

The Hub - Health & Living Magazine

# LIFESTYLE



**FREE**

PLEASE TAKE  
ONE

Vivienne Westwood Frames - **Specsavers** | Satin Blouse - **Pagani** | Levi's 318 Wide Leg Jeans - **Farmers** |  
Winter Scarf - **Caroline Eve** | Whistle Aviator Jacket - **Farmers** | Flower Charm Bracelet - **Lovisa** | Studded Belt -  
**Farmers** | Reebok Classic Nylon - **Stirling Sports** | Journal - **Paper Plus** | Travel Cup - **Starbucks**

# Sleep Well Feel Well

with Pak' n Save

Struggling to wind down at the end of the day?

Sometimes the secret to a restful night's sleep starts in your kitchen. These dreamy bites are not only delicious — they're also packed with natural compounds that support a good night's rest.

**Oatmeal** / It's not just for breakfast! A warm bowl of oatmeal in the evening can help ease you into sleep. Oats are a natural source of melatonin and complex carbs that help more tryptophan reach your brain. A better sleep might just be a snack away.

**Bananas** / Nature's bedtime snack! Bananas are rich in magnesium and potassium, which help relax muscles, while also providing a dose of tryptophan — a building block for serotonin and melatonin, the hormones that regulate sleep.

**Almonds & Walnuts** / These crunchy little superfoods are a great source of healthy fats, magnesium, and melatonin. Just a small handful before bed can help your body settle into sleep mode naturally.

**Kiwifruit** / Don't underestimate this vibrant green fruit. Kiwis are high in antioxidants and serotonin, which can help regulate your sleep cycle. Studies have shown that eating two kiwis an hour before bed may improve both sleep quality and duration.

**Pak' n Save** for all your grocery needs | 03 3498 145



Herbal teas can be beneficial for sleep because they often contain ingredients like chamomile and lavender that have calming and sedative properties. These ingredients help you relax and reduce stress before bed often improving sleep quality by promoting relaxation and easing anxiety.

Find your perfect blend at **Teasme** | 03 3442 137





# Create the Perfect Environment for Sleep

There is nothing like a good bed

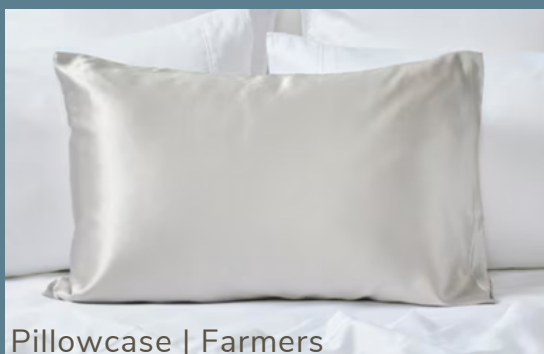
The Naturesleep range is a considered blend of natural elements, such as bamboo, New Zealand wool, and pure latex.

Combined with Sleepyhead's active 5-zone support system, provides an incredible sleep experience.

Exclusive to **Farmers**

[www.farmers.co.nz](http://www.farmers.co.nz) | 03 3757 270

Elevate your sleep experience with this Kate Reed silk pillowcase, crafted from fine mulberry silk for a touch of everyday luxury. The smooth texture offers a comfortable night's sleep, allowing you to enjoy a restful and stylish slumber.



Pillowcase | Farmers



**Cosmic** stocks a range of natural salt lamps designed to transform a room with energy and improve mood positively.

Salt lamps are made with salt originating from the salt caves of the Himalayas, which have been studied and renowned by many for their health benefits for years.

This natural dehumidifier adds a calming glow and ambience to any space.

**Cosmic** | 03 3492 059



Scented Candles can have a calming effect on some people, promoting relaxation and a sense of well-being.

The Limited Edition Collection from The Aromatherapy Co. has a captivating fragrance where delicate rose petals meet the smoky allure of incense, capturing the essence of a blooming garden.

**Acquisitions** | 03 595 2290

## Vintage Glamour | Glamlette

As a jewellery lover, you likely have perused big box jewellers, boutiques, and online stores looking for the best jewellery and deals. But did you know that there are many benefits to buying pre-owned jewellery?

