



If You Have Ever Wanted To Learn To Sew or Want To Learn More... Now's Your Chance.

We're Proud to be offering a wide range of fun summer classes from Kid's Sewing Camps, Beginner Classes,

Advanced Techniques, Quilting Classes, Embroidery Techniques. Convenient dates and times. Be sure to check out our class schedule on our website. **Sew Unique Sewing Center**
8800 Harvest Oaks Dr, Raleigh, (919) 845-8802
1323 Kildaire Farm Rd, Cary, (919) 380-4010
www.sewuniquefabrics.com



The Perfect Shoes and The Perfect Clutch In The Perfect Color.

Wendy Clutch and Thong by Rafe is the perfect combination for your summer wardrobe. Rattan clutch with metallic flap tab closure with signature enamel beaded starfish ornament. Metallic brocade lining with a drop in chain and one interior pocket goes perfectly with the genuine Snakeskin thong sandal, with jeweled metallic starfish ornament and French brocade coral printed footbed. **Kristen's Shoe Boutique**
The Arboretum, 2045 Renaissance Park Place
Cary, (919) 678-1234, www.kristensshoes.com



triangle trends

NOW ONLINE AND LINKED...WWW.TRIANGLESTYLE.COM



Fragrant Hand Milled Soaps From Portugal Enriched With Vitamins, Shea Butter And Aloe, They Heal And Nourish The Skin.

Large in size, over 12 ounces, LAFCO soaps last a very long time and are in keeping with European tradition to elevate bathing to an art form. \$18 **Blue Tiger, 219 N. Salem Street, Historic Downtown Apex, 919-387-0978**
www.bluetigergifts.com

Give Your Wardrobe A Breath Of Fresh Air With These HandPicked Original Earrings.

Faceted green quartz disc with shell circles dangle from sterling silver french hooks. Perfect with summer sundresses, or a simple white tee and shorts.

Only available HandPicked,
421 Daniels St.
Cameron Village, (919) 861-0516
www.behandpicked.com



For The Love Of T-Shirts

You'll fall in love with Spy Zone Exchange one of a kind tees. These authentic hand painted and hand-crafted tees are designed to enhance and dress the stylish, trendy, cutting edge fashionista.

Available at Ciao Bella
The Arboretum, Cary
2055 Renaissance Park Place
(919) 678-8320



Women And Men, Be Cool This Summer In Stainless Steel Jewelry From Hamilton Hill



Modern and elegant, stainless steel jewelry is also durable and affordable. Earrings, rings, bracelets, necklaces, and cufflinks are all available in cool, modern steel. Well-known designers of steel jewelry at Hamilton Hill include Niessing, Carl Dau, and Humphrey. Shown: Stainless steel and gemstone rings by Humphrey from \$260. **Hamilton Hill International Designer Jewelry Brightleaf Square, (919) 683-1474 www.hamiltonhilljewelry.com**

To The Pool, To The Beach, To A Summer Party... This Fabulous Hat Goes Everywhere!



The brim bends into many styles including "Attitude" pictured here. This stunning accessory provides great sun protection and is so affordable you can choose several of the many colors available to complete your summer wardrobe. Now available in new colors and two tones!" **Available at Beleza...A Fair Trade Boutique in Raleigh's Cameron Village, 2014 Cameron Street, (919) 832-4775 www.shopbeleza.com**

We Have Hot Summer Dresses

Like this Veronica m long white strapless tube dress with tan and orange ribbon trim, perfect for the beach, lounging at the pool or even out on the town. \$94

Available at Fab'rik Cameron Village 2039 Cameron St., Raleigh (919) 833-1210 www.fabrikstyle.com see ad on page 48



New from Bond no. 9, Andy Warhol "Union Square".

Fresh green stem notes, Lily of The Valley, Sweet Blue Freesia & White Birchwood & Amber. This green floral is the perfect summer scent for the fashion forward woman.

Available at Luxe Apothecary, Alexan at North Hills 4209 Lassiter Mill Rd, Raleigh (919) 881-7828. www.luxeapothecary.com see ad on page 22



Bond no. 9

Our Top Sellers In Summers Hottest Colors.

HOBO International featuring the "Jodie" in orange and the "Kirstie" in citron. Both purses in Crinkle Patent leather.

