

the Strand.  
AT COOLANGATTA

# Where Cooly, Meets

AUTUMN/WINTER EDITION

## What's Inside

WHAT'S ON	pg. 03
ENTERTAINMENT	pg. 03
EXCLUSIVE OFFERS	pg. 04
FOOD & DINING	pg. 07
LIFESTYLE & HOME	pg. 12
BEAUTY & WELLNESS	pg. 14
SHOPPING & FASHION	pg. 19
TRAVEL & EXPLORE	pg. 22

PLUS MORE!

WIN 1 OF 3  
\$100 SHOPS

pg. 23





# Welcome to The Strand at Coolangatta.

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Beachside entertainment, food, and family time. We've curated the perfect guide to take the ease out of your visit - discover the range of shops, restaurants, cafes, services and events.

Whether you're looking to grab a bite to eat, find fashion inspiration, take time out to relax or keep the kids entertained, we've got you covered!


Plus, discover retailer offers and a bustling calendar of events for the entire family. Get your bookmarks ready; this edition is bursting with ideas, tips and tricks.

We hope you enjoy the read and get inspired.

## Trading Hours

<b>MONDAY</b>	9am-5.30pm
<b>TUESDAY</b>	9am-5.30pm
<b>WEDNESDAY</b>	9am-5.30pm
<b>THURSDAY</b>	9am-9pm
<b>FRIDAY</b>	9am-5.30pm
<b>SATURDAY</b>	9am-5.30pm
<b>SUNDAY</b>	10am-4pm

\*Individual store hours may vary, we recommend contacting the store directly.



# What's on

We've got so much happening at The Strand. From school holiday activities, free family fun, and everything in between! Stay up to date by joining The Loop.

## **APRIL: SCHOOL HOLIDAYS WELCOME TO WONDERLAND**

### **Easter Bunny Roaming**

Thursday 6, Saturday 8, Sunday 9 April 2023

### **A world of Wonderland Craft**

Monday 10 April - Friday 21 April 2023

**Time:** 11AM - 2PM

**Where:** near Just Sunnies Ground Level

**Price:** FREE

Down, down, down the rabbit hole to uncover a world of wonderland at The Strand these school holidays. Get curious as you create your own wonderful masterpieces, from designing your own teacup, mad hatters hats and more!



If you're wondering which way you ought to go, join us at our wonderful wonderland, where you'll sure to be finding your way to a world of craft!

## **JUNE: COOLY ROCKS ON**

Cooly Rocks On will be returning to the Coolangatta precinct. Join us at The Strand for a rockin' time with swing dance workshops, entertainment, exclusive offers, and so much more!



**DISCOVER WHAT'S ON**

# Enjoy Endless Entertainment

## **SEE A MOVIE AT CINEBAR**

The newly opened Cinebar features a stylish boutique lounge bar, state-of-the-art digital projection and sound with the latest blockbusters, and a brand new kitchen with an extensive food and beverage offering available to guests in the lounge or delivered in-cinema.

## **GET COMPETITIVE AT TIMEZONE**

Timezone Coolangatta is a kid's (and adults') dream destination. From bowling to dodgem cars, from laser skirmish to 200 popular arcade games, Timezone guarantees an afternoon of fun.

## **UNWIND AT THE COOLY HOTEL**

Whether dining in the restaurant or sipping on a refreshing beverage in the sundrenched beer garden, Cooly Hotel has something to satisfy all tastebuds. As one of Australia's top live entertainment destinations, they cater to all tastes with an impressive lineup of local and international music acts.

**CINEBAR**  
LICENSED CINEMAS

**TIMEZONE**

**COOLANGATTA  
HOTEL**



CELEBRITY INK™ 

**Get \$50\* off**  
**YOUR NEXT TATTOO!**

\*\$50 voucher can be redeemed at select Celebrity Ink Coolangatta only. Standard terms and conditions apply - visit <https://celebrityink.com/terms-and-conditions/>



**Free Bodyscan + Consultation**  
**WITH ANY PURCHASE OVER \$100**  
**(VALUED AT \$50)**

**10% off all purchases**  
**over \$150**

Terms and Conditions apply, see in-store for details.  
Valid until 31 August 2023.

BASKIN **BR** ROBBINS

**FREE upgrade**  
**OR ANY BEVERAGE TO A LARGE**

Terms & conditions apply, see in-store for details.  
Valid until 31 August 2023.



