

HOME

FOCUS

MAGAZINE

REFRESH
YOUR
HOME

This Spring

Adventure
ARRIVES

Staff
PICKS

Get *Summer* Ready

Your Spring
Wellness Guide

SPRING 2025

WELCOME

Welcome to the Spring Edition of the Home Focus Pimpama Lifestyle Magazine!

At Home Focus Pimpama, we're more than just a shopping destination, we're your place for inspiration, connection, and convenience. Perfectly located just off Exit 49 of the M1, our centre is quickly becoming South East Queensland's go-to hub for all things home, lifestyle, and wellbeing.

Whether you're planning a renovation, refreshing your interiors, focusing on your health, or simply looking for a place to catch up with friends, Home Focus Pimpama has something for everyone. From trusted names like Bunnings, home to Australia's first new concept kitchen design centre, to expert lighting advice at Beacon Lighting, and beautifully curated homewares at Pillow Talk, every visit brings fresh ideas and helpful faces. Plus, with wellness destinations like Pilates & Co, trusted barbering at Black Fox Barbers, and a variety of health-focused services, it's easier than ever to look and feel your best.

This magazine has been created with you in mind, to showcase the people, places, and possibilities waiting for you at the centre. So grab a cuppa, take a moment for yourself, and flick through to discover everything Home Focus Pimpama has to offer this spring.



FREE SMALL COFFEE

WITH ANY BREKKIE PURCHASE

GUAC ON
TOAST



BARISTA-MADE
COFFEE

**GOOD
MORNINGS**
START WITH GYG



SEP 1ST - OCT 31ST

6 - 10:30AM

**ONLY AVAILABLE AT GYG PIMPAMA
49 YAWALPAH RD, PIMPAMA QLD 4209**

T&Cs apply.



Adventure
ARRIVES
at

Home Focus



Opening this summer, 4WD Supacentre brings its deeply rooted Australian adventure expertise to the northern Gold Coast.

Australian owned and operated, 4WD SupaCentre offers premium 4WD upgrades, camping gear and adventure ready accessories, all designed to handle the toughest Aussie conditions.

Home to the beloved Adventure Kings brand, Australia's number one for swags, awnings and rooftop tents, and exclusive sellers of best-selling Titan rear drawers, Domin8r winches and Thumper air compressors, 4WD SupaCentre delivers exceptional quality at prices made possible by cutting out the middlemen.

Since launching in 2012, the brand has grown rapidly, with the new Pimpama store marking the opening of their 38th showroom across Australia.

Whether for a weekend getaway or a rugged outback adventure, 4WD Supacentre at Home Focus Pimpama will be your new go to for gear that is useful, reliable and adventure ready.

Spring into Play



The warmer days of spring are the perfect excuse to get the kids outdoors and active. Bunnings Warehouse has a fantastic range of backyard playgrounds and play equipment that can turn any home into an adventure zone. From climbing frames to swings and slides, these setups are designed to keep little ones entertained for hours while encouraging active play in the fresh air. Create a space where fun and imagination can bloom this season

KidKraft Spacious Skies 5-in-1 Outdoor Swing Set/Playset



MAKE THESE 6 SWAPS TO GET SUMMER-READY

The countdown to summer is here! And these six smart swaps will help you feel your best, no extreme measures required.

1. Swap the snooze for a walk:

Morning walks boost your burn and clear your head for the day ahead. Coffee in hand, let's go.

2. Drop the soda, grab aminos:

Try Essential Amino Energy + Electrolytes (Sparkling). 5 calories. Zero sugar. Big taste.

3. Go high-volume: Fill up without filling out. Think berries, oats, veg, egg whites, and air-popped popcorn.

4. Stop scrolling, start sweating:

Ditch 30 minutes of screen time for a quick home workout. No excuses.



5. Fake it better: Recreate your favourite takeaway with leaner swaps—burgers, pizzas, loaded fries, you name it.

6. Make dessert work harder: Sweet tooth? Lean Dessert by Genetix Nutrition satisfies cravings and supports your goals.

These easy switches can make a big impact. Keep it simple, stay consistent, and get ready to show off your summer results.



**VISIT YOUR LOCAL LEGENDS IN STORE FOR
THE BEST ADVICE ON HOW TO SHRED!**

Refresh your home this Spring

Ready for a refresh? From cosy corners to outdoor evenings, these spring must-haves will help you create a home that feels lighter and brighter.