From fantastic discounts, wide selections, and high-quality pieces there are many reasons to choose to buy pre-owned pieces.

**Affordability** meaning you get to enjoy beautiful pieces at a fraction of the cost, in buying preloved.

**Sustainable** less demand for new pieces to be made creating less strain on the environment.

**High Quality** cleaned, polished, and refurbished to look just as good as the day it was bought.

**Tells a story** buying used or vintage jewellery pieces, lets you preserve a moment in history.

**Wide Selection** letting you enjoy timeless styles, vintage finds and modern trends.



**Glamlette** | 03 9259654

beside Little Beauty Bar



## Artwork for your floor | Silk Road Rugs

Who says art belongs only on the walls? Transform your space from the ground up. Rugs are not just functional décor; they are masterpieces, woven with purpose, colour, and soul. Whether bold and modern or timeless and complex design, a rug tells a story and can become the centrepiece of your room. Why only hang your art on walls when your floor can be the canvas?

Silk Road Rugs bring beauty, personality, and comfort to your feet. From eye-catching patterns to cosy textures, each piece elevates your space and makes your home feel more you. Stunning collection of handmade rugs, machine-made rugs, traditional kilims, and beautifully crafted cushion covers. Whether you want to add a touch of heritage to your space or bring in cosy elegance, their diverse selection suits every taste and budget. Make your home cozy with a rug this winter. At Silk Road Rugs, every piece tells a story. It's more than a rug—it's style you can walk on.

**Silk Road Rugs** | 021 267 8800

beside K&K Fashions



Shoes - Stirling Sports | Watch - Silvermoon |  
Jacket - Cotton On Body | Jumper - Stirling Sports |  
Bag - Moda Bella | Bracelet - Michael Hill



Shoes - Stirling Sports | Watch - Pascoes | Jacket -  
Farmers | Hoody - Farmers | Stanley Mug - Stirling  
Sports | Cap - Stirling Sports | Levi's Chinos - Farmers

## Family Fashion

Coat - Cotton On Kids | Bag - Farmers | Jelly Cat Basketball  
- Farmers | Hoody - Cotton On Kids | Hat - Farmers |  
Shoes - Stirling Sports | Trackies - Farmers



Dress - Cotton On Kids | Jacket - Farmers | Tights - Farmers  
| Bag - Cotton On Kids | Hat & Gloves - Farmers | Shoes -  
Stirling Sports | Charm Keyring - Cotton On Kids

# Flower Care

## — during the Winter

Caring for cut flowers in winter needs more attention because the dry indoor air, fluctuating temperatures, and reduced sunlight can affect how long they stay fresh. Here are some solid tips to keep your blooms looking good



- Remove any leaves that fall below the water line, because they rot quickly and cause bacteria buildup.
- Use flower food if you have it, or DIY a mix with sugar, lemon juice, and a drop of bleach.
- Mist lightly with water if your home is really dry. It can help mimic the humidity flowers like.
- Avoid direct sun—winter sun can still be harsh and dehydrate the flowers petals.
- Change the vase water every 2–3 days, using room-temperature water.
- Clean the vase thoroughly before adding new flowers or water.
- Trim the stems at a 45° angle every couple of days. This helps them absorb more water.
- Avoid heaters, radiators, or fireplaces. These dry out the air and dehydrate flowers quickly.



**Hornby Florist** owner Nina featuring a beautiful bouquet available in store  
[hornbyflorist.co.nz](http://hornbyflorist.co.nz) | 03 3495 351

## Hair Health | K-Scan

Introducing the Kérastase K-Scan service, a new level of personalised hair and scalp care now available exclusively in the salon. The K-Scan is a professional diagnostic tool powered by Kérastase, designed to scan and analyse the condition of your scalp and hair in real time.

Using high-tech sensors and a powerful algorithm, it provides a detailed insight into your hair's health—something you can't always see with the naked eye. This service allows the expert team to craft a truly bespoke haircare plan, tailored to your unique needs.

