

# Tranquility Nails & Waxing

By Jennie Gipp



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## July 2012 Newsletter

Hi Everyone, I know this newsletter is a little late this month, but my computer got sick. I now have a new one & hopefully I'll be off my L plates soon ☺. Well it's a new financial year & a chance to start a fresh. Speaking of fresh, how would you like to freshen up with some great specials this month.... Keep reading for more details ☺ talk soon, Jennie

### GOAL SETTING – Ever Wondered Where To Start....

Begin with Baby Steps & SMART Goals.. Rome wasn't built in a day ☺  
S=Specific / M=Measurable / A =Achievable / R=Realistic / T=Timebound

Eg. I want to start going to bed earlier by ensuring that I'm in bed by midnight, then working up to going to bed by 10pm.

Eg. I want to start walking for 15 mins each day then bring it up to 30 mins each day. Or try it 3 days a week to start & build it up to daily...

Try part 1 of goals for a month, then part 2 the next month.  
See what happens. You've got nothing to lose ☺



### FREE LEMONS



Yep, there's still heaps left.  
Please ask if you would like some on your next visit ☺

### HANDY HINT

Does your citrus tree drop its tiny fruit before maturing. Try blending your old banana skins with a bit of water in a food processor & pour at the base of your tree. You'll be amazed at the results, I was ☺

### BRAIN TEASERS



#### What am I?

I have streets, but no pavement.  
I have cities but no buildings.  
I have forests but no trees.  
I have rivers but no water...

#### What am I?

You may enter, but can't come in.  
I have space, but no room.  
I have keys, but open no lock...

### BUSINESS HOURS

Tue-Wed 10am-6pm

Thur-Fri 10am-9pm

Sat 10am-3pm

Sun-Mon Closed

### HAIRDRESSER

Available here on Saturdays.

Call Cheryl for all bookings

Ph: 0418 106 516

### WEBSITE SPECIAL

#### 1st Visit Free \$10.00 Voucher

Do you know someone who hasn't yet been to my salon. Then tell them to check out my website and download a special discount voucher just for them.. See website for details:

[www.tranquilitynails&waxing.com](http://www.tranquilitynails&waxing.com)

### HAPPY BIRTHDAYS

Jean Fletcher, Rachal Ewart, Michelle Morse, Tanya Guskic, Vicki Timlin, Wayne Webb, Rebecca Behr, Alison Marshall, Ally Ear, Rosemary Lade, Ashlee Docherty, Beryl Neill, Lauren Purchase, Liz Deieso, Annabel Barnes, Irina Charlton, Carley Minahan, Chloe Welch, Devina Jogia, Elissa Savage, Sue Foster, Fran Amos, Maree Struhs, Georgia Lewin, Katherine Reynolds, Kay Clark, Natasha Alexander, Pam Toom, Loren McDonald, Ruth Davies, Monika Pubby, Sylvia Latta, Trisha Woodroffe, Cheryl Watt, Carolyne Mc Kenzie, Carrissa Mc Namara, Leigh Walker.

### RAFFLE TICKETS

My hubby plays for a wonderful social golf club called "Ale & Flail". For the chance to win some great prizes & support their club, please purchase a ticket for \$2 on your next visit.

### JULY SPECIAL # 1 Fabulous Fresh Feet



Save \$5.00 Off

Sit back in the luxury spa pedi chair & enjoy a hot cappacino while your feet are transformed with a deluxe pedicure.

Must present voucher to redeem offer

### JULY SPECIAL # 2 Fabulous Fresh Faces



Save \$5.00 Off

Any Nude Make Up or Skin Care Packages over the value of \$50.00

Must present voucher to redeem offer