

MemberCare News

Issue 1, 2005

NEW Digital Photo Processing

UFS now offers a digital photo processing service through QFL including Autoprint (prints all images on media source), Selected Print (where you indicate specific images you want printed), enlargements and white border prints.

Prints at \$0.40c ea

Simply bring in 20+ images that you want printed from your media source (*pc card, compact flash, CD or memory stick*) for Autoprint standard gloss processing and they will be back in 3 working days.

20+ Prints \$0.40ea

Members \$0.32ea

Offer available on Autoprint only. Standard processing 10x15cm gloss. Images must be supplied in JPEG format, flattened TIFF file or PSD format.



Sturt St NOW Open Early at 8am

Sturt St is now open for early birds during the week.
Open 8am to 8pm Weekdays and 9am to 1pm Weekends
(and Public Holidays).

UFS DISPENSARIES

www.ufs.com.au



Naturopathy at Peace & Quiet

Peace & Quiet is pleased to introduce our professional naturopaths Jo Kidd and Sally Armstrong. Jo and Sally will assist you to achieve and maintain good health by offering not only diet and lifestyle advice, but also a range of complementary therapies such as herbal medicine, vitamin and mineral therapy, homeopathy and flower essences.

First Consultation

\$60.00 **UFS Members \$54.00**
Duration: 1 hour

Subsequent Consultations

\$42.00 **UFS Members \$37.80**
Duration: 30 minutes

Jo and Sally welcome the opportunity to share your healing journey with you and encourage you to call them for more information on 5332 1694.



Jo Kidd
Dip. Naturopathy
Dip. 1 Nurse Midwife
Grad. Dip. Health Counselling
Grad. Dip. Family and Child Health

Sally Armstrong
Dip. Naturopathy

CLAIMING THE COST OF CONSULTATIONS

Rebates will be available from MOST Private Health Funds. Our Naturopaths have provider numbers to enable you to claim the cost of your consultations.



719 Sturt St Ballarat
(03) 5332 1694
www.peaceandquiet.biz

D-Stress for Women

D-Stress for Women

Blackmores Women's D-Stress is designed to help balance the body systems that respond to stress. It contains the herb Withania somnifera, a traditional restorative tonic that helps your body adapt to stress, may assist cognition and memory function and also acts as a traditional tonic for the libido. It provides nutrients that are in high demand during times of stress, plus those important for women.

\$24.25 **Members \$19.40**



Women's Essentials Value Pack

Blackmores Women's Essentials makes staying healthy easier by combining the right supplements to help with PMS, osteoporosis and women's general health and wellbeing. Each pack includes Blackmores Women's Vitality Multi, Blackmores Total Calcium, Blackmores Evening Primrose Oil and BONUS Bath & Shower Crystals.

\$44.95 **Members \$35.95**



Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

Win Mum Some Peace & Quiet!

Blackmores in conjunction with UFS is offering you the chance to D-stress mum this Mother's Day by entering to win a 'Polish & Shine' package at Peace & Quiet.

This wonderful package is valued at \$245 and includes 2 1/2 hours of D-stressing including a body massage, body cocoon wrap with body polish, results facial, bust treatment (optional), hair treatment and a herbal tea.

To enter simply purchase either the Blackmores NEW D-Stress for Women or Women's Essentials Pack and complete the entry form in-store. It's up to you – put her name on the entry or your own (we won't tell)! Entries close 4th May and the winner drawn 6th May.

D-Stress Mum at Peace & Quiet

Name: _____

Address: _____

Suburb/Town _____ Postcode: _____

Telephone: _____ Receipt Number: _____

Receipt must be attached for entry to be valid.

This information is being obtained for the purpose of contacting the winner of this competition and this purpose only.

Reducing Pain and Inflammation

Enjoying regular sport and exercise is one of the best things you can do for yourself, however frequently being injured is one of the most common reasons why people tend to give up sport.

Pain will usually be the first sign that you are injured. There may not be any obvious bruising or the damage to the muscles/tendons/ligaments may be not visible to the eye, but show through pain or soreness.

The steps of R.I.C.E.R. will give you the best chance of recovering completely from an injury.

**R = Rest I = Ice C = Compression
E = Elevation R = Rehabilitation**

When following the R.I.C.E.R. regime it is

important to avoid using massage, heat or a heat producing substance or drinking alcohol as all these things can increase inflammation. Use of an anti-inflammatory such as Voltaren Rapid or Voltaren Emulgel in conjunction with the R.I.C.E.R. regime can assist with reducing the swelling and pain.

