



### A LITTLE PIECE OF COUTURE

Indulge your mum with a stunning handmade brooch from La Ruche Designs. Lovingly handmade using only the finest fabrics and beading, La Ruche takes any outfit from everyday to extraordinary.

La Ruche accessories are inspired by Paris in the days of the Moulin Rouge and epitomise French sophistication. La Ruche brooches feature a clip mechanism and at just \$59, it's as easy to change your look as your mood. Pictured is a La Ruche brooch, Dahlia in geranium. Visit the online shop at [www.laruchedesigns.com.au](http://www.laruchedesigns.com.au).



### FITNESS FOR MUMS ON THE GO

If you're looking to steer away from the traditional and go that extra mile, give your mum the gift of health, fitness and energy this Mother's Day with a membership to Contours, a gym designed to bring out the best in women. At Contours, fitness trained staff assist women by improving their physical and overall wellbeing with a program that takes just 29 minutes in a convenient and supportive environment. Contours uses weight-bearing equipment specifically designed for women, providing both positive and negative resistance. To discover more about Contours, call the ladies at:

Contours Belconnen, Unit 2/68 Emu Bank on 6251 0090.  
Contours Woden, Unit 1/69 Dundas Court, Phillip on 6232 5062.

ENTER TO WIN

Three lucky readers have the chance to win a La Ruche brooch of their choice. Browse the La Ruche Designs website and choose your favourite design.

To enter, email [competitions@canberraweekly.com.au](mailto:competitions@canberraweekly.com.au) with 'La Ruche Designs' in the subject field. Include your name, postal address and the answer to this question: which La Ruche design is your favourite? Entries close and winners drawn 12 noon Monday 3 May. One entry per person. Permit No ACT TP 10/01416.1.



*La Ruche*

**TAKE AN OUTFIT FROM EVERYDAY TO EXTRAORDINARY**

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

Images by Art Atelier

# SPIRIT OF BEAUTY

**Mothers are so special!**

**50% OFF Hot Stone Massage** (May Only)

Gift Certificates available for all occasions.

**Narrabundah Shops**  
Tues-Fri 9am-5.30pm | Thurs late til 8pm and Sat 9am-2pm  
Phone **6260 6466** | [spiritofbeauty.net.au](http://spiritofbeauty.net.au)

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