Visit Rodney Wayne Hornby and experience the future of hair wellness with the Kérastase K-Scan. |  
[rodneywayne.co.nz](http://rodneywayne.co.nz) | 03 3442 558





# How to Pick your Perfect Fragrance

Finding the right fragrance is like finding your signature. It should feel like you without saying a word.

Here is a guide to finding your perfect scent:

1/ Start with scent families. Do you lean toward fresh and citrusy, warm and woody, floral and romantic, or bold and spicy?

2/ Test on your skin (never just a paper strip), and give it time—fragrance evolves throughout the day.

3/ Most importantly, trust your instincts. The perfect scent isn't about trends but how it makes you feel; confident, comforted, completely yourself.

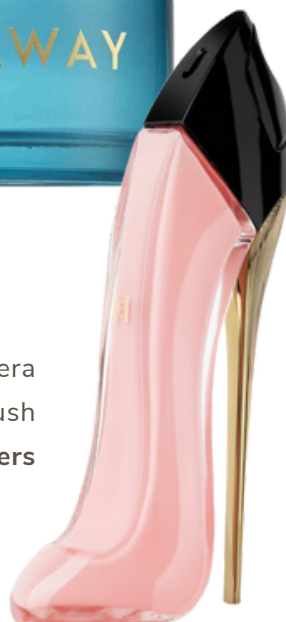


Karen Walker Runaway Azuren  
from \$119.00 | **Life Pharmacy**



Kama Cream Perfume  
\$27.99 | **Cosmic**

Carolina Herrera  
Good Girl Blush  
\$245.00 | **Farmers**



Jean Paul Gaultier Divine Le Parfum  
\$175.00 | **Farmers**



Pagani Mellow Musk  
\$29.99 | **Pagani**



Billie Eilish Your Turn  
\$119.99 | **Life Pharmacy**



Estee Lauder Bronze Goddess Nuit  
\$150.00 | **Farmers**

# Trends of the Season

— with Vicki McMillan, Personal Stylist

This season we are seeing combinations of leopard print, red, and denim emerging as a seasonal trend.

Leopard print, particularly in denim, is gaining popularity as a statement piece with accents of red as a bold and eye catching contrast this trend is about embracing both the boldness of animal print and colour, with the versatility of denim.

Leopard and cheetah prints are both bold, timeless, and always a little bit luxe. Teaming back with all your staple collections of black, navy, white and denims, it's an easy way to add interest and texture to your wardrobe.

A touch of leopard can add new life to these classics while investing in just one new piece. Leopard print is no longer considered a statement piece, being styled in subtle and sophisticated ways, making it a versatile neutral that can be incorporated into various outfits.



1. Belt, Farmers
2. Scarf, Caroline Eve
3. Skirt, Merric
4. Sneakers, Stirling Sports
5. Reversible Jacket, K&K
6. Jeans, Caroline Eve
7. Loafers, Moda Bella



**Vicki** offers styling sessions from just \$100 and helps you shop to find things that suit your shape, lifestyle, style personality and colourings.  
[www.beautyandstyle.co.nz](http://www.beautyandstyle.co.nz) | 027 244 5176



Coat | Pagani

Denim has been dominating the racks for a couple of seasons now and this winter is no different. Dresses, blazers, trench coats, jeans, skirts ... the list of styles is endless. Teaming double denim looks top and bottom are also key looks for the cooler months ahead. The versatility of denim makes it easy to create multiple looks by pairing with a blazer and boots for a sophisticated look, a piece of knitwear and sneakers for casual or a dressy blouse, coat and loafer for that elusive "dressy casual" outfit.