Certain Things, Your Home For Cute Clothes Cameron Village, 404 Daniels St, Raleigh, (919) 828-5055 North Hills, 4350-102 Lassiter at North Hills Ave, Raleigh (919) 786-6104 see ad on page 37



HOBO

Flowers Bloom

This season designers took their cues from bold bright flowers. You can take your cue and get into bloom with a bright petaled accessory! Flower handbag \$42 from Vanity Accessory Boutique

Vanity Accessory Boutique
North Hills,
4351-105 The Circle
Raleigh
(919) 571-4991
www.vanityhome.com
see ad on page 70



Tini's and Toes

Primp Salonbar invites you to the Tini's and Toes afterwork Party all day everyday from 4-7p.m. Come enjoy our fabulous Pedicure with a Martini, for only \$45.00. Appointments required

Primp Salonbar
401 N. West Street
Suite 101, Raleigh, (919) 821-9885
www.primpsalonbar.com



Simple Outfit? Colorful Shoes!

Make a plain outfit exciting and fresh this summer with a pair of colorful shoes. Try sandals, sling pumps or espadrilles with a vibrant, colorful pattern to

brighten up that solid colored sundress or capris! The selection at Wide Shoe Warehouse will delight and amaze you. And, your feet will say "Ahhhh!"

Wide Shoe Warehouse 6450 Westgate Rd.,
Raleigh, (919) 787-7778
Smithfield (919) 934-8514
Burlington (336) 586-1705
www.wideshoewarehouse.com



Simplify The Life Of Someone Special...Give The Gift Of Time!

A Molly Maid professional housecleaning gift certificate is the perfect gift - especially for people who might

not otherwise hire a professional home cleaning service. Consider giving a Molly Maid gift certificate to anyone who might need a little help around the house. **Purchase Molly Maid gift certificates online at www.mollymaid.com or from your local Molly Maid office.**

N. Raleigh/Wake Forest: (919) 554-1577
Cary/Apex: (919) 387-3899
South East Raleigh/Garner: (919) 329-5100

The Mother Of All Foot Care

Lavish your feet with the fabulous get fresh collection. With ingredients like olive oil, shea butter, and sugar, get fresh moisturizing foot products will prepare your feet for any smooth moves that may come your way. Shown: Down'n Dirty (The mother of all foot scrubs) When it comes to dry, scaly feet, Down'n Dirty gets to the nitty gritty of the matter. Get Fresh Rescue Me - Ideal for daily use as a foot moisturizer and protector, but also formulated for major foot overhaul - just apply before bed time and let the magic begin. Poor Soles Foot Moisture Stick - it softens up even the toughest soles and callouses without any greasy, sticky mess. Make get fresh a part of your regimen for sandal-silky feet. **Available at NOFO @ the Pig, Five Points, 2014 Fairview Rd., Raleigh, (919) 821-1240 www.nofo.com see ad on page 71**



Pairing Summers Hottest Colors To The Hottest Clutch From BCBG

Textural leather with metallic Gold hardware adds panache to this lovely clutch. Trapunto quilting, icon zipper pull, corner frames with rivets and multi-functional interior pockets.

Available at Walk, The Lassiter at North Hills, 421-103A Six Forks Rd., Raleigh, (919) 420-2057 www.scoutandmollys.com



Exciting Alexis Bittar Jewelry

Cool colors for hot summer days and sizzling summer nights



Elaine Miller Collection The Lassiter At North Hills, 4421-109A Six Forks Rd, Raleigh, (919) 571-8888 www.elainemillercollection.com

One Of A Kind Embellished T-Shirts And Tunics.



Beautiful art you can wear. Urbana Apparel designers Sarah Powers and Celilia Zivic repurpose the finest t-shirts into works of art. Stark landscapes are often screened onto the fabric, followed by funky accents such as vintage lace, recycled organic cotton and playful

stitching. All shirts are one of a kind, so you never have to worry about someone copying your individual style! Come discover your own wearable art at **Knockabout 317 Blake Street, Historic City Market, Raleigh, 919-261-6929** www.knockabout.net

Hate Using Liquid Sunscreens Because They Are Greasy, Hard To Apply, And Take Forever To Absorb Into Your Skin?

