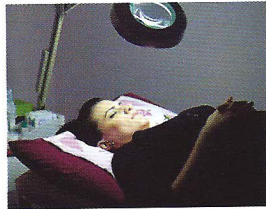


# KAREN O'SHEA

PART OWNER, CHEZ BELLE SKIN CARE AND BEAUTY CENTRE



**You are an expert in electrolysis and UPL treatments – what exactly do these procedures involve?** I have been doing electrolysis for 18 years and it's a permanent hair removal technique for the face and body that uses fine needles. UPL stands for ultra pulse light and is a non-intrusive treatment that uses light energy to destroy the hairs – we have offered that for six years. **Are people often reluctant to have these treatments?** Some people can be frightened to try electrolysis – they think it's painful or expensive, but if they are serious about permanent hair removal they really should try it.

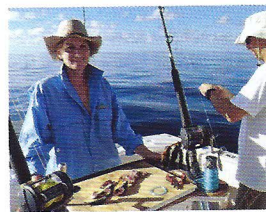
**What do you love the most about what you do?** I really enjoy building ladies' confidence. I have women who come into the salon who are so embarrassed about the hair on their face that they can't look you in the eye, but by the time they walk out their head is held high – that's a wonderful feeling. I love what I do and have never taken more than three weeks off because I feel bad for my clients – I haven't had a six-week holiday in 25 years! **You're also a busy lady out of work with grand kids – can you tell us about them?** I have four grandchildren and the six-year-old lives with me. I've been seeing a lot more of them lately

as my daughter Karina is getting married soon so I have been helping her with the kids so she can do the running around. Karina and my other daughter Krystal work for us at the salon – my husband Brian is the other owner. We all like working together, but it has its moments like any family business! **What do you do in the spare time you do have?** I love to cross-stitch – all through the salon I have them hanging in every room. A friend taught me 20 years ago and I haven't stopped since – I try to do one a year to hang at the salon. I always say that I poke needles in hair follicles all day and come home and do the same at night!



# HAYDN TILLEY

MEDIA OFFICER, ROCKWHEELERS MOUNTAIN BIKE CLUB



**When did you discover mountain biking?** I used to do triathlons, but when the kids came along it was too hard to find the time to train. I loved the biking part of the competition, so my friend Peter McLean introduced me to mountain biking – that was 20 years ago. **What do you get out of it?** I love being outdoors, I love the bush, I love cycling and I love to keep fit. Mountain biking has taken me all over the world, to the US, New Zealand and – most recently – to Melrose in South Australia at the southern end of the Flinders Ranges, which has the most stunning scenery. Whenever I go away anywhere I always take my

bike and have a ride. **Is the sport physically demanding?** No it doesn't have to be. The style people see on TV is the extreme downhill version, but there are 300 members in our club and a lot of them are over 30 and just like getting out in nature. It's good for fitness as you get older and allows you to appreciate the beautiful views and environment around you. **What do you do when you're not on a bike?** I'm a hairdresser by trade and moved into product from there. At the moment I'm the North Queensland area manager for Nak. I also like getting out on the boat and listening to music. Some favourites are Vince Jones, Paul

Kelly, Jackson Browne, and the Rolling Stones. **What has been your greatest achievement?** Meeting my wife Gail and having our kids Ella and Nelson has been the most exciting and important thing to happen to me. My son races mountain bikes and recently competed in the national championships in Adelaide – he's one of the fastest in Townsville and North Queensland. **Does Gail ride with you?** No, but she does enjoy wine and recently we toured the vineyards of SA. I rode my bike and she got to do lots of tasting at the cellar doors – it's a great arrangement!