Shoes, **Moda Bella** | Glasses, **OPSM** | Jacket, **Caroline Eve**  
 | Jumper, **K&K** | Bag, **Farmers** | Skirt, **K&K** | Scarf,  
**Caroline Eve** | Bracelet, **Pascoes** | KW Ring, **Silvermoon**



“This winter, it’s all about those earthy tones! Cozy up in warm, snuggly boots that are perfect for everyday wear. Plus, loafers are making a stylish comeback this season! They’re not only comfortable but also versatile enough to pair with any outfit, whether it’s casual or dressy. Make sure to add these essentials to your wardrobe for a chic and comfortable winter! - **Moda Bella**”  
[www.modabella.co.nz](http://www.modabella.co.nz) | 03 3498 304

Coat, **Merric** | Dress, **Farmers** | Bag, **Caroline Eve** |  
 Watch, **Michael Hill** | Earrings, **Pascoes** | Sunglasses,  
**Pagani** | Necklace, **Merric** | Boots, **Moda Bella**



Winter 2025 is favouring a louder conversation - this season, fashion is leaning into fun. It’s expressive, nostalgic in parts, and determined to shake off the seriousness. Whether it’s a colour clash or an unexpected fabric pairing, Winter dressing is no longer about restraint - it’s about what feels good.

### Denim is loosening up

In denim, structure is giving way to shape. While skinny jeans are still on standby for some, the looser silhouettes define 2025. Wide-leg jeans continue their steady reign - easy to wear, flattering, and surprisingly versatile. Alongside them, the barrel leg has gained traction, offering a sculptural, cocooned shape that feels equal parts directional and comfortable. Carrot jeans are also back on radar: high-waisted, roomy at the hip, and tapered at the ankle. Ideal pairing with a cropped knit.

### Texture play

One of the easiest ways to make a look feel considered this season is through texture. From leather looks to cozy knits, this winter’s approach is tactile bringing dimension to everyday dressing. The most effective combinations? Opposites. Pair soft knits with sleek vegan leather, crisp cotton with fur, or soft chiffon under heavy coats. The idea is to create tension, then find balance.

### Maximalism is in its fun era

Winter is not the time to shrink back, and this season’s maximalism agrees. It’s about volume, fun, and knowing what you like. Layer oversized coats over graphic knits, mix prints, or wear all the colours at once.

### When in doubt, wear what feels authentic to you

The mood is shifting away from short-lived aesthetics and towards something more grounded, wearing what feels like you. This year, individuality wins. Whether that’s a capsule wardrobe in black and beige or a rail full of colour and contrast, there’s room for every take. After all, the strongest look this season is one you actually want to wear.

### K&K Fashion

[www.kandk.co.nz](http://www.kandk.co.nz) | 03 5955 088

# Macho Nacho

with Chelsea Winter

Prep time 15 minutes

Cooking time 30 minutes

Serves 4

## Ingredients

1 large onion, finely chopped  
 3 cloves garlic, crushed  
 1 tbsp paprika  
 1 tsp ground cumin  
 1 tsp ground coriander  
 ½ tsp chilli powder  
 1/3 cup red wine  
 1 x 400g can brown or puy lentils, drained and rinsed  
 1 x 400g can black beans, drained and rinsed  
 2 x 400g cans chopped tinned tomatoes  
 ½ cup or water  
 1 ½ tbsp brown sugar  
 2 tsp imitation chicken or vegetable stock powder  
 ½ tsp salt  
 Extra virgin olive oil or grape seed oil, for frying

## Method

Preheat the oven to 180c regular bake.

Add about 3 tbsp oil to a large frying pan over a medium heat. Add the onion and cook, stirring, for about 10 minutes until soft. Add the garlic and cook another minute or so.

Add the spices and cook for another minute, stirring so it doesn't stick. Add the red wine, turn up the heat and let it bubble for 10 seconds.

Add the drained lentils, beans, tomatoes, water, sugar, stock and salt. Stir, then bring to a simmer for about 15 minutes until slightly reduced. Add more salt to taste if need be. Set aside. Add the chips to a roasting tray with a splash of oil and some salt. Toss to combine and bake in the oven for 5-10 minutes, or until crispy.

To serve, spoon the bean sauce over the crunchy chips and top with lots of aioli and mayo and coriander. A squeeze of lime or lemon and some chilli flakes or Tabasco would go down a treat, too.



Meat, egg and dairy-free nachos for the win. This recipe is from her plant-based book: **SUPERGOOD** available at **Whitcoulls** and **Paper Plus**.