IS Clinical SPF 20 Powder Sunscreen, available in both translucent and tinted - is a sheer, light, easy to apply, mineral sunscreen that protects your skin from harmful UVA and UVB rays instantly. It is a quick, easy way to apply sunscreen to children, and makes for easy reapplication on top of makeup through out the day. This totally physical sun block contains no chemicals making it the perfect SPF for even the most sensitive skin types. Now available at Synergy Spa just in time for those harsh summer rays. **Synergy Spa Shoppes of Glenwood Village, Glenwood Avenue at Oberlin Rd, Raleigh (919) 510-5130, www.feelsynergy.com**



Window Treatments: Energy Efficiency...With Style

With the skyrocketing cost of energy, it just makes sense to make your home as energy efficient as it can possibly be. No longer do you need to sacrifice style in favor of savings. "Go green" with eye-pleasing, fashionable solar shades and blinds for your windows. Install interior solar shades and blinds to help block the sun's heat in the summer and reduce heat loss in the winter, thereby lowering your heating and cooling bills by up to 30 percent. In addition to saving energy, solar shades are attractive alternatives because they reduce glare without blocking the view. **Call Alpine Shutters and Blinds at (888) 925-9663 or (919) 469-8821 www.Alpineblinds.com**





Beautiful, Healthy-Looking Color

Let the designers at Peles Salon customize a color to make it truly yours – completely personal and one of a kind. Aveda – the first permanent hair color system that's 97% natu-

rally derived to help improve the condition of damaged hair with protective plant oils.

Bring in this ad to receive 20% off your color service (limited time).

Peles Salon (919) 847-1882

7501 Creedmoor Rd, Ste 112, Raleigh

www.pelessalon.com

see ad on page 28



No Matter What You Whine For..

The "Whine" coolers are made by hand and will hold a 750 ml bottle of wine with ease...simply soak the inside of the cooler with cold water, pour it out and set your favorite pre-chilled (if desired) bottle in...the wet terracotta

keeps the temperature from rising. The designs on the coolers are different from our usual artwork. They are light-hearted renditions of your favorite "breeds". All "breeds" are available, one dog per cooler.

Petpourri, a boutique for pet enthusiasts, Saltbox

Village, 1265 Kildaire Farm Rd., Cary, (919) 283.4436, www.mypetpourri.com

Healthy Living Never Felt So Good Papillio is a colorful and fashionable line, featuring the original Birkenstock footbed. These modern sandals are inspired by current catwalk trends and stand out with their great colors, exciting patterns and of course, their perfect fit.



Papillio sandals are designed with long lasting comfort and durability in mind, using the finest and premium quality materials. Shown: The Sydney in Black with Rhinestone Buckles

Comfortable Soles, North Hills, Raleigh, (919) 782-6565
Eastgate Shopping Center, Chapel Hill, (919) 933-1300
see ad on page 69



It's Wedding Season!

Be gorgeous on your big day with professional on-site makeup artistry. Call today to schedule a personal consultation.

Radiant Beauty by Ashley
Makeup Artistry
for any Occasion
(919) 610-8323
SmashArt@Gmail.com

Tie Dye Is Really In This Season

along with bright colors. Stop in Apex's newest boutique to see all the latest styles.

nativa boutique
108A North Salem St
Apex, NC 27502
919-363-3151



This Bargain Hunter's Paradise has 80 incredible outlet stores featuring Banana Republic, Eddie Bauer, Coach, Gap Outlet, Liz Claiborne, Nautica, Nike, Polo Ralph Lauren and more. Conveniently located on Interstate 95, exit 95 in Smithfield, NC. Open Mon-Sat 10am-9pm, Sun

11am-7pm. **For more information on Carolina Premium Outlets, please visit www.premiumoutlets.com/carolina or call (919) 989-8757**

Give Your Skin The Natural Beauty And Clarity Of Diamonds... With The Help Of Diamonds!

An evolution in microdermabrasion technology and a better way to smoother, more youthful skin. The DiamondTome™ Wands will be your skin's new best friend. The diamond encrusted wand vacuums the skin, so you get even more abrasion without the gritty residue of the sodium bicarbonate crystals making skin rejuvenation the clean, controlled procedure it should be. The results are gradual but highly effective. Most people experience softer, smoother skin after their first treatment. Sign up for two treatments and get 20% off the second treatment.



