



*A-List
Webazine*



Welcome to our March *A-List*™ Webazine

Welcome to the pre-Easter edition of your *A-List*™ Webazine. With new markets looking to launch this year, we thought we would spend this month bringing you some professional tips and extra *A-List*™ bonuses from some North Queensland *A-List*™ members.

FOCUS ON TOWNSVILLE:

This month we have some great new offers, exclusive to *A-List*™ members, from Townsville skin and beauty experts, North Ward Amcal Chemist.

Stay tuned to next month's Webazine, where we will be introducing you to some fantastic new Supplier Members within Townsville...including some fabulous new restaurants for you to check out!

Never a dull moment where *A-List*™ is concerned in Townsville!

This month we are also introducing a new monthly accommodation feature...with the focus this month being the ever popular Quest Apartments in Townsville.

With Quest being Australia's largest provider of self-contained accommodation, they're sure to be able to entice you on your next visit to town.

Amcal
North Ward Amcal Chemist

CLARINS
— PARIS —

We have the pleasure of inviting you to take time out...
pamper yourself... and let us spoil you with an invigorating

CLARINS CLASSIC AROMABLEND TREATMENT

Experience 1 ¼ hour of Restoring Aroma Phyto
and Re-energizing Beauty Care benefits of
the CLARINS Face and Body range.

**This offer is only available, Saturday 19th of
March 2005**

Bookings are limited with your **CLARINS** visiting therapist so
secure your appointment with a \$40 booking deposit (payable in
advance)

Redeemable upon the purchase of 2 or more **CLARINS** skincare
products on the day of your treatment.

Phone Karina —4721 2211

Who looks forward to seeing you soon!

Clarins Classics Aromablend Menu

Personal Blend Aromatic Face Treatment Personal Blend Aromatic Body
Personal Blend Clarissmen Face Treatment Personal Blend Body Exfoliation

It's a fact ... with Clarins life's more beautiful

**North Ward Shopping Village
Eyre Street
NORTH WARD**

Ph: 4721 2211

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Don't forget to check out the *A-List*TM website for updates to Quest Apartments special tariffs available to *A-List*TM members.

FOCUS ON MACKAY:

With so many new supplier members joining us for the launch of Mackay, we should take this opportunity to introduce some to you:



Feeling like a relaxing weekend away could be just what the doctor ordered? Then check out



Quest Townsville
A QUEST INN

- Quest Serviced Apartments • In the Palmer Street Precinct
- Daily, Weekly and Monthly rates • For Corporate travel, Family holidays and Special occasions • Spa Suites, Private Balconies

For reservations call **4772 6477**
Quest Townsville 30 - 34 Palmer Street Townsville
email: questtownsville@questapartments.com.au

Centrally located, Quest Townsville is in the heart of the city's dining precinct and offers an array of cafes, restaurants and convention facilities, as well as easy access to Magnetic Island, tropical beaches and the national parks of Northern Queensland.

Offering studio, one and two bedroom apartments, each of Quest Townsville's apartments are complete with fully equipped kitchen and laundry facilities. Separate lounge and dining areas allowing guests to relax in perfect comfort and privacy. Balconies in all apartments provide guests with superb bay and harbour views.



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the latest **Ultimate Long Weekend and Lifestyle Package** promotion on our website. A lucky couple could be spending three luxurious nights at one of Mackay's premier hotels with three days of pampering and opulence. This latest promotion is to celebrate the launch of *A-List*TM in Mackay, and is brought to you thanks to some of our fantastic supplier members in that region, and aired currently on WIN Television locally.

The lucky winners of this *A-List*TM promotion will enjoy a three night accommodation package compliments of The Clarion Hotel in Mackay. Accommodated in their very best Spa Suite, the lucky couple will also experience a magnificent Hot Breakfast each and every morning.

On arrival in their suite they will find a beautiful gourmet gift basket presented by Jimmy's Baskets. Each night of this Ultimate Long Weekend the lucky couple will dine at a different *A-List*TM restaurant! Awaiting them is dinner for two at Pacino's, Angelo's and of course let's not forget about The Surf Club. A wonderful dining location each night!

But wait...there's more! Let's get the winning couple done up to the nines!!! Perhaps a complimentary makeover (for her) at Bella Rouge, his and her hairstyles and treatments by EH in Hair, and after the

weekend's over, let's start them both off on a three-month Gym Membership, courtesy of our friends, and yours, at City Fitness!



What a great *A-List*TM offering! **Simply click through to the competition entry form available on the *A-List*TM website, enter your details and we will be announcing the winners of this Ultimate Long Weekend and Lifestyle Package during the month of April!**

Speaking of winners...remember City Fitness' WIN A DAYDREAM ISLAND HOLIDAY Competition in last month's Webazine???

Well it is our pleasure to announce that Ms Shayne Lawrie of Mackay has been drawn as the lucky winner. Shayne was over the moon with her win (as you would expect). Not only will she be spending a fantastic few days on Daydream, but also the assurity of having Steve and the team at City Fitness in Mackay

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to help her not feel so guilty for having a great time, when she returns to the gym!!!

