



Look great every day

If you find looking great, dressing your body shape, your wardrobe or clothes shopping frustrating, time spent with a personal stylist is a worthwhile investment that makes looking and feeling great easy.

Hamilton's award-winning personal stylist and owner of Simply Style Image Professionals, Ceeann Russell, is a qualified image and colour consultant who specialises in helping women look their best, dress and shop with confidence.

Teaching the principles of style and fit, colour, wardrobe co-ordination, shopping and make up, Ceeann provides the knowledge to enable her clients to discover the best clothes and look for them based on their individual needs, colouring, shape, personality, lifestyle and budget.

"When choosing our clothes, colour, style and fit should be considered in the first instance, then the appropriateness of the outfit for our personality, the occasion and our existing wardrobe," Ceeann says.

"So once we understand the fundamentals of how to select

clothes that flatter us, looking and feeling great, getting dressed each day, shopping and creating a versatile wardrobe that gives value for money all becomes so much easier and enjoyable.

"Many women find style and fashion intimidating, although this may not have always been the case for them as constantly changing fashion trends, changes in body shape, lifestyle and age can all cause a sense of self-doubt and exasperation when it comes to dressing and shopping."

Through personalised style and fit consultations, colour analysis, wardrobe assessments and personal shopping, Ceeann provides the tools to enable all women to achieve fashion confidence and increase their self-esteem regardless of size, age or budget.

If you'd like to dress with confidence, discover how you can look and feel great every day, save time and stop wasting money in your wardrobe or are tired of disappointing shopping trips, contact Ceeann on 027 291-2581, Ceeann@simplystyle.co.nz or visit



Simply Style Image Professionals' Ceeann Russell.

www.simplystyle.co.nz for your free copy of Image Essentials Every Woman Should Know.

Experience is the difference

Treating patients with the utmost respect and compassion and getting them to lead more active lives is what the team at Orthotic House is experienced and respected for in the Waikato.

The aim is to provide the very best and most advanced practices in the orthotic industry.

Nigel Hendrikse has experienced this consistent service for five years. Hendrikse, a former policeman left an incomplete tetraplegic after being stabbed in the neck with a sharpened Allen key on duty in 1993, now requires the support of a leg brace which is continually modified by the Orthotic House team.

"They really listen to me and my needs; we've refined the process of building my brace and shoe," Hendrikse explains. "They are never in a rush to move numbers through the door, sometimes I feel like I'm their only customer. We have a lot of laughs and have become great friends."

Orthotists Colin Storey and Kerry Vickers, along with Janeen Laimbeer, have had many years' experience treating people of all ages from all areas of the community and are continuing their vision of improving every patient's quality of life.

"We want every patient to feel special and relaxed in the knowledge they are receiving the best advice and help for their particular problem," said Janeen. "We listen and we care, spending time assessing the patient and their lifestyle before explaining in a way that the client understands why problems are occurring."

Hendrikse supports Orthotic House's values. "Colin is into perfection and I really enjoy his service, it's just a really friendly place. Thanks to Orthotic House I can mow my own lawns." The brace enables Hendrikse to mow even on a slope.

Orthotics are external support devices made for many parts of the body, not just feet. Orthotic House specialises in four key areas: specialist shoe fitting, sports bracing, breast forms and compression garments.

Products are customised for each individual unlike those bought off the shelf. Orthoses made



Colin Storey from Orthotic House, left, with client Nigel Hendrikse

to specific requests can include insoles, travel stockings for flying, spinal bracing, compression garments, surgical and therapeutic footwear suitable for rheumatoid and diabetic patients.

Patients have been given a new lease on life with the help of the team at Orthotic House, Colin says.

"The passion for perfection and knowledge drives our team to keep up to date and research the latest technology in the industry."

If you have any pain and are concerned, visit Orthotic House, 56 Pembroke Street, Hamilton, phone 07 838-0606 or visit www.orthotichouse.co.nz.

Flagstaff Medical Centre

Dr Marilyn Griffiths
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Dr Ken Couper
MB ChB (Otago) DA (Lon) FRNZCGP FACHAM

Dr Tammy Wong
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Liz, formerly from Exquisite

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What others are saying about Liz:
Liz actually LISTENS to what I want. I've been a client for over a year now and my skin has never looked better!
Janine Brindle - Hamilton

Vital Balance Body & Beauty
63 Boundary Rd, Hamilton
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Know which colours for clothes, accessories & makeup most flatter you

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For those facing the struggles and frustrations of living with obesity, the team at Surgical Obesity Service offer solutions such as gastric banding, gastric bypass and sleeve gastrectomy, all done via a keyhole approach.

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