The Aesthetic & Laser Suite, A Division of The Dermatology & Skin Cancer Center, 4201 Lake Boone Trail, Suite 207, Raleigh (919) 863-0073, www.aestheticsuite.net



For All Shoe Lovers These Shoes Are A Must Have...

Pick a sole...choose your tops...and change your style...with a snap! Shoes with interchangeable tops from Switch Flops® and OneSoles® are all the rage for their versatility in styles and the convenience of having options not to mention they are ideal for travelers who want different looks without the bulk of packing multiple pairs of shoes.

Merle Norman Cosmetics
 208 S Main St, Fuquay Varina
 (919) 552-3751
www.merlenormanstudio.com/mn-9415



Summertime Essentials

- refrigerator
- oven
- microwave
- freezer

Perfectly suited for summers busy lifestyle.

Quintessentials
 The Lassiter at North Hills,
 4421 Six Forks Road, Raleigh,
 (919) 785-0787,

A One Stop Shop With Monograms For You!

Come check-out our new gold and silver too.

Monograms Inc.,
 18 Seaboard Ave.,
 Raleigh,
 (919) 833-4012,
www.monogramsincl.net
 see ad
 on page 73



Two Hours...Twelve Great-Tasting Homemade Meals

We find lots of great meals for you to choose and do all the shopping for quality ingredients. Everything is waiting for you to assemble. So, select the meals you want from our website and come to our store at the time you selected. Assemble the meals as you like and take home meals to serve or freeze **Dinner Savvy, 841 Perry Road, Apex, NC 27502 (919) 303-3119 www.dinnersavvy.com**

Custom Window Treatments On A Board for Only \$129*

Includes fabric, lining and fabrication! We'll help you choose your fabric from our large in-stock selection. *For pictured treatments without trim up to 42" w x 18" L with \$15.95 per yard fabric. Larger treatments will cost more.

Limited one time offer **Midas Fabrics and Blinds, 7912 Glenwood Avenue, Raleigh (Rt. 70 at Lynn Rd.), (919) 782-5500, www.MidasFabric.com**



Summer's Here!

Fabulously Fit Hands and Feet... Beautifully Soft and Shiny Hair! Get your hands, feet and hair into shape this summer with a relaxing spa manicure, pedicure or scalp massage. Let Lux Salon refresh and re-energize you from head to toe!



Lux Salon
910-109 Spring Forest Rd., Raleigh,
(919) 790-7011, www.luxsalonspa.net

Gear Down For Summer With A Comfortable Chaise Lounge,

situated under an umbrella by the pool, or napping in the porch under the light breeze of a ceiling fan. We make your relaxation our priority!



Patio Pro,
8921 Glenwood Ave,
Raleigh
(919) 789-8444
www.patio-pro.net



Love to Decorate? Learn More by Spending a Day with a Pro!

Are you addicted to HGTV and can't help but move your furniture around? Bring your decorating to the next level by spending a day with a Pro! Decorator and author Mary Larsen can bring your decorating to the next level help you determine if this should be your new career. 1 and 2-day Hands-on classes available - details online.

Get Mary's latest Design Biz Book at
www.GrowYourDesignBiz.com
www.MaryLarsenDesigns.com

A Revolutionary SPF Product Just In Time For Summer!

Unlike traditional sunscreen, Jan Marini's Antioxidant Daily Face Protectant never feels heavy or greasy, but instead gives a lasting oil-free matte finish that leaves facial skin with a soft silky conditioned effect as it aids in increasing and sustaining moisture content. The result is a formulation that ensures continuous coverage for daily or extended exposure conditions with a broad spectrum SPF 30 rating that is also waterproof. **The Purple Door Day Spa, 154 South White Street, Wake Forest (919) 562-6077, www.purpledoorspa.com**



Combining Environmentally Friendly Materials With A Modern Aesthetic

The 3form collection encapsulates surprising, dimensional elements within a material that shines with artistic possibilities. The resin, pictured is 40% post-consumer recycled content and it's great as cabinet or folding screen inserts, light covers, etc. **Clear-Vue Glass**

121 North Gregson Street, Durham
(919) 682-5597,

www.clearvueglass.com





Just Back From The Prestigious International Window Coverings Expo.