Tempa, Selena  
Martini Glass set/2  
\$69.99 | **Acquisitions**



Cocktail Straws  
Reusable Set/6  
\$19.99 | **Acquisitions**



Cocktail Recipe Shaker  
\$19.99 | **Acquisitions**

Oliivon Cut Glass, Whiskey  
Set of 2  
\$34.99 | **Acquisitions**



Lafayette Cocktail Set  
4 piece  
\$79.99 | **Acquisitions**

# Thyme of the Year

with Black Bull Liquor

Prep time 2 minutes  
Cooking time 5 minutes  
Serves 1

## Ingredients

30ml Smirnoff Vodka  
45ml Madeira  
90ml Cloudy Apples Juice  
10ml Lemon Juice  
10ml Orange Juice  
2 teaspoons apricot jam  
Pinch of Flaky Sea Salt  
Sprig of Thyme to Garnish

## Method

Measure and pour all ingredients except thyme and jam into a small saucepan.

Place saucepan over a medium heat and gently bring to a warm temperature.

Stir in the apricot jam to dissolve.

Pour into mug or glass of choice and garnish with thyme.

Look instore for weekly specials on ingredients for your favourite cocktails at **Black Bull Liquor**, [www.blackbullliquorhornby.co.nz](http://www.blackbullliquorhornby.co.nz) | 03 3493 167



**Acquisitions** for all your cocktail accessories and all your other gifting needs | [www.acquisitions.co.nz](http://www.acquisitions.co.nz)

Prices subject to the time of print, differences may apply

Ever wondered what those fancy face treatments are all about? We've uncovered the details for you...



# 01

## Dermaplaning

Dermaplaning is a non-invasive skin treatment that uses a specific surgical blade that is designed to glide across the surface of the skin to remove any dead skin cells alongside removing peach fuzz. This gentle treatment reveals a fresh, healthy and glowing complexion. Dermaplaning is suitable for all skin types and is an excellent treatment to get rid of dead skin cells to promote healthy skin and improve texture. Depending on your skin, it is recommended to have this skin treatment every 2-4 weeks to maintain the many benefits.



# 02

## High Performance Microdermabrasion

This treatment will help to stimulate your skin's collagen production and natural rejuvenation process by gently removing dead surface cells. Using diamond-tipped microdermabrasion and vacuum suction technology, combined with a combination of powerful topical cosmetic products, our signature High Performance Microdermabrasion treatment helps to refresh and refine dull skin, and can soften fine lines and can promote a more even skin tone.



# 03

## Hydrate RX Facial

A luxurious treatment designed to rejuvenate and revitalise skin, providing a holistic experience that leaves you feeling pampered and refreshed. With some customisable steps, HydrateRx can be tailored to your personal skin needs, providing the ultimate boost in hydration, leaving your skin with a natural glow. This cutting-edge facial is meticulously crafted to deliver a multi-dimensional approach to skincare, combining relaxation, hydration, exfoliation, and cleansing for a transformative yet genuinely indulgent experience. HydrateRx provides a well-rounded introduction to the AestheticsRx cosmeceutical skincare range.



# Stay radiant, stay nourished.

Winter can be tough on your skin, but you can keep it healthy and glowing with a little extra care. As the cooler months set in, your skin often needs a little extra care. The change in temperature, exposure to indoor heating, and harsher weather can all lead to dehydration, dullness, and uneven skin tone. But with a few simple tweaks, you can keep your skin healthy, nourished, and radiant right through winter.

## Focus on Hydration

Swap lighter summer moisturisers for richer creams, and introduce nourishing balms or oils into your daily regime.

## Nourish with Targeted Facials

At Simply Beauty, we tailor every facial to your skin's specific needs on the day, helping you maintain a healthy glow no matter what the weather's doing outside.

## Tackle Pigmentation Now

Winter is the perfect time to treat pigmentation concerns, while your skin is less exposed to the sun. Dermapen microneedling is one of the most effective ways to address pigmentation, boost collagen production, and smooth out skin tone. Starting your treatment journey now means you'll be ready to reveal fresh, luminous skin by spring.

## Small Changes, Big Difference

Add a hydrating serum, use a richer night cream, or book a monthly nourishing facial. Small changes will make a huge difference to how your skin looks and feels this winter.