Light Up Your Evenings

Make the most of longer days with warm lighting that turns every night into an occasion. Beacon Lighting's festoon lights and lanterns create the perfect glow for alfresco dinners, BBQs, or simply relaxing outdoors.



Keep Cool & Comfortable

Freshen up your space with the compact Dimplex Air Circulator from The Good Guys. Sleek, modern, and powerful for its size, it's ideal for desks, bedsides, or any corner that needs a cool breeze.



Create a Cosy Corner

Welcome spring with colour and texture. The Dawson Cushion and Marbella Throw from Pillow Talk instantly brighten your lounge or bedroom. Perfect for coffee mornings, book nooks, or lazy afternoons.



Protect Your Furry Friends

More time outdoors means more adventures for your pets. Petbarn's NexGard and Revolution Plus keep them safe and healthy, so you can enjoy every spring walk and cuddle worry-free.



Quick Spring Reset

*Clear the clutter, clear your mind.
Here's a quick spring challenge to try.*

- ☐ Pick a Zone to Tackle
- ☐ Empty it Out
- ☐ Sort into Keep/Donate/Bin
- ☐ Clean & Refresh the Zone
- ☐ Organise with baskets/labels

Top Tip:

Find all your storage basket and label needs at Officeworks & The Reject Shop at Home Focus!





Pimpama Family Chiropractic Clinic

offers
traditional, family oriented
chiropractic services.



Chiropractor **Dr Christine Thatcher** has over 20 years' experience caring for patients of all ages.

SERVICES

- ▶ Spinal Adjustment
- ▶ Back & Neck Complaints
- ▶ Extremity Issues
- ▶ Posture
- ▶ Soft Tissue

OPENING HOURS

- ▶ **Monday** – 8am to 11am, 2pm to 6pm
- ▶ **Wednesday** – 8am to 11am, 2pm to 6pm
- ▶ **Thursday** – 8am to 11am
- ▶ **Friday** – 8am to 11am, 2pm to 6pm
- ▶ **Saturday** – 8am to 11am



Call or visit our website to book an appointment:

www.pimpamafamilychiro.com.au | 07 5681 1133 | info@pimpamafamilychiro.com.au | Shop D1.2A, 12 Nexus Drive



ALIGN & CO.
ORTHODONTICS

MEET THE DUO BEHIND THE SMILES

Dr. Amesha and Dr Jude are two power house orthodontists and proud mums bringing nearly 15 years of combined experience to their boutique practice located in Homefocus in the heart of Pimpama.

This serene space was thoughtfully designed by our orthodontists, blending beauty, functionality, and a whole lot of heart. From the soft curves to the calming palette, every detail whispers comfort and care for families.



Confident, skilled and fiercely passionate about what they do, they are reimagining what modern orthodontic care should feel like.

Guided by precision, finesse, and intention, the values represented in their mandala-inspired logo is a symbol of balance, symmetry, and inner wellness.

At Align & Co, be it braces or clear aligners, your treatment is as unique as your smile. No rushed appointments. No factory-line feel. Just real conversations, tailored care, and results that fit your life and your face.





Greencross Vets

Opening Hours

Monday - Friday: 7:30am - 5:30pm

Saturday: Closed

Sunday: Closed

Public Holidays: Closed



**KRISPY KREME
NOW AVAILABLE**

Open 24/7



Finds under \$50

Looking for affordable ways to refresh your home, treat yourself, or grab a little pick-me-up? We've rounded up some of the best items under \$50 from stores around Home Focus Pimpama.

Early Settler

Spruce up your space without breaking the bank. From cute cushions to decorative vases and small home accents, Early Settler has plenty of ways to add personality to your home for under \$50.



Aruba Cocktail Hour Outdoor Cushion \$39
Jack the Cat Doorstop \$15
Eros Terracotta Black Pot Small \$49

The Reject Shop

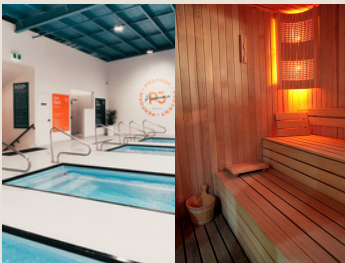
Practical and fun, The Reject Shop has everything from storage baskets to colourful candles, cleaning kits, and décor pieces. Perfect for getting organised or adding a fresh touch to your space on a budget.