Voltaren Emulgel a non-greasy gel, specially formulated to relieve the pain and inflammation of:

- Acute soft tissue injuries where swelling is a problem. e.g. sports injuries, strains and sprains
- Localised forms of soft tissue rheumatism.

Voltaren Rapid 25 tablets can also assist in the temporary relief of acute pain where

inflammation is present.

Emulgel 20g \$7.45 **Members \$5.95**

Emulgel Dispenser 72g \$19.95

Members \$15.95

Rapid 25 10 tabs \$5.75

Members \$4.60

Always read the label. Use only as directed. Not suitable for children, or pregnant or breastfeeding women. Consult your healthcare professional if symptoms persist. Voltaren Rapid 25 - for short-term treatment of acute painful and inflammatory conditions. Your pharmacist's advice is required. Incorrect use could be harmful. Voltaren Emulgel - for temporary relief of local pain and inflammation.



7 Quick Questions for Men 45+

Compared to three months ago, have you noticed lately...

1. Weakening of the urine stream?
2. The urine flow stops and starts while urinating?
3. A sensation that the bladder is not completely emptied after you've finished urinating?
4. You have to push or strain to begin urination?

5. You have to urinate again less than two hours after you've finished urinating?
6. It's more difficult to postpone urination?
7. You need to get up at night to urinate more often?

If so, you should talk to your doctor as 50% of men over 50 years of age may suffer from some form of prostate or urinary problem.

The prostate is a gland that sits at the neck of the bladder, surrounding the urethra. The most common prostate problem is prostate enlargement or BPH (Benign Prostatic Hypertrophy). Symptoms of BPH may include, increased frequency of urination, especially at night, reduced urinary flow rate, difficulty in starting the urine flow.

Trinovin is a natural product, scientifically developed to maintain normal prostate and urinary health. In some cultures many more

men maintain prostate health into later life. Research suggests this may be due to an increased level of isoflavones, from legumes in the diet. Rich in four important dietary isoflavones, Trinovin even the isoflavone score. Clinical research suggests Trinovin's triple-action may assist in the relief of symptoms of medically diagnosed BPH.

Introductory Price Save \$5.00

30 tablets \$26.20

Members \$20.95

Speak to your healthcare professional about Trinovin. Use only as directed. If symptoms persist consult your health care professional. Active Ingredient: Trifolium pratense (red clover) isoflavones extract. standardised equiv. isoflavones 40mg.



Got Brighter...

Dove Face Exfoliating Cleanser

Gently reveal fresh, new skin every day with Dove Daily Exfoliating Cleanser. Nourish your skin as you cleanse by adding essential nutrients plus vitamins A & E, minerals and anti-oxidants. The soft massage beads dissolve as the cleanser lathers to gently polish away dull lifeless skin and reveal your natural glow.

200ml \$8.95 **Members \$7.15**

Fresh Radiance Brightening Moisturiser

This light, fast absorbing formula will instantly increase the radiance of your skin for a fresh and natural look even without make-up! This unique complex, infused with illuminating mica crystals, conditioning milk peptides, moisturizers and anti-oxidants like pomegranate, green tea extract and UV sunscreen, is proven to brighten skin.

- ◆ **Instant Radiance** - brightens dull complexion
- ◆ **Improved Skin Clarity** - proven to reveal more evenly toned and healthy looking skin
- ◆ **Younger Looking Skin** - proven to reduce the signs of ageing, visibly diminishes the appearance of fine lines and wrinkles.
- ◆ **Protection** - contains UVA and UVB sunscreens.

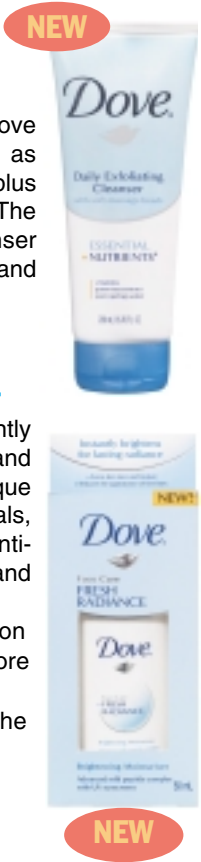
50ml \$13.95 **Members \$11.15**



BONUS

Marie Claire Flavours

Purchase any Dove Face or Dove Haircare products totalling \$20.00 or more and receive a FREE Marie Claire Flavours Recipe Book valued at \$25.00. *Offer only available while stocks last.*



Mess CD Spinner

\$22.95 **Members \$18.35**

Tweed, Panache, Lace and White Satin Gift Sets

EDP or PDT 25ml and Talc 100g.