**Get 15% off**  
**WHEN YOU BUY A SKATEBOARD**  
**COMPLETE + HELMET (OR PADS)**

Terms & conditions apply; see in-store for details.  
Valid until 31 August 2023.



**6 classes**  
**for \$60**

Terms & conditions apply; see in-store for details.  
Valid until 31 August 2023.

JUST  
SUNNIES

**Get 20% off**  
**WHEN YOU SPEND \$150 IN-**  
**STORE WITH CODE COOLMEET**

Terms and Conditions apply. Excludes Maui Jim, Sale and Gift Cards. See in-store for full details.  
Valid until 31 August 2023.



**Kids eat free**  
**Monday - Wednesday**  
**WITH THE PURCHASE**  
**OF AN ADULT'S MEAL**

Terms and Conditions apply, see in-store for details.  
Not valid in conjunction with any other offer or discount. Valid until 31 August 2023.

HOCOTECH

**15% off**  
**WHEN YOU SPEND \$100**  
**ON 3C ACCESSORIES.**  
**FREE phone screen protector**  
**for all phone repairs.**

Terms & conditions apply; see in-store for details.  
Valid until 31 August 2023.



**HAVE YOU VISITED OUR NEW**  
**SIBLING STORE - BUBBA BEES**  
**BABY BOUTIQUE?**  
**Receive 10% off**  
**YOUR FIRST PURCHASE**  
**AT BUBBA BEES.**

Terms & conditions apply; see in-store for details.  
Valid until 31 August 2023.

endota

**SPEND \$180 AND RECEIVE A**  
**FREE organics**  
**deluxe mini**  
**VALUED AT UP TO \$22\***

Terms & conditions apply; see in-store for details.  
Valid until 31 August 2023.



**Spend \$100 (full price) &**  
**receive a set of beautiful**  
**Australian Made Freshwater**  
**Soaps valued at \$12.00**

Terms and Conditions apply, see in-store for details.  
Valid until 31 August 2023.



**Receive \$50 off**  
**WHEN YOU SPEND \$200**

Terms & conditions apply, see in-store for details.  
Valid for new customers only until 31 August 2023.



**Get 10% off**  
**WHEN YOU BUY 2 OR MORE**  
**SCOOTERS\***

Terms & conditions apply; see in-store for details.  
\*Doesn't apply to electric scooters.  
Valid until 31 August 2023.



**\$100 off**  
**ANY WATER FEATURE PRICED**  
**OVER \$300 ON PRESENTATION**  
**OF THIS VOUCHER.**

Terms & conditions apply; see in-store for details.  
Valid until 31 August 2023.



**MONDAY - LC BURGER AND LOADED FRIES NIGHT**  
Any burger from the menu with loaded fries **\$20**

**TUESDAY**  
BBQ Pork and buffalo wings, baked Potato,  
sour cream and Slaw **\$20**

**WEDNESDAY - FAMILY FEAST**  
1 Shared Pasta, 1 Pizza of Choice, LC Salad  
and a Garlic Bread **\$60**

**THURSDAY PARMY NIGHT**  
Make your choice 1 of 3 toppings with chips  
and Salad **\$20**





# Say hello to our new retailers



We're pleased to welcome some new retailers to The Strand Coolangatta.

## LINCRAFT HOME

Lincraft stocks over 10,000 products online, including the latest fabrics, yarns, crafts, haberdashery and home furnishing products for hobbyists & DIY decorators.

## MASTERY SCHOOLS AUSTRALIA | (07) 5551 4080

Mastery Schools Australia is Australia's first dedicated, concept middle school for years 4-10 that cater for students struggling academically and socially in mainstream schooling due to learning difficulties such as - but not exclusive to - dyslexia, dysgraphia, dyscalculia, and ADHD.



## STRATA TITLE MANAGEMENT | (02) 9266 2600

Strata Title Management has been planning, establishing and managing successful Owners Corporations throughout New South Wales and over the Queensland border since 1978. Their longevity and proven strategies, combined with their evolving experience and heavy investment in people, training and technology, has positioned the Company as an industry leader and a popular choice amongst Owners Corporations.



## LIME MEXICAN | (07) 5536 4193

Lime Mexican is a fresh take on modern street-style Mexican food. A casual restaurant and bar where you can pop in for a drink, order a snack, grab some takeaway, or settle in with a menu designed for sharing among friends.

## INTERRELATE | 02 8882 7800

Interrelate deliver professional services like a big business, but with the heart of a not-for-profit. Their programs and services empower families to build and navigate strong, resilient and healthy relationships from primary school through to adulthood.