Striped Round PP Basket Large \$22
The Pink Stuff Miracle Scrubber Kit \$34
Horoscope Candle Assorted \$7
Resin Leopard Ornament \$9

P3 Recovery

Take care of your body with therapy services at P3 Recovery. From wet therapy to infrared saunas, you can enjoy rejuvenating treatments that leave you feeling refreshed and revitalised.



Wet Therapy & Sauna Multi Service \$45

GlamaCo

Refresh your look with beauty and grooming essentials from GlamaCo. From skincare to fragrances or makeup must-haves, these affordable picks make a great treat for yourself or a friend.



MCoB Summer Kit No.1 \$25
Alfaparf SDSL Scalp Tonic 125ml \$39.95
BC Clean Moist Kick Treatment \$41
Skin o2 3D Contour Face Stick \$48

Shop these Picks Under \$50 today at

Why Fitness is Good for Your Body and Mind

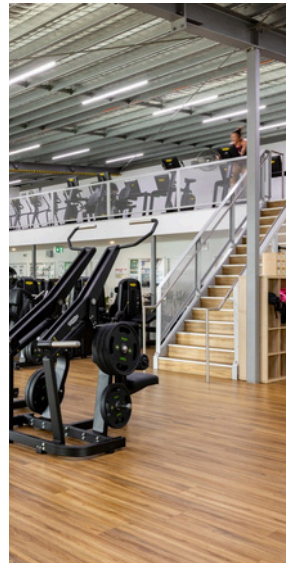
We all know that exercise helps keep our bodies strong and healthy — but the benefits go far beyond just physical.

Regular movement is one of the most powerful tools for improving mental health. It helps reduce stress, boost your mood, improve sleep, and can even ease symptoms of anxiety and depression. That post-workout high? It's not just in your head, it's your brain releasing feel-good chemicals like endorphins and serotonin.

Fitness isn't just about lifting weights or running on a treadmill either. It can look like joining a group fitness class, heading out for a walk with a mate, or smashing a HIIT session with your gym crew. Training with others not only helps keep you accountable, it makes it fun. You laugh, push each other, and build real connection, which is huge for your mental wellbeing.

Group fitness especially creates a sense of community. You're not just exercising, you're part of something. You're surrounded by people who cheer you on, challenge you, and remind you you're not alone.

At the end of the day, exercise isn't just about changing your body, it's about building a better mindset, stronger habits, and a healthier, happier you. So grab a friend, try that class, and get moving. Your body and mind will thank you for it.



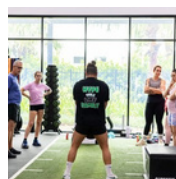
SCAN HERE TO SEE OUR RECIPE OF THE MONTH

Nutrition fuels your body and mind, supporting energy, recovery, and overall health. But eating well shouldn't be boring. Making meals fun, tasty, and enjoyable is the key to staying consistent. Find what you love, keep it colourful, and make healthy eating something you actually look forward to.

WHERE FITNESS MEETS COMMUNITY



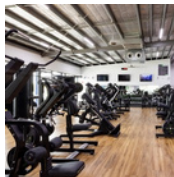
CRECHE OPEN 6 DAYS A WEEK



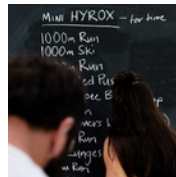
50+ GROUP FITNESS CLASSES



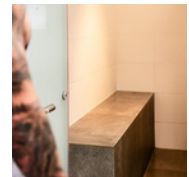
INDUSTRY-LEADING EQUIPMENT



24/7 ACCESS



PERSONAL TRAINERS



24/7 STEAM ROOM ACCESS



Your Spring Wellness Guide

Relax, Recharge and Renew at Home Focus Pimpama

Spring is all about fresh starts, making it the perfect time to pause, reset and focus on your wellbeing. At Home Focus Pimpama, you'll find everything you need to feel refreshed and renewed. From pampering treatments and calming therapies to expert health care and energising workouts, it is a place designed to help you slow down, recharge and step into the new season feeling your best.



Pamper Yourself

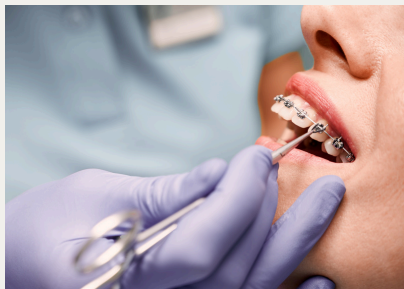
Start your wellness journey with a little indulgence. At **Gold Class Nails**, expert manicures and pedicures leave your hands and feet looking polished and feeling refreshed. For the ultimate in relaxation, their head spa treatments are designed to melt away stress and revitalise both scalp and spirit.



