

THE MATCHMAKER Jane Carstens



Glenda Travis Photography

“Let me help you find the right partner from the comfort and privacy of your own home.”



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Resolutions

Start fresh with expert advice on how to feel great and make the best of 2008

CONTRARY TO WHAT YOU MAY HAVE learned, sticking to a New Year's resolution doesn't always have to be an exercise in seasonal masochism. Every year many of us dream up unrealistic resolutions that are doomed to fall apart before February. Its easy to think proactively when you're feeling the effects of champagne euphoria, but its just as easy to forget that the daily grind of the post-holiday work week presents a serious challenge to task management. Fortunately, there exists a quality selection of established professionals that can aid us in our quests for self-improvement.

While many of us are resolving to lose weight or work less, others might be feeling a bit more extroverted. With a new year comes an opportunity for a fresh crack at a renewed love life, but as we all know, playing the dating game can be like walking through a minefield of bad dates and uninspired conversations.

“Quality control is everything” says Jane Carstens, professional matchmaker and managing partner of Hearts Canada “It's a numbers game: if you want to be successful, you have to view dating as real estate for singles”. Bringing couples together for over twenty years, Hearts has a track record that is unrivalled by other dating services. By offering a highly personal form of boutique matchmaking, Carstens is able to get an intimate understanding of her clients.

“I know my clients, I meet them in their homes, I learn about their lifestyles and think about the big picture,” explains Carstens. “There is a highly intuitive component to matchmaking.” Indeed, finding Mr. or Miss Right can be an elusive and challenging affair, but with professional help, the social haystack can be cut down to a manageable size. So where does a single begin? Take some tips from the pro at Hearts: Be proactive, understand past relationships by documenting



your romance history and most importantly, know exactly what you want in a soul mate! Visit www.heartscanada.com for more information.

As we age the skin on our bodies loses the firm and toned look of youth. According to Dr. Martin Braun of Vancouver Laser and Skin Care Centre, Accent body contouring therapy can bring back that fresh appearance. Using selective dermal heating, Accent RF stimulates the production of collagen and without surgery it tightens loose skin, promotes healthy collagen production and improves body contours.

The Accent can be used to treat the face, abdomen, thighs, chest, and upper arms. It can also be used to improve and diminish the appearance of cellulite. Wherever your area of interest may be, you can be confident in the experience and expertise of the Vancouver Laser and Skin Care Centre. For body contouring like you have never seen it before call 604-708-9891 or go to www.vancouverlaser.com

As much as the new year is a chance