# COOLY'S PREMIUM DATE NIGHT DESTINATION

OPENING  
APRIL

# CINEBAR®

## LICENSED CINEMAS

LOCATED LEVEL 2,  
STRAND AT COOLANGATTA



SCAN HERE  
FOR MORE  
INFORMATION





# What's in season at Woolworths



## PARSNIPS

Parsnips are such a versatile winter vegetable. They have a sweet, mild, earthy flavour and pair well with many dishes. Look for smaller parsnips, as they usually offer tenderness and more flavour. Roast them in butter and garlic to create the perfect side dish!

## EGGPLANTS

The eggplant, or aubergine, provides fibre and a range of nutrients, making them a great winter companion! Eggplants should be firm and somewhat heavy for their size, with smooth, glossy skin and an intense purple hue.

**Tip:** Store them in the refrigerator until they are ready for use. Leaving the skin intact will keep them fresher for longer.



## KIWI FRUIT

Kiwi fruit is the perfect winter fruit due to its nutritional content. Kiwis are a good source of vitamin C, antioxidants, and fibre. Plus, they pair perfectly in breakfast yoghurts, salads and even smoothies.

## KALE

Kale is a green, leafy, cruciferous vegetable that is rich in nutrients. Kale can be good for adding fibre and antioxidants to the diet in many savoury dishes, salads, and smoothies, even roasted on their own to make a healthy snack!



Woolworths 





# Recipes

Fire up the BBQ and serve up these Aussie favourites that are full of texture and flavour.

## PRAWN, BERRY, MELON & FETA SALAD

### INGREDIENTS

- 1 tsp horseradish cream
- 24 large green prawns, peeled, deveined, tails intact
- 500g seedless watermelon
- 1 cup mint leaves
- 1 punnet blueberries
- 1 baby cos lettuce, leaves separated
- 2 tbs lime juice
- 40g feta, crumbled
- 1 tbs olive oil
- 1/4 cup olive oil

SERVES  
4

### METHOD

**Step 1:** Heat a barbecue hotplate or chargrill pan over medium-high heat. Place prawns in a bowl and drizzle with oil. Season with salt and pepper. Cook for 3 minutes on each side or until charred and cooked through. Transfer to a plate.

**Step 2:** Place lettuce in a bowl. Using a spoon, scoop watermelon into bowl with lettuce. Add prawns, blueberries, mint and feta.

**Step 3:** To make the dressing, whisk oil, lime juice and horseradish together in a jug. Drizzle over salad before serving.



## COCKTAILS WITH COOLY LIQUOR

Cocktail lovers rejoice! This decadent Peach Prosecco recipe from Cooly Liquor will take your party or long weekend events to the next level.

### PEACH PROSECCO

If you're after a more refreshing cocktail, try this zesty party punch made with Prosecco, peach nectar, and fresh berries!

### INGREDIENTS

- 3 cups prosecco, chilled
- 2 cups peach nectar, chilled
- 1 cup raspberries
- 1/2 cup blueberries

COOLY LIQUOR



# Places to gather and eat at The Strand

The Strand offers a great advantage with its variety of cafes and restaurants all in one location. Whether you're out with your family or friends, here are some places you can grab a delicious lunch and enjoy your time.

## 4 PINES

The hottest beachside collaboration on the coast, serving breakfast, lunch and dinner with views like no other.

## CAYMAN COFFEE

Perfectly made coffee and a cutting-edge menu that includes energy bowls, smoothies and a breakfast and lunch offering that's simple and tasty, you'll want to escape to a relaxed holiday vibe.

## GEORGES PARAGON

The Number 1 seafood restaurant and cocktail bar experience on the Gold Coast. Whether you choose to dine for lunch or dinner, you can be assured of an experience to remember.

## GRIFFITH ST LARDER

A casual eatery serving quality, affordable food in style. Feast on gourmet sandwiches, hand-cut chips, craft beers on tap, and a range of decadent desserts.

## LAMS KITCHEN

Delicious flavours, bright colours and enticing aromas are on offer at Lam Kitchen Vietnamese Restaurant! Be spoilt for choice with authentic Vietnamese cuisine.

## LIME MEXICAN

A casual restaurant and bar where you can pop in for a drink, order a snack, grab some takeaway, or settle in with a menu designed for sharing among friends. You'll love their tequila wall and delicious Mexican refreshments.



