

# ...feel better with four **FREE** birthday presents

TRY THESE COST-CUTTING GIFT IDEAS THAT ARE SURE TO IMPRESS.



**1 HIS AND HERS**  
Make up a tape or CD of your favourite songs ... it works for Kevin Costner. Apparently, the Hollywood star and his wife Christine Baumgartner made a compilation of their favourite songs to give as Christmas gifts last year.



**2 HERS**  
Write your own 'voucher' offering to do her nails, then pop it in with the card. You supply the polish and give 30 minutes of your time. File her nails and give them two coats of polish. Take a few favourites along so she can choose.



**3 HIS AND HERS**  
Babysitters are a very precious commodity to most parents, so an offer to look after the kids and give them a few hours off one evening (let them pick the night) to go to dinner or see a film is an excellent gift.



**4 HIS**  
Offer to wash his car for him. If he usually pays to have it done, you'll save him a packet. If he usually does it himself, then he'll enjoy the time off. And he'll probably also get extra pleasure just watching you slaving away!

## ... find the missing link



**Energy lagging or feeling more stressed than usual?**

Investing in a necklace that boosts your mental and physical performance could be the answer you're looking for.

**What is it?** You'll be joining forces with the likes of Madonna and Jerry Hall, who wear the QLink – a small pendant that emits an electromagnetic field, which is

designed to enhance human health.

**What does it do?** Research at several universities, including Stanford University and the University of California, Irvine, in the US, Imperial College, London, and Coventry University in the UK, the University of Wollongong in Australia, the University of Vienna's Institute of Cancer, plus independent studies, have so far suggested that wearing the QLink

pendant may have a beneficial effect on brain waves, immunity and physical performance.

**Where do you get it?**

Go to [www.qlink.com.au](http://www.qlink.com.au), where you'll find testimonials, information on the health benefits of the QLink pendant (in gold, black or silver), price, and how to order it.