At Simply Beauty, we're passionate about helping you achieve healthy, glowing skin all year round. Visit us for tailored advice, winter-ready treatments, and skincare products designed to work with the season, not against it.

**Simply Beauty** | [www.simplybeauty.co.nz](http://www.simplybeauty.co.nz)



Aesthetics Ultimate lip Perfector  
\$79.00 | **The Cosmetic Clinic**

Aesthetics Enzyme Peel  
\$99.00 | **The Cosmetic Clinic**



The Ordinary.  
Hyaluronic Acid 2% + B5  
\$20.00 | **Farmers**



Estee Lauder Advanced Night Cleansing Balm  
\$100.00 | **Farmers**



'O' Exfoliating Cleanser  
\$93.00 | **Simply Beauty**

O Cosmedics Mineral Pro SPF 50  
\$92.00 | **Simply Beauty**



## Hear Again | Hear Better, Live Better

At Hear Again, we believe that better hearing should be accessible for everyone. That's why we're proud to offer our EasyPay scheme; making it simpler than ever to invest in your hearing health.

Thanks to our interest-free payment options, you now have the freedom to choose advanced hearing solutions that are perfectly suited to your lifestyle - without the financial stress. With EasyPay, you can get a brand-new pair of hearing aids for less than the cost of your daily coffee! [www.hearagain.co.nz](http://www.hearagain.co.nz) | 0508 432 724



## Muffin Break | Warm up your winter at Muffin Break

When the winter chill sets in, sometimes the simplest pleasures bring the most comfort - like wrapping your hands around a freshly brewed coffee and savouring a delicious treat.

Whether you're grabbing a quick coffee on the run or taking a moment to unwind on a chilly afternoon, Muffin Break is here to make your winter days a little warmer and a lot sweeter.

This winter, treat yourself to the simple joys — a good coffee, a freshly baked muffin, and a moment just for you. [www.muffinbreak.co.nz](http://www.muffinbreak.co.nz) | 03 3446 030



## Just Cuts | Transform from Summer to Winter

As the seasons change, so should your haircare routine! Summer's heat, salt and chlorine can leave your hair dry and damaged, making Winter the perfect time for a fresh start.

Try our favourite 10 second Hair Miracle and say farewell to dry and damaged hair in just 10 seconds, or our Heat Protect Protein Plus Spray to smooth, strengthen and protect.

Whether it's a nourishing treatment, a refreshing trim, or a brand new look, Just Cuts has you covered - literally! [www.justcuts.co.nz](http://www.justcuts.co.nz) | 03 3493 830



## My School Shoes | Sports, Work, Lifestyle

When winter rolls around, having a pair of quality waterproof shoes is essential to keep your feet warm and dry. Whether you're navigating icy sidewalks, slushy streets, or rainy days, the right footwear can make all the difference.

Look for shoes made from durable materials like leather or synthetic fabrics with waterproof membranes.

Features such as insulated linings, non-slip soles, and sealed seams are also important to ensure comfort and safety. [www.myschoolshoes.co.nz](http://www.myschoolshoes.co.nz) | 021 306 630





KitchenAid KSM180  
Evergreen Mixer  
\$1249.99 | **Stevens**



Momento Studio Salad Hands  
\$24.99 | **Stevens**



Capital Kitchen Cast Iron  
24cm, 4L Casserole  
\$199.99 | **Stevens**



Stevens Oak Oval Tray  
\$59.99 | **Stevens**



Cuisine Pro Wolfgang Starke  
Knife Block Set, 7 piece  
\$299.99 | **Stevens**

**Stevens** is located within Farmers on the second floor,  
[www.stevens.co.nz](http://www.stevens.co.nz) | 03 3757 270

Prices subject to the time of print, differences may apply

# Cook up a Storm

## with Paper Plus

### The Elements of Baking - Katarina Cermelj

Making any recipe gluten-free, dairy-free, egg-free or vegan. Armed with a PhD in Inorganic Chemistry, Katarina Cermelj lays out the science behind baking and the ingredients that make it work, so you can easily adapt your baking to your diet and lifestyle, and still make sure it tastes spectacular.