## O-SUSHI

Authentic Japanese cuisine served in a funky, vibrant environment - no wonder O-Sushi Coolangatta has been voted Queensland's favourite Japanese restaurant twice in a row in the prestigious "I Love Food" awards! Serving fresh and delicious well-presented food in a relaxed and friendly setting, O-Sushi is popular with good reason.

## THE COOLANGATTA HOTEL

Spend your day surfing or sunbaking, then swap the sand for a seat in the pizza pasta bar overlooking the stunning Coolangatta Beach. Enjoy live music, plus a wide range of delicious meals & bar snacks at The Coolangatta Hotel.





# For even the fussiest of eaters!

We understand the struggle of finding restaurants that cater to kids, picky eaters or provide discounts for youngsters.

Here are four kid-tastic dining options that the whole family will love.

**GRILL'D:** A family favourite, offering mouth-watering burgers straight from the grill. Grill'd strive to create fresh, nutritious burgers that are good for you, your soul and the community - giving Grill'd the parent's tick of approval. Grill'd Coolangatta offers 12 different tasty kid's meals to choose from.

**LITTLE COOLY:** Bring the family together for a delicious and unique dining experience at Little Cooly. Overlooking the stunning Coolangatta beach, Little Cooly has an extensive range of affordable options that will satisfy the whole family. The Little Nippers meals are all \$10.00 each and include spaghetti bolognese, lasagne, pineapple pizza or crumbed chicken and chips. Even better, for just \$3.00, keep kids entertained with a kid's activity pack!



**PANCAKE DINER:** Taking us on a trip down memory lane to the 1950s, the Pancake Diner is a family-friendly, retro diner serving up a huge range of classic meals, drinks and, of course, their famous pancakes. We can guarantee there are plenty of delicious options the kiddies will love. If you are looking for a fun, nostalgic experience with generous serves of food (and fun milkshakes!) at affordable prices, we recommend checking out the Pancake Diner.





**SUSHIA:** If you are looking for a light, healthy meal, head to Sushia. Specialising in both traditional and modern Japanese food, Sushia is authentic, fast, convenient, healthy and delicious. Sushia brings the freshest high-quality sushi to guests on the go - perfect for those rushed lunchtime visits to the shops.



## Dining directory

<b>4 PINES</b>	(07) 5648 1190
<b>BASKIN ROBBINS</b>	(07) 5599 5006
<b>CAYMAN COFFEE</b>	(07) 5599 4667
<b>COOLANGATTA KEBABS</b>	(07) 5506 5300
<b>GEORGE'S PARAGON</b>	(07) 5599 1885
<b>GRIFFITH ST LARDER</b>	(07) 5536 4107
<b>GRILL'D</b>	(07) 5536 3555
<b>LAM KITCHEN</b>	(07) 5536 2638
<b>LIME MEXICAN</b>	(07) 5536 4193
<b>LITTLE COOLY</b>	(07) 5607 4173
<b>O-SUSHI</b>	(07) 5536 5455
<b>PANCAKE DINER</b>	(07) 5536 8077
<b>SUNBAKED</b>	(07) 5536 1809
<b>SUSHIA</b>	0412 337 706
<b>THE COOLANGATTA HOTEL</b>	(07) 5589 6888
<b>THREE SONS COFFEE CARTEL</b>	(07) 5506 5300
<b>TOP NOODLE</b>	(07) 5536 2300





**TRUCKLOADS**  
DISCOUNT VARIETY STORE

**TRUCKLOADS:** Truckloads offers LOADS of product, LOADS of variety and LOADS of savings. Discover their range of art supplies, stationery, personal care, craft, hardware, garden, homeware, cleaning, novelty, kitchen, pet, beach and LOADS more!

The Truckloads team are passionate about delivering great deals with amazing service every day, and their staff are ready to go that extra mile with the biggest smile. They have everything your kids need to get crafty!

# Creative kids activities

Holidays mean kids have a lot of extra time on their hands, and parents have less.

If you're looking for easy ways to keep your kids entertained, Truckloads, Sandy Crab Toy Store, and the newly opened Lincraft have you covered with toys and craft items.

Let their creativity run wild with paint, stickers, and more – because when kids “think outside the box”, the possibilities for fun are simply endless!