We previewed the upcoming trends and recent innovations in window fashions and attended seminars with industry leaders with special emphasis on "Green" eco-friendly home fashions and new styles in window coverings. We are a full service interior design firm specializing in window coverings. Serving clients throughout central North Carolina. **Sew Fine II, 5850 Fayetteville Road, Durham (919) 806-3638**
www.sewfine2.com



Chore Busters, LLC Is Proud To Announce That We Are "Green"!

We pride ourselves on being a very different type of cleaning service overall because of the extra measures that we take. We do thorough background & drug screenings on all our employees to ensure a good fit within our company. We feel very confident that if we are content allowing someone in our home then we chose the right person for you. Also, all our cleaning products are safe, non-toxic, biodegradable, & Earth friendly along with our Dyson vacuum to provide a healthy environment for you! **Don't forget to mention our ad when inquiring about our services to receive a 20% discount off your first cleaning!**
Chore Busters, 919-535-8551
chorebustersllc@bellsouth.net



Preserve Those Graduation Memories

Picture frames with the graduating year in ribbon and available in your school colors. Great gifts for graduation.

Carolina Silver Company
Falls Village Shopping Center,
6637 Falls of Neuse Rd., Raleigh,
(919) 845-9917
Saltbox Village, Cary, 1267 Kildaire Farm Rd.,
(919) 465-3235,
www.carolinasilver.com

Make Getting In Shape - Fun And Easy - Just Dance!!

Improve your coordination, strength, and flexibility with Saliima's fun, upbeat Hip Hop- Club, and Zumba Classes. Beware-some of the side effects of these dance classes include: extra smiles on your face, extra pounds melting away, extra compliments on your dancing, extra friends, and extra rhythm in your body!



Lets Dance, 239 Grande Heights Drive, Cary
Located at the intersection of Harrison Ave
and NE Maynard Rd- easily accessible from
highway 40, the 440 Beltline and US 1 & 64.
(919) 461-2295
www.letsdance Cary.com

Spectacular Summertime Shopping! From all your back to school shopping needs to the best summer fashions, Crossroads Plaza has it all! With over 70 exciting stores, services and restaurants you will find more than what you came for! Gift cards are also available for sale year round and can be used at Crossroads Plaza retailers that accept Discover **Visit us at www.shopcrossroadsplaza.com**





Custom Order!

Customizing gifts, décor, or keepsakes doesn't have to be a splurge! Commission original art, artisan jewelry, or silk florals that suit your needs while perfectly matching your style. Looking for a unique gift? Handcrafted photo plates, fingerprint

jewelry, and personalized stamps or embossers offer a touch of thoughtfulness at reasonable prices. **Cotton Company**
306 S White St, Wake Forest,
(919) 570-2880
www.thecottoncompany.net



Reminiscent Of A Time When Little Girls Were Dressed In Petticoats And Pantaloons And All Things Pretty!

Kaiya Eve is in a class of its own. No other pettiskirts can

compare. Soft and feminine... some might even refer to it as girly girl! From infant size to 6x in an array of designs reminiscent of yesteryear.

Available at Silly Goose
The Factory, 1839 S Main St., Wake Forest,
(919) 453-1900
www.shopsillygoose.com

Accent Walls don't have to be painted to stand out in a room. Create drama in your foyer, kitchen, bathroom or any room with a textured stone in random widths, lengths or depths. This stunning layout shows a mosaic stone pattern that, with varying depths, gives the wall a three dimensional look which really makes a contemporary statement. **Traditions In Tile, 2201 Brentwood Road, # 112, Raleigh, NC 27604, (919) 871-0203**
www.traditionsintile.com



Thinking Of Detoxing? Then, You Must Try An ION Cleanse - A Detoxification Of The Body. This is a process in which ions travel through the body and attach themselves to many different toxic substances, thereby neutralizing their positive or negative charges. These neutralized particles are pulled out of the body through the skin of the feet (a completely painless process!) and are deposited into a basin of water. Yeast, mucous and joint toxins are among many of the toxins pulled from the body during this 30 minute procedure. Come and try this relaxing cleanse! **The Spa of Healing Arts, 9203 Baileywick Rd., Ste. 103, Raleigh, (919) 518-1495**
www.thespaofhealingarts.com



Linen, A Cool Choice For A Hot Summer.

Cannisse has a wonderful, relaxed sense of style, perfect for our Carolina summers. Stop in our new location and see for yourself our wide selection of linens, from FLAX to Matchpoint.

