



From left to right Het Ramp, Anne Newton, Helen Moriarty, at the Lorne Making Your Forties and Fifties Fabulous event, which was so successful it is being delivered in Deans Marsh.

# Fabulous females

BY ELEANOR WOODS

WOMEN of all ages are fronted with physical, emotional and relationship challenges but Lorne Community Hospital recognised a gap in rural women's services for females over the age of 40.

According to the hospital's director of clinical services, Sue Morrissey, women in their 40s and 50s are faced with a number of challenges that often go unspoken.

The hospital created a fun, informative event to tackle the taboos and inspire

women in this age bracket to live life to the fullest.

Making Your Forties and Fifties Fabulous ran in Lorne earlier in the year and was so well received, it is now being run at Deans Marsh Community Cottage, on Thursday, August 25.

"The last one was fantastic. We are really looking forward to taking it to Deans Marsh," Morrissey said.

"This will be a fun and practical evening for women to learn more about the physical, emotional and relationship changes that can take place in their forties

and fifties.

"Listen to women's health experts discussing hormonal changes, libido, physical changes, sleep, emotional health and the importance of maintain health for the future.

"Participants will look at practical ways of enhancing their health and wellbeing." Making your Forties and Fifties Fabulous is part of the Lorne Community Hospital Rural Health Program.

Contact Lorne Community Hospital or Deans Marsh Community Cottage for more information or to secure a spot.

GEE LONG  
SMILE STUDIO

## Hollywood smile down under

OFTEN when you see people with the perfect 'Hollywood smile' there is a good chance that this person may have had some cosmetic dentistry performed, such as the placement of porcelain veneers.

Porcelain veneers are extremely thin shells of porcelain that are bonded onto the outside surface of the teeth.

A fantastic analogy of the porcelain veneer concept is the idea of fake finger nails which are bonded onto your own finger nails to hide imperfections or improve their appearance.

Porcelain veneers can be used to change the shape and colour of teeth, mask discolouration, restore chipped and worn teeth, be an alternative to orthodontics to close spaces and straighten crooked teeth, correct teeth that are rotated, or even to close gaps.

After a diagnostic appointment where models, photographs and an extensive discussion takes place, two visits are required to fabricate porcelain veneers.

The first visit will involve the precise shaping of the teeth to ideally receive the porcelain veneers.

An impression will be taken of the prepared teeth using a silicone-like material, and this information is then sent to a master ceramist.

A temporary veneer will be fabricated at this appointment to ensure you maintain your smile for the two weeks it often takes the ceramist to individually make the porcelain veneers.

At the second appointment, the temporary veneers are quickly removed and the porcelain veneers ultimately cemented.

It is here that the true artisan qualities of the master ceramist and dentist become apparent to create a truly amazing smile.

In the ideal world, your new porcelain veneers should last in excess of ten years and still look as good in ten years as they did on the day they were inserted.

It is important that the placement of porcelain veneers should be undertaken by a dentist with extensive training and experience in cosmetic dentistry.

Ensure that your dentist has access to a truly artistic ceramist, using the most aesthetic porcelains with a keen eye for aesthetic detail.

If you are considering a smile makeover, don't be afraid to ask your dentist if you can see photographs of previous cosmetic cases they have completed.

Visit [www.smilestudio.com.au](http://www.smilestudio.com.au) for more information.

**TAROT**  
Clairvoyant Readings by Sandra  
Massage - Reiki - Spiritual healing - Holistic  
counseling - Flower essence therapy

Tarot & Spiritual Healing Courses available in June

Surf coast area  
0420 693 733

'Assisting women find peace and fulfill their potential'

**Chinese**  
Relaxation Massage

Back pain • Deep tissue  
• Therapeutic

**0413 688 401**

**TRACI BROWN**  
NATUROPATH & HERBALIST

Lecturer ACNM,  
BSc, ND, MBA,  
MATMS, MNHAA

**Karuna Maya**  
Medicine Tree

Ph: 5261 4146  
22 Princes Tce, Jan Juc



**naomicleaver**  
MASSAGE THERAPIST



- relaxation
- hot stone
- deep tissue
- lymphatic drainage

m: 0407 047 130 p: 5264 7477

**AK Massage Therapist**

Alex Kennedy  
Member AAMT

- Relaxation
- Sports
- Therapeutic
- Deep Tissue
- Remedial Massage

Torquay Based  
Mobile service available

**Mobile 0413 705 901**



**Sandy's Alternative Health**  
**MASSAGE**

5261 3937  
0438 309 214

SURF COAST FAMILY CHIROPRACTIC  
HEALTH CENTRE

**Dr. Ben Tipper**

B.App.Sc. Chiropractic B.App.Sc.(Clin)  
MCAA MCOCA

2/13 Pearl Street Torquay  
**T 5261 7438**

[www.surfcoastchiropractic.com.au](http://www.surfcoastchiropractic.com.au)



Evening & Saturday appointments available

**PREGNANCY • LABOUR • AFTER**

For support during this precious time call 5229 7963

- physio • massage • water aerobics
- clinical pilates • baby massage
- Bowen NST • hydrotherapy • calmbirth®
- TENS for labour • feldenkrais • myotherapy
- children welcome • secure play area

**innerstrength**  
PHYSIOTHERAPY

115 Pioneer Road, Grovedale [www.innerstrength.com.au](http://www.innerstrength.com.au)

feeling good,  
made simple

reward yourself and be  
pampered - you deserve it

The Tea Tree Spa experience is all about you - satisfying your needs, giving a lift to your day and leaving you feeling positive about life in general.

Tea Tree Spa | Crowne Plaza Torquay  
100 The Esplanade | Torquay 3228  
email: [spa@crowneplazatorquay.com.au](mailto:spa@crowneplazatorquay.com.au)  
phone: 03 5261 1530  
[www.teatreespa.com.au](http://www.teatreespa.com.au)

**teatree**  
spa