**LINCRAFT: PLAY DOH AIR CLAY BONANZA \$35.00**



**SANDY CRAB TOYSTORE: JEWELLERY SET | MESSAGE \$39.99**

**SANDY CRAB TOYSTORE: COLOURING SET | DOT PAINT SET \$29.99**



**LINCRAFT: BOOK & KIT, DIG-YOUR-OWN T-REX \$15.00**



**SANDY CRAB TOYSTORE: PAPER CROWNS | PRINCESS GEMS \$19.99**



**LINCRAFT: LITTLE MAKR GLOW MONSTER DOUGH & CLAY KIT \$15.00**

Lincraft





# Refresh your home

Revitalise your home by creating stylish nooks that align with your interests, decluttering spaces that cause you to stress, or treating yourself to new home decor. Here are some tips and unique pieces to inspire you:

- Rearrange your furniture for an instant refresh in any room.
- Add a statement with a photo wall or creative wall art to bring life to a dull space.
- Swap out your living room pillows for an effortless transformation.
- Change your decor to a coastal or provincial theme for a cohesive flow.
- Refresh your bedroom with new bedding, such as linen or ruffled pillows.

By incorporating these simple changes, you can welcome new energy and create an inspiring atmosphere in your home.

Visit Soho Bay to get all you need to update your interiors.





## Enjoy a bit of me time

Looking for a pick-me-up? You deserve to take some good old 'me-time' to pause and reconnect. At The Strand at Coolangatta, we have a wide variety of stores that have got you covered from head to toe and inside out.

### ENDOTA SPA

A haven where you can escape and surrender your senses to pure relaxation. They have various treatment options that will melt away your worries, relieve stress or tension and leave you floating on a cloud.

### Organic Infusion | 50 minutes

One of their signature facials - a gentle cleanse, exfoliation, and moisturise followed by a foot and scalp massage.

### Rejuvenate Spa Package | 120 minutes

This nourishing full-body treatment involves a gentle body scrub to remove any dry/dead skin, followed by a warm oil cocoon (wrap), a full body massage and the organic infusion facial - very, very hydrating and incredibly relaxing.

### New Age Light Therapy | 60 minutes

If you're looking for something more gentle, book an LED facial; you can feel transformed in just one hour with a high-performance new-age light therapy facial delivering sensory relaxation and glowing results.

Call 07 5515 7919 or email [coolangatta@endota.com.au](mailto:coolangatta@endota.com.au) to book.

**endota**





### ESTEEM CLINIC

Get ready to restore your youthful glow with the advanced laser technology of Laser Genesis at Esteem Clinic.

Laser Genesis skin therapy is an innovative laser technology that stimulates collagen production to help promote deep tissue healing both post-treatment and in the following months.

Laser Genesis Skin Therapy is ideal for those wanting a refresh but with minimal downtime.

Esteem Clinic's highly qualified, experienced dermal therapists and skin specialists are the best in their field. Before any treatment, you will have a complimentary consultation to discuss any concerns, treatment suitability, and aesthetic goals.

For over 25 years, Esteem Clinic has been performing high-quality skin care services, so you can be assured that a highly experienced dermal practitioner performs your treatment.

They also offer complimentary consultations with Cosmetic Nurses and Dermal Laser Therapists.

Call (07) 5599 5829 to book.



### VIBE HAIR & BEAUTY

Like we protect our bodies from the cold, our hair also needs protection during the cooler months to avoid damage and dandruff. Keep your hair strong, smooth, and hydrated with some TLC from Vibe Hair and Beauty.

Offering a full suite of services from cuts and styles to colours, upstyles, Keratin smoothing treatments, Olaplex, perms and treatments, Vibe Hair and Beauty specialise in the colour techniques of balayage and foiling.

Alongside the hair salon, they also house a beauty room offering all your beauty needs, from facials to eyelash extensions and her specialty, eyebrow waxing. Did someone say girls' day?

Call (07) 5536 6899 to book.



## Health & beauty directory

Look and feel good this season! At The Strand at Coolangatta, we have a wide variety of stores that have got you covered from head to toe and inside out.



