

## NEW DECADE AND A WHOLE NEW YOU: WIN A COMPLETE MAKEOVER

Are you in need of a makeover? Desperate to improve your appearance but not sure quite where to start? Living North have put together a team of experts to give one very lucky reader the chance to win a fabulous health, beauty and fashion makeover worth over £1350!

With expert dental treatment at Osborne Dental, hair and beauty treats at At The Nutshell and Julie Carter, exercise at The Barre and fashion guidance from Escape, this is your chance to change the way you look and the way you feel so you are ready to take on the world.

The Dental Surgeons at Osborne Dental know that a smile leaves a lasting impression, a better smile is a great way to begin the new decade and they have put together a choice of treatments for the lucky winner to choose from.

- **Invisalign:** The invisalign barely visible brace system which allows adults the opportunity to have their teeth straightened-discreetly. On average the treatment takes about 9 months to complete during which time the barely visible aligners are changed to gently move the teeth into the desired position. Before beginning the treatment Dr Wassef is able to show the patient the final result of the treatment on the computer. This treatment can be a great alternative to more invasive treatments like veneers.
- **Teeth Whitening:** At Osborne Dental a number of teeth whitening treatments are on offer which can be carried out at home or in- surgery.
- **Dental Implants:** If you have a missing tooth Osborne Dental would be able to provide a consultation about the suitability of a Dental Implant. A dental implant is a great alternative to dentures and the missing tooth is replaced by a permanently fixed tooth.
- **Facial Rejuvenation:** The best way to show off your new smile is on a smoother, relaxed, youthful looking face. As an additional gift to the lucky winner of the living North Competition Principal dentist Dr Onkar Dhanoya and Dr Adele Jardine would like to invite the winner to their new facial aesthetics suite Osborne Skin at Osborne Dental to discuss the benefits of a combination treatment of Botox and Dermal fillers.

As part of the prize Dental Surgeon, Dr Max Wassef at the award winning Jesmond dental practice, Osborne Dental will provide a free cosmetic smile makeover consultation. Including

a dental examination and x-ray free scale and polish, a free facial rejuvenation consultation and either one botox or one dermal filler treatment the winner decides upon to the value of **£350**. For more information about treatments visit [www.osborne dental.com](http://www.osborne dental.com)

Winter always takes its toll on skin and the cold weather effects your general well-being as do other factors such as stress which saps energy levels. Step through the door of Julie Carter Beauty in Jesmond and you're already on the way to restoring body and soul. Within a luxurious and relaxing environment, stresses and strains start to melt away, as you recline in the relaxation room and contemplate the extensive range of treatments available including Guinot, Environ and CACI. Here, therapists will work on your individual needs to revitalise your skin, ease tired muscles, and envelop you in a haven of serenity. Choose **£300** worth of fabulous treatments to rejuvenate and revive or relax and recuperate.

Next door, At the Nutshell provides a range of exclusive hair treatments especially selected to suit your personal needs. Enjoy the friendly atmosphere in this special salon where you can relax in a massage chair, enjoy a stress-alleviating head massage and allow the expert team of hairdressers to work their magic with cut and colour to the value of **£200**.

If you are in need of a little toning up The Barre, one of the most talked about fitness programmes to come to the region, is on hand to help. This is your opportunity to change your shape in time for the summer.

The Barre, which utilises the ballet barre to provide strength and resistance training for people of all ages and fitness levels, is based on a tried and tested exercise method used by dancers and gymnasts that results in a long, lean defined body. What's more, the trio behind the Barre are so welcoming that you can't help but feel comfortable and compelled to join in! The Barre is offering the lucky winner the opportunity to take up to 25 classes at its Newcastle studio, over a 2 month period. Priced at **£10** per class this is a fantastic prize worth **£250**.

Escape in Whitley Bay is a fantastic fashion independent which has fast become a real destination store at the coast. Specialising in branded footwear and contemporary clothing and accessories, brands here are sourced for their creative design and use of colour giving the shop a fresh feel. Escape offer great daywear to mix and match enabling customers to play with style and create something to suit them. As part of your prize you will be looked after by owner Lisa Mitchell who will guide you through the beautiful spring collections as you choose an outfit to the value of **£250**.

For your chance to win this fabulous prize simply send your name, address and contact details to Living North, 5 Cattle Market, Hexham NE46 1NJ or email [competitions@livingnorth.com](mailto:competitions@livingnorth.com). Please mark all entries MAKEOVER. All entries to be received by 10th March 2010. Editors decision is final.