\$19.95ea **Members \$15.95ea**



Dr LeWinn's Nail Enhancer Pack

Hand & Nail Cream 100ml, Revitanail 30ml, Revitagloss 30ml.

\$29.95

Members

\$23.95



Gift with Purchase

Receive a FREE Dr LeWinn's Mother's Day Bag containing 7 trial size skin care products when you purchase any two products from the Dr LeWinn's Private Formula range. *While stocks last.*

Still by Jennifer Lopez

EDP Spray 50ml,
Shower Gel 50ml, Body Lotion 50ml.

\$95.00 **Members \$76.00**



Glow by J.Lo

EDP Spray 50ml, Exfoliating Gel 50ml, Body Lotion 50ml.

\$79.00 **Members \$63.20**

Mother's Day stock only available while stocks last.

Age Defying Make-up Just Got BETTER!

All Age Defying products now contain Botafirm™, a patented blend of hexapeptide and botanicals, for younger looking skin. In clinical tests, the new formula was found to reduce the appearance of lines up to 50% in two weeks and 75% of women found their skin looked firmer and more radiant after just one week.

Botafirm™ is an anti-wrinkle ingredient that works with the skin's own naturally occurring proteins to help reduce the appearance of lines, especially on the forehead and around the delicate eye area.

REVLON



Make-up \$36.95

Members \$29.55

Light Make-Up \$34.95

Members \$27.95

Skin Smoothing Powder \$32.95

Members \$26.35

Concealer \$23.95

Members \$19.15

Buy 1, Get 1 Free

Purchase a Revlon Classic Nail Enamel from the top selling selection and receive a BONUS nail enamel in Sheer Blush, Base Coat, Top Coat or Iced Spice.

\$11.95

Members \$9.55



Lash Fantasy Instant Win

Purchase any specially marked Lash Fantasy Mascara and look inside the box to win instantly. Every 1 in 4 wins with 100 major prizes of diamond earrings and plenty of assorted Revlon prizes also up for grabs.

\$21.95

Members \$17.55

On counter early April



Revlon not available from Mt Clear, Beaufort, Ballan, Melton. Promotional stock is selected stock only and available only while stocks last.

Specials



Fa Shower Gels

Stimulating, Vitalising,
Softening, Nourishing
400ml. \$3.50ea

**Members
\$2.80ea**

Innox One and All Hand & Nail Cream

100ml
\$3.95

**Members
\$3.15**



FREE Elastoplast Mouthguard

Buy two Elastoplast Sport Mouthguards
(Adult, Junior or Youth) and get one club
colour mouthguard **FREE**.

\$7.95ea

**Members
\$6.35ea**



Lynx Deodorant Sprays

100g \$4.95ea

**Members
\$3.95ea**



VO5 Shampoos and Conditioners

For normal, coloured or
damaged hair.

300ml
\$3.50ea

**Members
\$2.80ea**



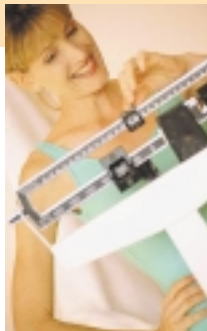
MemberCare News prices are valid and stock available until 9th May 2005 unless sold out. While we take every care to ensure advertised products are available at the time of issue, no liability will be accepted should this not be the case. Please contact us on (03) 5331 9158 or write to us at 206 Armstrong St Nth, Ballarat if you no longer wish to receive MemberCare News.

Lose Weight Now

Ultra Lite Weight & Health Management Program at the Bridge Mall

Ultra Lite is a quick, safe and effective program to lose weight and is the result of many years of professional research. With Ultra Lite you can lose 2 to 4 kilos in the first week and up to 2 kilos a week thereafter.

The Ultra Lite program is now being provided by UFS Dispensaries and qualified Naturopath Phillip Netherway at our Bridge Mall Pharmacy. You are supported



through the program by Phillip with weekly consultations for monitoring progress, weighing and measuring. Ultra Lite is easy to start and UFS Dispensaries' members receive 20% discount.

Phillip is available for appointments in our private consulting room:

- Tuesdays 9.30am to 1.30pm
- Fridays 2pm to 7pm

For more information or to make your first appointment, contact Wendy or Marilyn at the Bridge Mall UFS Dispensary on 5331 9855.