<b>ASN</b>	(07) 5536 4155
<b>AUDIKA</b>	(07) 5536 7400
<b>ENDOTA SPA</b>	(07) 5515 7919
<b>ESTEEM MEDI SPA</b>	(07) 5539 1000
<b>EYE SPECIALIST INSTITUTE</b>	(07) 5589 8300
<b>FASHION NAILS</b>	(07) 5536 7988
<b>GLOSS NAIL BAR</b>	(07) 5559 5377
<b>LOUIE CHINESE MEDICAL CLINIC</b>	(07) 5536 9085
<b>OUTLOOK EYE SPECIALISTS</b>	(07) 5587 5777
<b>ROYAL IDENTITY BEAUTY</b>	0422 666 452
<b>SMILE STREET DENTAL</b>	(07) 5391 1319
<b>SUN'S MASSAGE CENTRE</b>	(07) 5536 6118
<b>THE STRAND BARBER SHOP</b>	0458 500 087
<b>TOP HAIR</b>	(07) 5536 7777
<b>VIBE HAIR &amp; BEAUTY</b>	(07) 5536 6899

# Turn up the heat

## with Studio Pilates & Cooly Gym

Looking to stay fit this winter? Studio Pilates and Cooly Gym are here to help you stay on track and motivated. Grab your workout buddy and head into the Strand to turn up the heat.

### STUDIO PILATES | 0436 378 188

Transform your body from head to toe in just 40-minutes with Studio Pilates Coolangatta. Our effective, addictive and totally transformative reformer Pilates classes are designed by a team of physiotherapists and will leave you looking and feeling fitter, stronger and more toned after just 6-classes.

Unparalleled by any other workout experience, the luxe studio has 12 reformer beds, polished hardwood floors and the signature Studio Pilates chandelier that will help you switch your mind off from outside distractions, so you can focus on you.

Our timetable has classes morning, noon and night so whether you're an early bird or a night owl, you're sure to find a class that fits with you and your schedule.

Whether you're new to Pilates or you're a seasoned expert, you'll be guided, supported and challenged by our world leading instructors who provide one-on-one feedback to help you feel confident and accomplished after every class. Our

instructors are highly knowledgeable, skilled in injury modifications and love working with all bodies to get you feeling your absolute best!

With scientifically sequenced programming, Studio Pilates classes are safe and effective for all ages and fitness levels. Whether you're looking to strengthen your core, improve your posture, incorporate some strength and resistance training into your workouts or simply try something new, Studio Pilates Coolangatta can help you not only achieve, but exceed your goals!

Studio Pilates Coolangatta has a variety of different class packs to choose from, starting with casual single classes all the way up to 100 class packs. With no memberships or lock-in contracts, you can choose an option that is right for you.

### BUT DON'T JUST TAKE OUR WORD FOR IT.

Experience the Studio Pilates Coolangatta difference for yourself with our exclusive introductory offer and get **6 classes for just \$60.**



### COOLY GYM | (07) 5536 5819

Struggling to stay motivated with your exercise routine? Here are some tips from Personal Trainer and Strength Coach Zoe Ayako from Cooly Gym.

Winter in Australia can be a tough time to stay active but don't worry, I've got you covered! As a personal trainer at Cooly Gym, I've put together some fun exercises that you can do during the colder months.

First things first, you should always warm up! Doing a few jumping jacks, lunges, or squats will get your blood flowing and help avoid injury.

If you're looking to build and maintain muscle mass, strength training is the way to go. You don't need fancy equipment, just your body weight! Push-ups, pull-ups, and squats will do the trick. If you have access to weights, you could try deadlifts, lunges, and shoulder presses.

For some heart-pumping cardio, there are plenty of options to choose from! If you're an outdoorsy type, trying hiking, cycling or running in the cooler weather can be refreshing. But, if you prefer indoor

activities, give swimming, rowing, or jumping rope a go. Try to get at least 30 minutes of moderate-intensity cardio three to five times per week.

Last but not least, don't forget about stretching! Cold weather can make your muscles tight, so stretching is crucial. You could try yoga, pilates, or stretching classes. Or, just do a quick stretching routine at home.

To sum it up, there are plenty of exercises you can do during winter to stay fit and healthy. Remember to warm up, focus on strength training, include some cardio, and don't forget to stretch! With a bit of dedication and effort, you'll smash your fitness goals.

Zoe - Zoe Ayako Fitness | Personal Trainer and Strength Coach at Cooly Gym; available in person and online.



# Supplements to support your lifestyle



## WHITE WOLF - VEGAN NATURAL & LEAN PROTEIN

Looking for a protein source your body will thank you for? Look no further than White Wolf Nutrition's all-natural, keto-friendly, gluten-free and vegan-friendly protein. Say hello to Vegan Natural & Lean Protein.



## EVOLVE CREATINE MONOHYDRATE

If you're eager to step up your game and take your performance to new heights, Evolve Creatine Monohydrate can help you bring home results.

Creatine is one of bodybuilders' and athletes' most researched and used supplements, helping to optimise strength, power, performance and recovery after endurance training.



