



# MINI-EXPO Pamper & Prosper

## Feel good see the results

SATURDAY 31 MAY 2008

Saturday  
31 May 2008

10.00am – 3.30pm

Entry \$15 adults,  
\$8 students & children

Carina Leagues Club  
Cnr Stanley Road & Creek Road  
Carina, Brisbane

FREE  
sample bag at  
the door to the  
first 200 entries.

Free Refreshments

To EXHIBIT, ADVERTISE or PROMOTE  
your business at the  
Pamper & Prosper Mini-Expo on  
31 May 2008, please contact  
Angie Hammond of Garnish  
Marketing on 0422 623 781  
OR email Angie at  
angie@garnish.com.au

Honestly Woman has an attitude that appeals to enterprising, independent women who know that when they feel good, life flows much more smoothly.

Come along to our next Mini-EXPO for a taste of pampering treats for body and soul, and some great information and advice to help you prosper in your career, business and finances.

### Key Speakers

The highlights of the day will be our two lovely KEY Speakers, both inspiring women who are busily building their dream lives through property acquisition, one in France and one in Australia.

**Cheyenne Brae** of Melbourne, also known as the 'Renovation Chick' has taken herself from serious debt to wealthy investor, and from flight attendant to licensed builder, through education, smart decisions and guts. You can do it too! [www.cheyenne.com.au](http://www.cheyenne.com.au)



Cheyenne Brae

**Sue McGary** is travelling to France in April-May to take the next step towards her dream of owning a home in France. At this Expo Sue will tell us about her trip, and inspire us all to honour such dreams. [www.frenchaffair.com.au](http://www.frenchaffair.com.au)



Sue McGary

**PLEASE make sure you are there to hear these two women speak at the following times:**

- |                   |  |
|-------------------|--|
| 10.30am – 11.20am | <b>Cheyenne Brae – change your attitude, change your world</b> |
| 11.30am – 12.20pm | <b>Sue McGary – a French affair explored</b>                   |
| 2.30pm – 3.20pm   | <b>Cheyenne Brae – prosper with property</b>                   |

### Full Program – Speakers, Workshops and Exhibitors available during the day

#### Main Room

**All speakers are women in business, and in charge. Come, listen, ask questions...**

- |         |   |
|---------|---|
| 10.30am | Cheyenne Brae, the Reno Chick               |
| 11.30am | Sue McGary, French Affair                   |
| 12.30pm | Katie Williams, Mobile Exercise Specialists |
| 1.30pm  | Margi Macdonald of Lumina Health            |
| 2.30pm  | Cheyenne Brae, the Reno Chick               |

# Some Exhibitors

## at the Pamper & Prosper Mini-Expo

### 31 May 2008



**Mobile Exercise Specialists**  
[www.mobileexercisespecialists.com.au](http://www.mobileexercisespecialists.com.au)

We are a mobile personal training business servicing Brisbane. We come to your training location of choice for the ultimate convenience. Our University qualified trainers will guarantee you achieve your health and fitness goals through providing results-driven programs. Have fun exercising in a non-intimidating environment whilst achieving the health and fitness you have always dreamed about!

**tel: (07) 3263 9570**

**e: [katie@mobileexercisespecialists.com.au](mailto:katie@mobileexercisespecialists.com.au)**

**Lumina Health Care**  
[www.luminahealth.com.au](http://www.luminahealth.com.au)

Lumina Health Care blends Traditional Chinese Medicine and other complementary therapies with the latest scientific discoveries to heal and soothe your body and mind.

Lumina's practitioners Margi and Christina Macdonald look forward to meeting you at the Pamper and Prosper Expo, where you'll discover how we can help you to experience light, insight, ease, and comfort.

**Contact: Margi Macdonald**  
**Suite 113, Morris Towers,**  
**149 Wickham Tce, Brisbane 4000**  
**tel: 040 800 4062 e: [info@luminahealth.com.au](mailto:info@luminahealth.com.au)**

**Linda's Lingerie**  
**For Beautiful Bras You'll Just Love to Wear**

Linda Jobson of Linda's Lingerie is a Bra Specialist, who has been designing and creating bras to fit each individual client for 12 years. You also get to choose the fabric/lace from a wide range of colours. Linda will be showcasing her range of pretty/practical bras and booking appointments at the Expo.

**Contact: Linda Jobson**  
**51 Owens Crescent, Regents Park, Qld 4118**  
**tel: (07) 3800 2776**

**Coaching Energies**  
[www.coachingenergies.com.au](http://www.coachingenergies.com.au)

Coaching Energies provides a unique service to help people refocus their energy and therefore refocus their life. We have fused Life and Business Coaching with Energetic healing to

help provide all people with the practical skills and the energy to bring lasting change in all aspects of their life. We help people refocus on their passion and their joy to live a healthier and happier life.

**Contact: Roslynn Higgins**  
**tel: (07) 3202 9887**  
**e: [roslynn@coachingenergies.com.au](mailto:roslynn@coachingenergies.com.au)**

**Isagenix**  
[www.isagenixweightloss.com.au](http://www.isagenixweightloss.com.au)

Isagenix is a nutritional cleansing and fat burning program that provides a unique, safe and affordable way to cleanse your body of unwanted toxins with a side benefit of weight loss. Improve your eating habits, feel healthy on the inside, lose weight at the same time and best of all – keep it off!

**Contact: Debbie Rowberry**  
**tel: (07) 3711 4789**



**Derma Pure**  
[www.dermapure.com.au](http://www.dermapure.com.au)

Derma Pure has created a range of truly fresh and natural skin care products for people who care about what they put on their skin.

Handcrafted from only the purest of ingredients and using 100% pure essential oils, especially blended by an aromatherapist, Derma Pure skin care range gives your skin the benefits it deserves, nurturing your soul as well as your skin.

Because Derma Pure is truly natural, you'll feel a difference as soon as you use it. With no fillers, parabens, artificial additives or preservatives, you'll find a little goes a long way. And because we care about your skin as much as you do, our beautiful packaging helps to ensure your Derma Pure products remain as fresh and alive as you are.

Available at the famous Eumundi Markets in Queensland's Sunshine Coast and also on line at our website, [www.dermapure.com.au](http://www.dermapure.com.au).

Now also available by party plan.

**tel: (07) 5496 6032**  
**e: [sales@dermapure.com.au](mailto:sales@dermapure.com.au) for more information today.**

### Comments from exhibitors at the most recent Honestly Woman Mini-Expo Be Your Own Woman held on 20 October 2007 at Carina Leagues Club.

*I wanted to thank you for the opportunity of working at your expo in October. It was a successful day for me and my business Liffoff and I have received a lot of interest in the business since. I also enjoyed myself and met some great women.*

*Thank you.*

**Karen Klenner**  
**Liffoff Yoga**

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

*Paul and I enjoyed the day very much. It is always good to meet new people and see new places. We look forward to seeing you at the Pamper and Prosper mini-expo.*

*Kind regards,*

**Alison Kelman**  
**Derma Pure**

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

*Just a note to let you know that I thoroughly enjoyed the weekend expo. There was a great bunch of people there. The day was run very effectively and seemed to go by so quickly. Personally I've had a great response from the seminar I gave – with every person I've contacted arranging an appointment time – I'm booked out until December! It's great to be able to empower women and get them excited about what they can achieve with their finances as it's such a core part of life and opportunities.*

*Thanks again,*

**Peta Cunningham**  
**Infocus Money Management,**  
**Brisbane**

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