



## Tranquility Nails & Waxing

By Jennie Gipp

Ph: 0410 554 096

Hrs: Tue-Sat By Appt  
76 Loretto Ave, Ferntree Gully  
www.tranquilitynailsandwaxing.com.au



### JULY – AUGUST 2014 NEWSLETTER

Hi Everyone, Hoping you're all well. I was looking through some of my old newsletters from 2011 & got inspired. I thought you may like to read or re-read the following info I created about waxing back then. I'm also going to share some handy hints about apple cider vinegar that I've come across, plus of course some new brainteasers. How'd you go last month...? Does River Bank, Car-Pet, Bark, Deck of Cards, Sponge sound about right ☺. I hope you enjoy my latest newsletter & see you again soon, Warmest thoughts Jennie Gipp

#### HANDY HINTS - Apple Cider Vinegar...

Let me tell you about this little gem I've been using over the past year. Be warned though, it smells & tastes terrible ☺. No I'm not selling it, it's just some handy hints I thought that I'd share from my own personal experiences. I purchased it from woolworths and found the organic, unfiltered one with the mother still in it was best. I mixed 1-2 tablespoons with half a glass of apple juice to help calm down bloating & heartburn from indigestion & gall bladder problems. Very much like ENO. I also used it mixed with a jug of water to calm down a rash I had on my neck & ears from a new shampoo that I had tried. This week I've just discovered it's fantastic for killing my daughter's very stubborn warts that wouldn't go even after many attempts at burning them off at the doctors. So you just never know. I'm sure there are many other uses for this. Feel free to share them with me on your next visit. ☺



**ALL ABOUT WAXING.....** We wax for many reasons from religion to health, but most importantly we do it to feel good about ourselves, to feel refreshed & confident.

Waxing has been around for ages from the ancient Egyptians who used mixtures of oil & honey (sugaring), to the Greeks & Romans who used tweezers & hair removal cream (philotrum or dropax), to the current methods of strip & hard waxing techniques that we have today.

Pretty much anywhere on our body is suitable for waxing, as long as the correct wax & technique is used. A good hair length prior to waxing is appx 1/2 a centimetre. I use quite a few methods to help your waxing experience be the best it can be. If your pain threshold is low, taking panadol, etc. before waxing can help.

Most waxing is recommended approx every 4 – 6 weeks. The regrowth lessens over time, plus waxing becomes less painful with regular visits. This is due to what growth phase the majority of hairs will be in. The hairs on our body continually grow at different rates & can be up to two years old. There are 3 growth phases. Anagen – white bulb growth phase, Catagen – black bulb transition phase, & Talagen – no bulb resting phase. Can you guess what's the best stage to remove hair at?

Do you have problems with ingrown hairs or want to try a quality crème to soothe your skin after waxing? Then come in & pick up a **FREE" BUMP ERASER SAMPLE & BROCHURE.**



#### BUSINESS HOURS

Tue-Wed 10am-6pm  
Thur-Fri 10am –9pm  
Sat 10am-3pm  
Sun-Mon Closed

#### HAPPY BIRTHDAY

To my wonderful clients, I wish you all the best & hope you enjoy your special gift.

#### HAIRDRESSER

My sister Cheryl pops in a few times a month to do hairdressing on a Tuesday or Saturday. Please feel free to give her a call or text if you'd like to make a booking. Ph: 0418 106 516

#### CLEANER \$20-\$25 p/hr

Are you looking for a cleaner? Then maybe my Cleaner Katrina might be of assistance. She is based in FTG and looking for some more clients. For more info please call her on : Ph: 0422 361 006

#### Brain Teasers



- What did the ocean say to the sea?
- What did one maths book say to another?
- What needs to be answered but doesn't ask a question?
- What turns everything around but doesn't move?
- What do you have when 20 bunnies step backwards?

Answers just cause I'm nice ☺  
Nothing it just waved,  
I have a lot of problems,  
A phone, A mirror,  
A receding hare-line.