Ultra Lite™
The Professional
Weight and Health
Management System

New Pharmacists

We are very pleased to welcome a number of new pharmacists to UFS.



Kaisey Gordon
Sturt St



Emily Tong
(Pre-Registrant)
Sturt St



Amrit Bahra
Sturt St



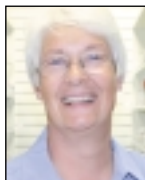
Kulvinder Bahra
Bridge Mall



Lee Scullion
Bridge Mall



Pick Yaw Lai
(Pre-Registrant)
Victoria St



Alison Williams
Sebastopol



Megan Janas
Wendouree



David Lan
Wendouree



Jo Bartolo
Bacchus Marsh



Judy Graham
Ballan



Marc Sollberger
Melton

New UFS Pharmacy in Melton

The Central Walk Pharmacy in Melton has now joined UFS Dispensaries. The pharmacy is also moving into larger premises a few doors down. Manager Marc Sollberger is keen to introduce the Melton community to the benefits of a member owned pharmacy. The pharmacy will be open Monday to Friday 9am to 7pm and Saturday 9am to 3pm. 415-429 High St, Melton - (03) 9743 9080

Winner of Christmas Peace & Quiet Promotion

The winner of our Christmas Peace & Quiet promotion was Ms J. Dennert of Wendouree.

with 20% Discount

We all know exercise is important. Its just finding the opportunity to get started and stay motivated which can be difficult! At Step into Life, Ben Clark, your group personal trainer, helps you reach your goals at your own pace, in a relaxed and friendly atmosphere.



Your age and current fitness level are no boundaries. Ben will monitor your training and provide you with fortnightly reports to assess your progress. The sessions are always fun and are made up of cardio and kick boxing for heart and lung fitness and toning, fitball training and stretch and flex for all round body shaping.



Sessions are conducted in the open air within the beautiful Lake Wendouree precinct (with an alternative indoor venue for Ballarat's unpredictable weather).

Step into Life is offering an exclusive deal to UFS members - a discount of 20% on your first 3 month membership package of 2 or more classes a week.

Example: a three month membership package of 2 group personal training classes a week =

\$77 one off joining fee

+ \$235.20 (\$9.80 x a minimum 24 classes)

= \$312.20

However, with members' 20% discount \$312.20 becomes \$249.75. That's a saving of at least \$62.45! You'll also receive a membership pack on signing up.

So step up! To try a free class with Step into Life, call **5339 8443** or **0417 328 781**.





Give Mum Some Peace & Quiet

Peace & Quiet is the ideal place for mum to unwind, relax and take some time for herself, so why not organise the perfect gift for mums of all ages this Mother's Day.



Sweet Decadence Chocolates

8 pce \$14.00 **Members \$11.90**
 12 pce \$19.00 **Members \$16.15**
 18 pce \$27.00 **Members \$22.95**



Sothys Body Spa Pack

Aromasothys Shower Gel,
 Thalasothis Restructuring Firming
 Cream, Soft Peeling and Hydrating
 Lotion.
 \$55.00 **Members \$46.75**



Penelope Sach Teas

45g \$21.25 **Members \$18.05**
 60g \$31.15 **Members \$26.50**

Peace & Quiet Gift Vouchers

A Peace & Quiet voucher is a thoughtful gift which creates anticipation and excitement. Gift vouchers can be arranged according to a specific treatment or service, or alternatively you can nominate a dollar amount. Vouchers for retail products are also available. UFS Dispensaries members receive discount on the purchase of gift vouchers.

Peace & Quiet Packages Inner Calm

- Shirodhara Treatment
- Body Polish
- Aromasothys Massage
- Herbal Tea

\$145.00 **UFS Members \$130.50**

Duration: Allow 1³/₄ hours

Mood Food

- Deep Tissue Massage
- Balance Facial
- Eye Treatment
- Spa Manicure
- Crystal Point Therapy Foot Treatment
- Herbal Tea

\$200.00 **UFS Members \$180.00**

Duration: Allow 2¹/₂ hours

New Mother

- Body Polish
- Clean Facial
- Hair Treatment
- Spa Pedicure
- Spa Manicure
- Herbal Tea

\$220.00 **UFS Members \$198.00**

Duration: Allow 2³/₄ hours



719 Sturt St Ballarat
 (03) 5332 1694
 info@peaceandquiet.biz

www.peaceandquiet.biz

Owned and operated by UFS Dispensaries