

## PET ON THE JOB



Abby is a three-year-old Welsh Corgi that loves to greet customers and kids at the door of Eno's Design Center in Hampton. She's a little dog with big attitude. Abby loves a pat on the head and even has her customers trained to bring in treats for her.

## HEALTH NOTES

### RACE HELPS COMMUNITY 'GET FIT IN MAY'

EXETER | The Exeter Elementary PTO will hold their 10th annual "Get Fit in May" 5K Road Race/ Fitness Walk/ Fun Runs on Saturday, May 17.

The race starts and finishes at Lincoln Street School, located at 25 Lincoln Street in Exeter. Registration opens at 7:30 a.m.; the 5K race/fitness walk starts at 9:30 a.m., while the fun runs start at 8:30 a.m.

Proceeds from the USATF-sanctioned race benefit enrichment programs at Exeter's elementary schools. For more race information and registration, visit [www.getfitinmay.com](http://www.getfitinmay.com).

### SUBSCRIBE TO FIRE PREVENTION NEWSLETTER

HAMPTON | The Bureau of Fire Prevention, a division of Hampton Fire/Rescue, recently issued its first quarterly Fire Prevention Newsletter.

The newsletter, available for viewing on the department's Web site, is dedicated to providing the public "with facts, statistics and information that will help you, your families, business owners and visitors of our community to keep fire-safe," according to Fire Prevention Officer Jon True. For more information about the quarterly newsletter, to subscribe to it, or to view it online visit [www.hamptonfirerescue.com](http://www.hamptonfirerescue.com) and click on the "News and Events" link.

# FINALLY!!!

## AFFORDABLE HEALTH INSURANCE

CALL Diane Thibault  
603-232-7665

Underwritten by The MEGA Life and Health Insurance Company and The Chesapeake Life Insurance Company, subsidiaries of HealthMarkets®. Administrative Office: N. Richland Hills, TX. Exclusions and limitations apply.  
MCh/NH000003 Exp 08/08

## HEALTH & WELLNESS

# Laser treatment offers up a whole 'new you'



BY MARK CHAG JR.  
ATLANTIC NEWS STAFF WRITER

PORTSMOUTH | In an age where science fiction is continually becoming the science of reality, technological advances are being applied to much more than our computers, phones and entertainment centers.

It's being applied to our bodies.

In fact, the most advanced cutting-edged technology is here to help us with our health and is already available in Portsmouth.

Laser treatment has long been used in the medical field, but leaps and bounds in recent years (even months) has widened the range of how people can benefit from its many uses.

At NH Lasercare Centre, located at 14 Manchester Square, Suite 281, at Pease International Tradeport, clients can utilize laser technology equipment to remove unwanted hair, eradicate an outdated tattoo, treat acne on the face or reverse aging to look younger, erase scars, even downsize that pesky, recurring body fat or cellulite, and much more.

"It's not painful at all. It feels like a message," says Marketing Manager Sophia Zlatin, from the office complex that takes on the feel of more of a spa than a medical facility. But along with the comforting atmosphere,

comes the assurance that treatment is being overseen by a trained medical expert, Dr. Bonnie Couture.

One of the company's newest devices only made its way into the market earlier this year — VelaShape — which is used to "contour, shape and slim the body by improving cellulite and reducing circumference," to result in a "smoother, sexier figure."

"This technique is non-surgical, and extremely new," Sophia says. "It heats up the skin a little bit, and feels like a massage as it reduces fat cells. It's a cost-effective alternative to liposuction, which can be very expensive."

VelaShape is used on clients wherever they want to reduce body fat, simply by making the fat cells smaller, from the neck down — be it on the stomach, "love handles," or legs.

"There are no known side effects to this process," Sophia notes. "That is one of the things we are most commonly asked when people are considering new technology."

But trimming away unwanted adipose tissue isn't the only service NH Lasercare Centre has to offer. Another laser tool, known as SpectraClear, is on hand for clients seeking to eliminate those unwanted hairs without the pain that comes with

waxing.

Facial, underarm, bikini area, leg and chest hair can be a continually recurring nuisance for many. SpectraClear technology literally messages the hair away with combined heat energy and a pulsed light that selectively targets the melanin in the hair.

The same device is used on the face, to help treat acne and other skin conditions, with a "photofacial."

"It's a different wavelength of light, and it targets bacteria in the face. It works extremely well," Sophia explains. "I have first-hand knowledge of this. I used to go to a dermatologist and tried everything I could to treat my face. Then I discovered laser treatment. I'm extremely happy with it. The results were amazing! It's better than any kind of medication out there. Medication can only reach so far into the skin."

For some, an occasional pimple is not an issue, but an unwanted tattoo is. Laser care technology can help erase those potential inked-in memories of days gone by.

"Surgery can remove tat-

toos, but it's very expensive. For some people, laser treatment is a cost-effective and extremely effective alternative," Sophia says. "We get all a lot of calls from people who want to have someone's tattooed name removed."

Whether it's removing a tattoo or a scar, body fat or hair, NH Lasercare Centre offers all clients a free consultation, since each treatment will be different for each patient. It's best, Sophia says, to know what will work best for you — and finding that out is free.

"It's good to come in for a consultation. Not every case will necessarily benefit from laser care treatment, so we offer the consultations for free," Sophia says. "You shouldn't have to pay for something that you may not be able to use."

For your free consultation to see how you and your health can benefit from laser care treatment, contact NH Lasercare Centre at (603) 766-2525; by e-mail at [info@nhlasercenter.com](mailto:info@nhlasercenter.com); or visit [www.nhlasercenter.com](http://www.nhlasercenter.com), and get ready to enjoy the "new you."



**New students receive a free week!**  
Offer good for local residents (50 mile radius)

**PRASADA**  
apparel  
for active inspiration

**Featuring**

- 20+ classes in athletic forms of yoga
- Beginner Series
- Pre-Natal Series
- Post-Natal Yoga
- Childlight Yoga
- 200 Hour Teacher Certification Program
- Private and Private Group Classes
- Ayurvedic Educational Series

18 Lafayette Rd. Unit #4, North Hampton, NH 03862  
Across from the Seacoast Harley Davidson Center  
603-964-1919  
[www.prasadayogacenter.com](http://www.prasadayogacenter.com)

**Local - Organic - Green**

great food  
made with love!

gift certificates available

**Blue Moon Natural Foods & Green Earth Café**  
8 Clifford St. Exeter, NH 603.778.6850 store 603.778.2670 café  
[www.bluemoonmarket.net](http://www.bluemoonmarket.net) [www.mindbodyvol.com](http://www.mindbodyvol.com)