At Ease
Come See Us In
Our New Location
at Sutton Square, 6325
Falls of Neuse Road,
Raleigh, (919) 790-1812
see ad on page 31



Take Your Personalization To The Next Level With Our 6" Tall Vinyl Monogram Decal.

Why not embellish your car with a cool monogram?

Swagger has lot of fonts, colors, and the best price in town! Take one for a test drive - you'll be

glad you did! 6" vinyl monogram only \$20
**Swagger Gifts, Lochmere Pavilion,
2425 Kildaire Farm Rd. Cary,
(919) 858-5884, www.swaggergifts.com**

Two Of Our More Popular Wigs-

We offer a wonderful selection of quality wigs and other comfortable alternatives, in a warm and supportive



environment. It is our goal to help our clients to look and feel better, in a place where they can feel right at home. **Angel Hair Wig Gallery
7478 Creedmoor Road, Raleigh,
(919) 841-9447
www.angelhairwiggallery.com**



Handmade Jewelry is Always in Style

Come in anytime and make your own jewelry at our free work tables. We keep all the latest trendy ingredients in stock and have an expert staff on hand to help you design and construct your own jewelry for a lot less money. Make these lovely

Swarovski cluster earrings in one of our beginner classes. See our website for a complete schedule.

**Panopolie, 6320 Capital Blvd; Raleigh,
(919) 872-4767;
www.Panopolie.com**



Give The Gift Of Choice With The Crabtree Valley Mall Gift Card.

Crabtree Valley Mall gift cards are the perfect gift and are accepted by over 200 retailers in the mall, including such favorites as Pottery Barn, Crate & Barrel, Gap, Coach, Apple, Best Buy, bebe, XXI Forever and our newly remodeled Hudson Belk Store. They are available at Guest Services seven days a week, simply choose cards in denominations of \$5 to \$500.

**Crabtree Valley Mall,
4325 Glenwood Avenue. Raleigh,
(919) 787-8993.
www.crabtree-valley-mall.com
Mon - Sat 10am - 9:30pm;
Sunday 12noon - 6pm,**

The Umstead Hotel And Spa, Located In The Heart Of Cary, North Carolina,

offers a welcoming home in an environment that expresses an appreciation for the arts and embraces the wonders of nature. Opened on January 15, 2007 The Umstead Hotel and Spa provides a world-class haven for discerning business guests with elegant meeting and event space, spacious guestrooms, a world-class dining experience, original art and sculpture and a luxurious spa. Just minutes from the Raleigh-Durham International Airport, downtown Raleigh and the Triangle Park, The Umstead offers luxury amenities within the convenience of an urban location. **The Umstead Hotel and Spa 100 Woodland Pond, Cary, (919) 447-4000, www.theumstead.com**





Extend Your Natural Beauty.

Hair extensions have come a long way! Thicker, longer, more beautiful hair is a reality. We are proud to offer the

revolutionary Great Lengths System to the ladies of the Triangle!

The Hair and Face Lounge
237 West Chatham Street,
Downtown Cary, (919) 380-2029,
www.thehairandfacelounge.com

The Finest In Italian Leather

This stunning Ferre purse is the utmost of high style. One can never have too many purses and we have a gorgeous collection of the latest purses direct from Italy that are must see.



Bano Boutique
2699 Durham
Chapel Hill Blvd.
Durham,
(919) 489-9006
see ad on page 3



Look Gorgeous at Any Age!

New for summer at Skin Sense, a day spa - Age Intervention Facial. A powerful antioxidant defense facial using the newest in Age Smart Technology. This particular technology aids in restoring moisture, and repairing collagen

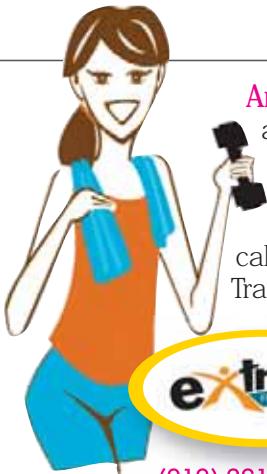
syntheses while minimizing pigmentation damage. **Skin Sense, a day spa**
Call (919) 870-0700 for an appointment, or visit www.skincare.com

It's Easy Being Green!