## MUSCLE NATION PROTEIN WATER

With Muscle Nation's Protein Water, we're taking drinking water to a new and innovative level! A light, refreshing alternative to a milky protein shake, this supplement combines the benefits of Whey Protein, Collagen, Electrolytes and BCAA's to quench your thirst any time of the day!

## EVOLVE GREEN MACHINE

Looking to take care of your insides the right way? Look no further than Evolve's reformulated super greens powder, Green Machine. Mix it with juice, your go-to protein shake, or smoothies.



## EVOLVE COLLAGEN

If you want to move, look and feel better, try Evolve Collagen - a formula that can nourish your skin, relieve your joints and strengthen your bones.

Collagen is the body's most abundant protein and supports various internal functions. From hair, skin and nails to muscles, bone and cartilage health, collagen is the glue that holds your body together. Evolve Collagen is designed to support the integrity, elasticity and strength of your bones, muscles, cartilage, skin, and more.



## SWITCH ADRENAL SUPPORT

Want to ensure your body is recovering and functioning as well as it's performing? Look no further than Switch Nutrition's result-driven, convenient, affordable vegan magnesium support formula. Introducing: Switch Nutrition Adrenal Switch!



# Stay sun safe

## with Just Sunnies

Winter is fast approaching, and the team at Just Sunnies is here to remind you that it's just as important to stay sun-safe during the colder months. Keep your sunglasses handy all year round to protect your eyes from the harsh UV rays we are exposed to daily.

Fortunately for us in Australia, our winters are mild in many places, and the sun continues to shine. While we might be missing the heat, sunshine and glare can be just as intense during this time.

The sun in winter sits at a different angle and is lower in the sky, resulting in heightened UV exposure. Combining this factor with frosty or wet roads can cause obstructed vision for drivers. For this situation, we would suggest a gradient non-polarised lens to shield your eyes from the high sun whilst still being able to see and use your in-car displays.

Planning on visiting the slopes? Choosing a good pair of polarised sunnies will aid in reducing glare while providing visual clarity. If you are a seasoned skier or snowboarder, you will know that wearing sunglasses is crucial when on the slopes due to the strong reflection from the snow. Applying this practice to your everyday life is essential in protecting your eyes all year round.

Looking for everyday wear? Winter is the perfect time to experiment with your look with trendy sunglasses to dress up your jeans and sweats while giving your eyes the protection they deserve. A pair of metal frames or a fashion shape will be the ideal staple wardrobe accessory all year.

Don't let the temperature deter you from wearing your favourite shades; wearing sunglasses in the cooler months is just as important as wearing them in summer. Check out a range of fashionable and functional sunglasses for men and women at Just Sunnies.



### OUR PICKS:

**FOR DRIVING:** Ray-Ban RB0880S Striped Havana/Brown Clear Gradient Glass Lenses Features a Graduated non-polarised lens.



**FOR THE SNOW:** Oakley Sutro Polished Black/Prizm Snow Torch Iridium Lenses Features a mirrored Prizm lens. Wrap-around shield frame.



**FOR EVERY DAY:** OTIS Time Horizon Eco Black/Grey Polarised Lenses, Features an eco-friendly frame and a polarised glass lens.



# Discover the best fashion finds

Whether you're looking for the latest fashion trends or timeless classics, The Strand Coolangatta has something for everyone.

## **BEACH N BEYOND | 0418 815 120**

The latest stylish swimwear and fashion to get you from sunny days to summer nights.

## **BOARDWALK BOUTIQUE | 0403 319 771**

Drop in and meet Mother & Daughter Duo - Jenny and Renee and let them help you find exactly what you are looking for whilst receiving some good old fashion customer service!

## **BOO BOO'S | (07) 5536 4101**

Boo Boo's stocks a large range of sizes, with the accent on bright colours and relaxed modern styles, plus a great range of jewellery, shoes and bags.

## **COOLANGATTA MENSWEAR | (07) 5536 3815**

Coolangatta Menswear is a casual lifestyle menswear store with everything from casual shirts and pants to polo shirts, shorts, accessories and more.

## **ESTEEM'S BOUTIQUE | (07) 5536 8714**

Offering sizes 8 to 22 with new styles arriving daily, a visit to Esteem's Boutique will leave you feeling uplifted and confident.

## **OLIVE & VERN | 07 5536 8085**

Have a party or event coming up? Make Olive & Vern your first stop with a range of beautiful outfits for every occasion. There's also a great range of accessories, including sunglasses and hats

## **RED CROSS SHOP | (07) 5536 4326**

Red Cross Shop sells donated goods such as women's and men's clothes, shoes, handbags, scarves, and homewares such as manchester, kitchenware and bric-a-brac.

