

Smooth moves

THERE are many forms of hair removal, but laser is popular for many reasons and gives much better results than shaving, Veronica Denwick from Laser Hair Removal at the Bay says.

All treatments at the salon are performed by registered nurses with laser safety qualifications using a class 4 medical laser.

"Class 4 medical laser is clinically proven to provide the best treatment for hair removal.

"Laser hair removal is significantly different to Intense Pulsed Light which is often confused with lasers."

Veronica is a member of the American Society for Lasers in Medicine and Surgery.

The society has provided her with international training and the networking ability to interact with other like-minded health professionals who are passionate about providing their clients with the best clinically, evidence-based treatments available.



SMOOTH FINISH: Veronica Denwick from Laser Hair Removal at the Bay. Picture: Cathy Mundy 0Q117073

GM Laser Hair Removal at the Bay, 4 Gordon St, Glenelg, 8295 7070.

Sew passionate to stitch



Letha Gonsales gets some sewing tips from teacher Sandie Davies.

By Natalie Robertson

THE urge to sew is back in fashion among younger women after skipping a generation, says teacher Janet Olgivie of The Sewing School.

"I can't speak for everyone but my generation seemed more focused on careers and didn't make the time to learn to sew," she says.

Janet says there are many reasons behind the new trend, with some being inspired by their grandmothers' sewing skills and others intrigued by what they see in clothing stores.

"In many cases in the shops it's all about the look and not how it's put together, which says a lot about our society."

Class sizes at The Sewing School, Norwood, are limited to eight students, so Janet says "our

waiting lists have got longer". "Even the people who supply our sewing machines say they're experiencing greater demand."

She says the women, and a few blokes, enrolled in her sewing classes come from different backgrounds.

"We have a couple of architects and a doctor who love coming here. It's very relaxing for a lot of people."

One woman, who has been attending for 15 years regards it as a social outing.

"They just love to sew, it's their passion," Janet says.

Some students also want to gain experience before applying for fashion design courses.

GM Visit truelocal.com.au for your nearest sewing school.

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