Wafer-thin slices of dyed tagua nut, an earth friendly alternative to animal ivory, form overlapping dangles in this striking necklace and earring set from Colombia. Shop our wide selection of fairly traded jewelry, personal accessories, gifts, and home decor—all handcrafted by artisans in over 30 countries.



Ten Thousand Villages, Cameron Village,
435 Woodburn Ave,
Raleigh, (919) 821 1100
www.villagesofraleigh.org



Are You Finding It Hard To Lose Weight And Eat Healthy? Ladies are raving about the Extreme Fitness and the 3x a Day Fast Track Meal Packages from Supper Thyme. Both packages include a selection of pre-assembled meals that are designed for individuals seeking a low calorie, higher protein, lower carb & lower sodium healthy eating lifestyle. The traditional fitness package contains ten 325 calorie or less, low fat meals, 3 servings in each pan, for a total of 30 servings. The Fast Track package includes 21 single serving meals; breakfast, lunch & dinner and is based on a 1200-1800 calorie per day regime. Not only do both packages include all the essentials for any weight loss program - they are convenient and cost effective too! So whether you're watching calories or counting points we have the package for you. **Supper Thyme,**

7990 Arco Corporate Dr., Located at the Shoppes of Brier Creek,
(919) 361-3000, www.supperthyme.com, USE PROMO CODE STYLE FOR \$10 OFF ANY EX FIT PACKAGE. see ad on page 81



“A Breakthrough In Tanning Technology”

The elite new products from the Cýphêr Collection unlock the code to a mysterious, rich tan with the next generation of tanning

technology that maximizes the skin's tanning potential for unsurpassed fast, rich results. It doesn't get any better than this!

Cabana Tans Tanning and Skincare
North Ridge: (919) 872-7212
Litchford Village: (919) 876-4899
Pinecrest Point: (919) 847-0333
www.coolcabana.com



Summer Is A Time For Fun Are you spending more time looking for your summer recreational items...than actually using them? Let us show you how a customized storage system from Closet Factory will keep everything organized and in place, so you'll spend less time looking for what you need, and more time enjoying a summer of fun!

Closet Factory,
831 Purser Drive, Raleigh, NC 27603
(919) 773-8990
www.closetfactory.com

“Instant Beauty To Any Wall”

Be expressive and decorate your home all at the same time. Come see our wide selection of DCWV Home Vinyl lettering in may beautiful sayings for any room in the house. Lettering is easy to apply, easy to remove, and adds a beautiful hand-painted look to any room.



Garden Supply
1421 Old Apex Road Cary, (919) 460-7747
www.gardensupplyco.com

Cupcake Envy Is A Custom Dessert Gift Service That Specializes In Artistic Individual Servings Of Cake.

From elegant to outrageous, our designer desserts are sure to wow your guests and make your occasion an affair to remember. From showers and birthdays to corporate events or girl's night out, Cupcake Envy can create a design for each of your guests to selfishly enjoy and devour so don't just settle for a slice of cake. Prices for our designs begin at \$20.00 each with no minimum quantity to order.



SHIPPING NOW AVAILABLE NATIONWIDE!
Cupcake Envy LLC, (919) 453 0779,
www.cupcakeenvy.com



Rangoni Firenze Shoes Spice up your wardrobe with the great colors and materials of the "Norah" and "Jeraly" shoe. Shoes are the key accessory to any outfit this Summer! Norah shoe (pictured left) available in Bronze/Chestnut Metallic and Beige/Pewter Metallic. Jeraly shoe (pictured right) available in Pink Patent, White Patent, and Black Patent. **Rangoni Shoes, The Streets at Southpoint Mall, 6910 Fayetteville Road, Suite 171, Durham, NC (919) 544-4333**
www.rangonishoes.com



\$10 Dollars Off Your First Service.

Whether it be nails or hair and upgrade deep conditioning service with any color service.
**Salon One 21 & Color Bar,
121 S White St.,
Wake Forest,**

(919) 569-0133
www.salonone21.net



Hard Travel Cases for Bras and Soft cases for Panties.

The Panty bag has a side for "Clean" and one for "Not so Clean". Available all sizes and colors.

**J-Alane's, Fine Lingerie
And Other Essentials
The Alexan At North Hills
4209 Lassiter Mill Rd.,
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