



## Let's go alfresco!

The weather is improving so it's time to make the most of the sunshine and dine outdoors. All of the LOG ONZ bars/cafes/restaurants below have outdoor areas - enjoy!

### CANTERBURY

**Bailies Bar** 10% off Meals & 10% off Bar

**Cocopelli** 10% off meals and drinks! And children under 12 dine for free before 6pm.

**Ferment Restaurant & Bar** FREE glass of house wine or beer with every main meal. Group of 10 for drinks get a FREE platter.

**Liquidity** \$4 tap beers, \$4 house wines and \$8 cocktails. All day every day.

**Mexican Cafe** Free nacho starter when dining Sun - Tues. FREE margarita when dining at lunch. 15% discount off dinner.

**Moji** 20% off Mon thru Fri lunches. Mon - Thurs 5 pm till 7 pm 20% off drinks.

**O'Sheas Public House** \$10 Steaks Mon - Thurs. 20% off meals (4 or more people). 1 kids meal FREE when dining with 2 adults.

**Redjacks Restaurant & Bar** 2 for 1 Heineken & 2 for 1 Wines! Thursday, Friday & Saturday.

**Rob Roys Public House** \$10 Steaks Mon - Thurs all day! 20% off meals when 4 or more people dine. 1 child dines FREE when dining with 2 adults.

**Stromboli Restaurant** FREE dessert with every main meal!

**The Boulevard** 2 for 1 Tap Beers, House Wines & House Spirits - Mon to Thurs 4pm to 7pm.

**Warners Heritage Hotel** 10% off.

**Antigua Boatshed Café** 2 for 1 coffees .

**Bean Scene Cafe** 2 for 1 Breakfast Sat & Sun.

**Infuze Café** \$5 for a Coffee and Muffin!

**Oasis Restaurant** FREE dessert with a main.

**The Niche Cafe and Bar** 2 for 1 coffee!

### QUEENSTOWN

**Dux de Lux** 2 for 1 beer or wine.

**FINZ Downunder** Free Glass of Wine or Beer with every main ordered.

**The Bathhouse Restaurant** FREE Amuse Bouche (appetizer) and Petites Fours.

**Wai Waterfront Restaurant** Get a FREE Bottle of Wine with 2 mains (before 7pm).

**Winnies Queenstown** \$3 Tap Beers & \$4 House Wines until midnight.

### WEST COAST

**Revingtons Hotel** 10% off Woodfired Pizzas.



**A \$40 Bike Shack voucher!** Please tell us what your favorite LOG ONZ offer is. Email your ideas, your name and your phone number to [info@summitmarketing.co.nz](mailto:info@summitmarketing.co.nz) (Subject: Bike Shack) asap. Winners will be drawn on Monday 5th November.

**WINNERS from October 4th -** Mexican Cafe Prizewinner: Lucy Carter



**A \$50 LIQUIDITY voucher so you can dine alfresco!** Email your name and phone number to [info@summitmarketing.co.nz](mailto:info@summitmarketing.co.nz) (Subject: Liquidity) asap. Winners will be drawn on Monday 5th November.

## FREE LOG ONZ cards

**Last chance!**

We have 3 month LOG ONZ cards to giveaway so now your friends and family can experience all the benefits of being a LOG ONZ member.

Call Mandy on 03 377 7709 NOW or email her for more info - [mandy@summitmarketing.co.nz](mailto:mandy@summitmarketing.co.nz).



## NOW AT 3 LOCATIONS

### WAIRAKEI RD

198 Wairakei Rd, CHCH  
PH 03 351 0503

### BREEZES RD

34a Breezes Road, CHCH  
PH 03 382 2171

### EASTGATE

Configure Gym for Women  
Eastgate Mall, CHCH  
PH 03 381 8368



**Top To Toe**  
Beauty Therapy Clinic

20% off any service booked in advance.

Does not apply to any service already on special.

\$10 off a brow wax, brow tint and lash tint - normally \$32 now all for only \$22!

Conditions apply ask in store.

# LOG ONZ DEAL: 2 for 1 Heineken & 2 for 1 Wines!

Thursday, Friday & Saturday only. (Some conditions apply)

Great LOG ONZ drink specials, a live band Friday & Saturday nights and delicious West Coast style food... Get the Redjacks experience! Head down Poplar Lanes and check it out. Sit & relax in the sun with a brew (or two!) then head inside for a fab meal before having a boogie with the band!



Corner Ash St & Poplar Lane. PH 03 379 7023.

## Hay fever & Sinusitis

Hay fever is due to the seasonal spread of pollens in the air, but this condition is not necessarily seasonal and may result from exposure to allergens other than pollen. Other common allergens include; house dust, animal hair, fungus and moulds. These allergens can produce, sneezing, running nose, wheezing, itchy eyes & throat.

Sinusitis may also develop in many, as bacterial infection sets in due to a build up of mucous in the nasal passages. With further symptoms of pain & tenderness in that area, along with headache and fever.

Food allergies are commonly found in those who suffer from hay fever. It is important that these are identified for successful hay fever treatment.

Quercetin and bromelain have antihistamine and anti-inflammatory activity.

Vitamin C, bio-flavonoids and other antioxidants also have antihistamine properties and support the body's immune system.

Fish & flaxseed oils provide an anti-inflammatory effect, these should be taken long term by allergy sufferers.

Herbs such as; Echinacea, goldenseal, fenugreek, eyebright, albizzia and

baical skullcap boost the immune system, provide anti-allergy actions and symptomatic relief.

Using garlic, onion, ginger and horseradish in cooking and minimising mucous forming foods in the diet (dairy, wheat, eggs) will help with symptoms.

Eating a diet that is minimally processed and is rich in fruit and vegetables, oily fish, nuts & seeds will help provide the nutrients required to combat hay fever.

For further help regarding your allergies for other natural health solutions visit us at Living River Health.

*Donna Cornelius – Naturopath.*

### LOG ONZ OFFER:

10% off NFS nutritionals range.

20% off initial Naturopathic consultations and all Massage.

FREE Omega-3 fish oils with any 2 Good Health products purchased.

**LIVING**  
River • Health

Vitamins Minerals Herbs

1025 Ferry Road, Ferrymead, Christchurch  
PH 03 3845 340 FAX 03 3845 347  
EMAIL [living.river@xtra.co.nz](mailto:living.river@xtra.co.nz)



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