FOCUS ON CAIRNS:

This month we have some great new offers, exclusive to *A-List*TM members, from Cairns health and fitness experts Active Health Clubs.

Active Health Clubs have enjoyed some great success in the last 12 months, with each open day continually breaking the records of those before them! Don't forget, as well as their unisex gym in Sheridan Street, where Peter and Sheridan will look after you, there is also the Ladies Only facility in McLeod Street, where Adam and Sally will ensure that you have all the support you need.

This month we are also featuring some great tips on putting your best features forward to help sell your tired-looking fixer-uppers, from the helpful and friendly team at Reef City First National in Cairns.

Look forward to next month's Webazine when we will be introducing new *A-List*TM supplier members for Cairns, Townsville and Mackay to all Queensland cardholders, as well as an update on our South East Queensland markets.

Until then...

Have a fantastic month and may the Easter Bunny smile upon you!!!



Set your heart on good health!

Recipe for success

- 5 extra minutes of cardio.
- 1 additional repetition of weight training.
- 1 more Body Balance class.
- 6 extra repetitions of ab exercises.
- 2 servings of fresh fruit.
- 3 cups of fresh vegetables.
- 1 more visit with good friends at the club.
- Mix all ingredients several times a week at Active Health Club.
- Have second helping when required.

Recipe lasts for years.
Yields many healthy hearts.

Bonus for A-List members:

Sign up for a 6-month membership and receive an additional 6-months free.

This offer is for a limited time only and not available with any other offer.

ACTIVE HEALTH CLUBS

For Women only – 76 McLeod Street
4051 4320

Mixed club – 219 Sheridan Street
4051 9944

Hurry into ACTIVE HEALTH CLUBS this month for some fantastic offers on personal training!

Do you lack motivation?

Need an energy boost?

Need to know what you should be doing at the gym?

Then you need to see one of Active's great personal trainers!

We can provide you with the What to! How to! And what not to do! At a fabulous price!

Buy 10 training sessions and receive 3 solarium sessions FREE!

Call Active Health Clubs NOW
PH: CAIRNS 4051 4320 or 4051 9944

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Selling a fixer-upper?

What if you want to sell a property and you are concerned that you may have difficulty attracting a buyer because it's dated, dull and uninspiring?

There are a few cheap and cheerful alternatives to renovating:

Lighten Up: A scrub with sugar soap is often enough to freshen up walls and ceilings. If it requires something a little more, a coat of paint can liven up a drab room. Remember to account for everyone's taste and choose neutral colours. In dark areas, paint with light colours, fit stronger artificial lighting and replace or remove heavy drapes or blinds.

Fix the Small Things: Buyers can be put off by the smallest things. Repair any damaged fittings and fixtures such as dripping taps, ripped flyscreens, cracks in walls and ceilings, etc. Just because you're not bothered by them doesn't mean a buyer won't be.

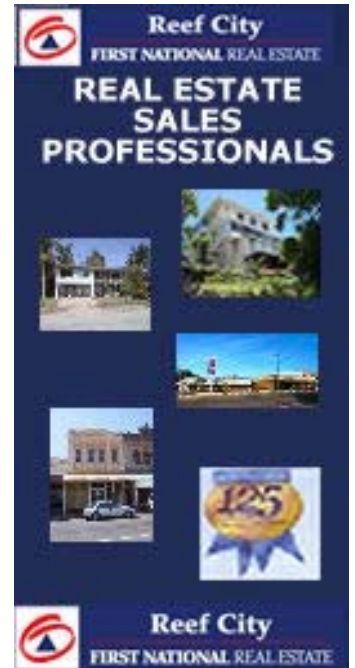
Throw It Out: From the inside to the outside. Clear out clutter – store it or sell it.

Open Wide: Make sure all your doors, windows, cupboards open easily. Even if you need to call in a professional to make some repairs, it's worth it. The only door a buyer will try to open, will be the one that sticks!

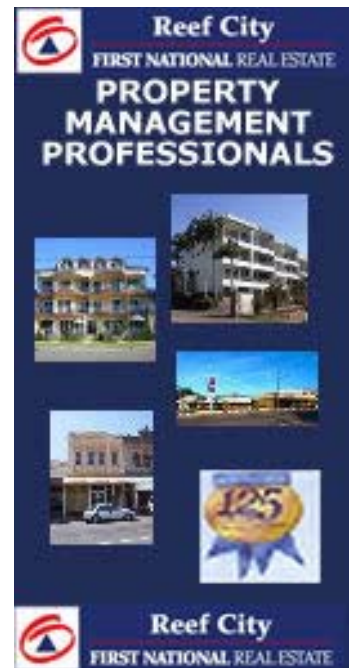
Get Stuck In: Scrub the kitchen and bathroom surfaces until you can see your face in them. Polish any timber floors and, if the carpets look a little too marked, get them steam cleaned.

Green It Up: Few can resist the green leafy surrounds. Weed the garden and plant flowers, particularly at the front, mow the lawn and sweep the paths.

Often a couple of weekends of hard work can add **\$\$\$thousands**, without large costly renovations.



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