

WIN A NEW BODY

Each issue, profile magazine, in conjunction with Exclusive Personal Training, gives readers the chance to transform their bodies and regain their confidence with a 12-week intensive fitness program.

Our latest winner, Erica Hepburn – a teacher from Buddina, has transformed her body and mind just in time to fit into a slinky, sexy wedding dress.

"I began with Exclusive PT after getting to the point where I hated myself and the body I was in. I was a happy, bubbly girl, yet I didn't feel my body reflected me. I joined after having to pick a size 16 wedding dress that still felt too tight! I was totally ashamed – it was the biggest I had been in my life. I tried shake diets, soups and Jenny Craig, but nothing seemed to work for me. I saw an ad for Exclusive PT and I wanted to be a beautiful bride, so a phone call later I had joined up. I threw up and nearly passed out on my first training session but I kept on preserving. I have since lost six kilos and I feel fantastic. I have recently purchased a pair of size 12 jeans and I look and feel amazing. I never thought I could get back to my old size! I have lost a total of 55.5 cm off my body and I now have a waist. I had to return my wedding dress and now have one that is slinky and sexy – much to my own amazement and I can't wait for my wedding day to show off my new body. I will never go back to that chubby, unhappy girl who wore baggy clothes to hide herself!" ■

If you would like to win a total body transformation with Exclusive Personal Training like Erica, send us a recent photo and tell us in 50 words or less why you need a total body transformation. To enter to win this and other prizes visit www.profilemag.com.au for entry detail terms and conditions.



ERICA HEPBURN - BEFORE



ERICA HEPBURN - AFTER

WIN A CLEAN OVEN ... JUST FOR U

With so much penny-pinching going on these days, home cooking has come back into fashion, along with dirty dishes, sinks, and absolutely appalling ovens. New business, Oven U will take some of that dreaded spring cleaning off your hands with two spring clean oven packages up for grabs. Let Australia's biggest and best oven cleaning specialists work their magic on your kitchen's black hole, and come away with an absolutely sparkling and sanitary oven that will make your entire kitchen look better. Readers have two chances to win this spring clean oven package worth \$150. To find out more about Mooloolaba-based business Oven U, contact Michael Downs on 1300 683 681. ■

Tell us in 25 words or less about your worst oven disasters – from exploding cakes to burnt roasts. To enter to win this and other prizes, visit www.profilemag.com.au for entry details, terms and conditions.



MICHAEL DOWNS, OVEN U

CHOCOLATE BODY WRAP

al·lure [uh-loor] -lur·ing, noun, 1. to attract or tempt by something flattering or desirable, 2. to fascinate; charm.

Be tempted by the allure of chocolate at Allure Medi Spa & Beauty Lounge in Maroochydore with delectable treatments including; mango enzyme body wraps; pear and green apple body wraps; chocolate truffle body wraps and blueberry soy slimming wraps. If these treatments sound too good to be true, enter our delicious competition with Allure Medi Spa & Beauty Lounge.

Owner Sarah Chapman is giving profile magazine readers a decadent experience ... a chocolate body wrap! Not only is chocolate known for its health and pleasure benefits, it is also wonderful for our skin – who would have known?

Enter to win a gift certificate for a hot chocolate body wrap and massage along with a wonderful chocolate gift bag, including organic chocolate and Baiame massage oil. This prize is valued at \$220. ■

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LAST MONTH'S WINNERS: Jodie Bromirski from Taringa will be heading off for a delicious long 'foodies' weekend at the Cypress Ridge Cottages and Jessica Kelly from Sunrise Beach will be luxuriating at Lime Health and Beauty with the Spring Beauty Package.