

A range of treatments for women is offered including traditional massage therapies-designed to make tight bodies supple and increase blood circulation.

Massage treatments including Swedish massage, Japanese massage, Thai massage, head, neck, shoulder and back massage are perfect to revive both the body and mind and to relieve pain. Try out a body polish today to scrub away dead skin and allow new skin regeneration.

Cellulite

A number of therapeutic body slimming and wraps treatments that balances the body and rids it of harmful toxins is available. These include fat reduction with optional ultrasound, muscle toning and drainage tissue cells by Endermology to reduce cellulite, G5 treatment for removal of cellulite, Quickslim body wrap fat reduction, body remodelling and reshaping, and epilation electric muscle toning and stimulation.

The centre's trained staff members are ready to handle all your demands including make up, eyebrow shaping and eyebrows, eyelash tints, hair removal and waxing, hand and foot care and paraffin wax on hands, feet and body. Alwazzan Beauty Centre remains open daily from 9am to 8pm except for Fridays. Book your appointment or take advantage of the centre's free consultations.

■ Alwazzan Beauty Centre ... perfect massage treatments

Lovely Lolita cares for your nails

The beauty-conscious know the address for the most effective hair and nail therapies.

Nestled in the Golden Sands building in Hooraa, the Lovely Lolita beauty salon is open for the benefit of women looking to rediscover their innate beauty.

The salon's ground floor is dedicated solely to the care and treatment of nails, whilst the hairdressing and beauty sections, including waxing, threading, and massage sections, are on the first floor.

Hygiene is always a major priority and ensures that every instrument used is sterilised before and after every treatment.

Hair and skin differ from person to person. Accordingly, different basecoats are used to treat every kind of nail, whether dry, yellow, peeling, weak, damaged or post-acrylic.

Pamper your nails by adding a paraffin treatment or masque for your hands or feet. Guests are spoiled for choice with a range of over 350 nail polish colours to choose from, and you are sure to find the perfect match for your ensemble.

A range of beauty treatments are available. The salon operates daily from 9.30am to 8.30pm. Contact 17540101 or e-mail lolitabahrain@gmail.com for more information.



■ Lovely Lolita ... for best hair and nails treatments

HIRSANA
For beautiful hair, skin and nails

NASSER
WE CARE FOR YOUR HEALTH

Nasser Pharmacy & Shopping Centre - Zinj Tel: 17740900, City Pharmacy - Sitra Mall Tel: 17732788, Al Jazeera Pharmacy - Bahrain Mall Tel: 17556066, Delmon Pharmacy - Al Ossa Mall Tel: 17699555, Exhibitions Pharmacy - Exhibition Avenue Tel: 17311449, Hawar Pharmacy - East Rifaa Tel: 17770888, Country Pharmacy - Country Mall Tel: 17592226, Al Hilal Pharmacy - Muharraq Tel: 17341700.

AL WAZZAN
BEAUTY CENTER

An essential new treatment
FITNESS ALSO APPLIES TO YOUR SKIN!
You normally only think about face washes, cream, or face packs for your skin. However, what keeps your skin going and makes it strong, firm, and smooth, are its base foundation of connective tissue. To strengthen these tissues and helps fight against the visible signs of aging, **Lift 6[®]**, from LPG[®], offer you a simple effective workout that **tones, strength, and rejuvenates** your facial skin.

For details, please call Al Wazzan Beauty Center at 17240070 & we will provide you for free assessment.

LovelyLolita
Hair, Nails, & Beauty Salon

Now Available:

- Gel and Acrylic Nail Extensions
- Fake Bake Self-Tanning Treatments

Located in Golden Sands, Hooraa. Tel: 17540101