With an abundance of mouth-watering recipes, together with quantitative modification rules that you can use to convert any recipe into whatever version you fancy.

The Elements of Baking will transform the way you think about ingredients. It will be a constant companion in the kitchen and the book you refer to every time you want to bake.

### Bake with Brooki - Brooke Bellamy

Bake with Brooki has everything – chunky cookies that have gained a cult following, plus brownies, cupcakes, tray bakes, macarons, cheesecakes, layer cakes and more.

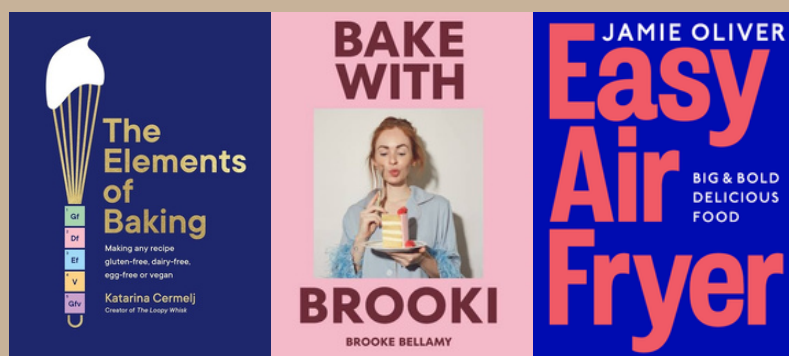
They're all beautifully photographed and come with Brooke's top tips for success every time, no matter your skill level.

These are the tried-and-true recipes behind the bakes that have made Brooki Bakehouse famous, plus the brand-new personal favourites that Brooke loves to make at home for friends and family.

### Easy Air Fryer - Jamie Oliver

Whether you're new to air frying or an expert, Jamie Oliver's here to help you take your gadget to the next level – enter Easy Air Fryer. The result of months of experimentation, this is the first book to show you just how delicious and versatile air frying can be. Whether prepping ahead or cooking to order, Jamie will have you making meals people won't believe were created in the air fryer.

All available at **Paper Plus**, [www.paperplus.co.nz](http://www.paperplus.co.nz)



# Winter is the Season to Look After You

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It's time to lean into comfort and care. Winter invites us to slow down and turn inward. It's the perfect time to nourish your body, calm your mind, and create moments of quiet joy. Whether it's wrapping yourself in a soft blanket, lighting your favourite candle, or taking a few extra minutes for a warm bath, looking after yourself this season isn't a luxury, it's a necessity. Embrace the art of winter self-care, and let the season restore you.



ACQUISITIONS, PG 3, 11  
BLACK BULL LIQUOR, PG 11  
CAROLINE EVE, PG 1, 8, 9  
THE COSMETIC CLINIC, PG 12, 13  
COSMIC, PG 3, 7  
COTTON ON BODY, PG 5  
COTTON ON KIDS, PG 5  
FARMERS, PG 1, 3, 5, 7, 8, 9, 13  
GLAMLETTE, PG 4  
HEAR AGAIN, PG 14  
HORNBY FLORIST, PG 6  
JUST CUTS, PG 14  
K & K FASHION, PG 8, 9

LIFE PHARMACY, PG 7  
LOVISA, PG 1  
MERRIC, PG 8, 9  
MICHAEL HILL, PG 5, 9  
MODA BELLA, PG 5, 8, 9  
MUFFIN BREAK, PG 14  
MY SCHOOL SHOES, PG 14  
OPSM, PG 9  
PAGANI, PG 1, 7, 8, 9

PAK' N SAVE, PG 2  
PAPER PLUS, PG 1, 10, 15  
PASCOES, PG 5, 9  
RODNEY WAYNE, PG 6  
SILK ROAD RUGS, PG 4  
SILVERMOON, PG 5, 9  
SIMPLY BEAUTY, PG 13  
SPECSAVERS, PG 1  
STARBUCKS, PG 1  
STEVENS, PG 15  
STIRLING SPORTS, PG 1, 5, 8  
TEASME, PG 2  
WHITCOULLS, PG 10