## **SABAH LIFESTYLE | 0410 834 410**

Sabah Lifestyle offers a combination of affordable modern basics with trend-appropriate coastal-inspired designs that are rich in detail and easy to wear.

## **SALTWATER SILVER | 0420 674 449**

Whether it's highlighting a simple style with a large gemstone piece or a dainty design to complement an outfit, Saltwater Silver uses only the best quality semi-precious gemstones, freshwater and ocean pearls.

## **SEAFOLLY | (07) 5536 2788**

Seafolly is your first resort for swimwear, stocking the most sought-after swimwear brands such as Seafolly and other great Australian brands, including Sunseeker, Jets and MINKPINK.

## **SOLE INTEGRITY | (07) 5599 4544**

Sole Integrity is an iconic, locally owned and operated comfort and lifestyle shoe retailer, offering a range of footwear that not only suits your purpose but also your overall well-being.





# Get the best in Scooters, Skateboards and Apparel

## MY SCOOTER LAB

Open since 2018, My Scooter Lab has built a reputation as the go-to shop for quality products, parts selection and great customer service on the Gold Coast.



**MICRO MIN DELUXE  
3-WHEEL SCOOTER**  
\$169.99

**GLOBBER ONE  
NL 205 SCOOTER**  
\$339.99



**ENVY COLT S5  
SCOOTER** \$239.99

**ZERO 8  
ELECTRIC SCOOTER**  
\$999.99 - \$1,199.99



## CONCRETE LINES

Concrete Lines is a family-owned and operated business that specialises in skateboards. Their skilled and very knowledgeable staff will be able to answer all your questions and advise you on the best product for you.



**CARVER TOMMII LIM  
PROTEUS 33 SURFSKATE  
COMPLETE** \$479.99

**OBFIVE CHERRY BLOSSOM  
28 CRUISER SKATEBOARD  
COMPLETE** \$189.99



**BLIND REAPER  
SWEATER PATTERN 7.25  
SKATEBOARD COMPLETE**  
\$119.99

**HUF X SPIDER-MAN  
WEB OF  
WHITE TEE** \$69.99



**ETNIES KIDS MARANA  
BLACK/GUM/WHITE  
SHOES** \$79.99



# Travel gems to explore

Get ready to embark on a thrilling adventure with Helloworld Travel during the crisp autumn and winter seasons!

Discover the mesmerising beauty of Western Australia and the Northern Territory, where milder weather paints a perfect backdrop for exploration. Delight in a magical **AAT Kings Top End Highlights journey**, complete with stunning gorges, enchanting national parks, cascading waterfalls, and refreshing waterholes.

Dive deep into the rich First Nations history as you traverse through Darwin, Katherine, and Kakadu. Don't miss the chance to couple this 6-day odyssey with a captivating Red Centre adventure, granting you awe-inspiring encounters with icons such as Uluru, Kata Tjuta, and Kings Canyon. Unveil the breathtaking wonders of the Northern Territory and create memories to last a lifetime!

Ready to embrace your wanderlust? Dive into a **10-night adventure on P&O's Pacific Encounter** as it sails from Brisbane to Papua New Guinea on August 16th, starting at just \$799pp\*!

Discover the breathtaking beauty, mesmerising wildlife, and captivating culture of our Pacific neighbour, all while enjoying the luxuries of your nautical retreat. Experience unbeatable value with your cruise fare covering accommodations, sumptuous meals, and endless entertainment!

Embrace the magic of autumn/winter and journey to the vibrant Northern Hemisphere, where the warmth of spring/summer awaits!

Embark on a thrilling **12-day adventure, delving into the wonders of ancient and modern Greece**. Enter enchanting realms of mythology, legendary art, and rich culture, where gods were born and philosophy took root. Be captivated by iconic archaeological marvels, quaint towns, and coveted coastal gems as you unravel the mysteries of Greece in a close-knit group escapade.

*\*Price based on a quad share in an inside cabin. Price correct as of March 15th 2023, but subject to availability and may change at any time. No further discounts apply.*





**WIN 1 OF 3 \$100 SHOPS**



**Full name:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_ **Age:** \_\_\_\_\_

Drop this sheet at our collection point out the front of Woolworths or head to our website to submit online.





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Your home for beachside dining,  
shopping and entertainment.