Step into **Black Fox Barbers**, where modern grooming meets expert care. By blending classic techniques with contemporary styles, their team creates cuts that not only look sharp but also leave you feeling unstoppable. A visit here is more than a haircut, it is a moment to refresh, reset and step out with confidence.

Care for Your Wellbeing

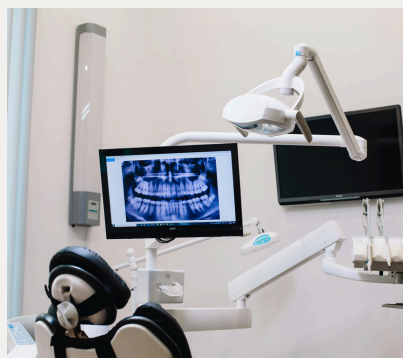
Wellness goes beyond pampering, it is also about maintaining your health. **Align and Co** specialises in orthodontic care, offering expert consultations and treatments to help you achieve a healthy, straight smile. Their team supports you every step of the way, ensuring comfort and confidence throughout your journey.



For targeted recovery and injury prevention, **All Sports Physio** provides professional physiotherapy services. Whether you are recovering from a sports injury or seeking preventative care, their team works with you to keep your body functioning at its best.



Pimpama Family Chiropractic Clinic offers gentle spinal adjustments and treatments that improve mobility, relieve discomfort and enhance overall wellbeing. Pair this with regular check ins at **Pimpama Family Medical Practice**, where comprehensive health assessments keep you on top of your personal health, and with **Sullivan Nicolaides Pathology**, which offers fast and reliable testing services, you can feel confident that every aspect of your health is covered.



Finally, do not forget your smile. **Dental in Focus** provides professional oral care, from routine check ups to whitening treatments, helping you maintain a healthy, radiant smile that boosts your overall sense of wellbeing.

Recharge Your Body



Re-energise your body at **Pilates and Co**, where Reformer Pilates classes blend gentle strength training with mindful stretching. These sessions release tension, improve posture and boost overall wellbeing, making it the perfect way to reset and feel energised after a busy week.



For a more active way to recharge, **Hype Health Club** is a gym designed to leave members feeling better than when they arrived. Their inclusive and fun approach to fitness empowers people of all backgrounds to achieve their personal goals with confidence. Guided by values of trust, respect and innovation, their trainers make every session energising and rewarding.

After your workout, head to **P3 Recovery**, where wet therapy sessions and infrared saunas help soothe tired muscles, relieve tension and promote deep relaxation. It is the ultimate way to restore your energy and give your body the care it deserves.



Mindful Moment

Take five minutes today to pause.

- Close your eyes, breathe deeply and notice the sounds around you.
- On your next inhale, count to four; on your exhale, count to six.
- Repeat three times to reset your mind and body.

Find Your Balance This Spring

Taking time for yourself is more than just a luxury, it is an essential part of living well. Whether you want to pamper, energise or prioritise your health, Home Focus Pimpama has everything you need to relax, recharge and renew this season.



HARDPARK.

HALLOWEEN SPECIAL

REPCO PIMPAMA, 25TH OF OCTOBER - 7PM

Every day!



GOLD COIN DONATION
ENTRY PER CAR - ENTERS
YOU INTO THE RAFFLE!



DRESS UP! **ONE** ADDICTION

ANGLE PARKING • FOOD TRUCKS • COFFEE • VIP
TRADE STALLS • PHOTOGRAPHERS • BIKE SECTION

Staff PICKS



Kingsley Cake & Cafe
Strawberry Basque Cheesecake



RSEA Safety
Steel Blue Women's Southern Cross Zip
Steel Toe Safety Boots \$244.99



Guzman Y Gomez
Nacho Fries
From \$16.10



Nutrition Warehouse
Whey Protein By Happy Way - Caramel Biscuit
\$49.95



Harvest Cafe
Smashed Avocado \$17



Repco
Bar's Bugs Windscreen Cleaner
600ml \$5

spring COLLECTION

This season's collection invites you to create layered, meaningful spaces with lighting that tells your story.

Explore new Australian designs influenced by global trends and local living.



Beacon
LIGHTING

PILATES & CO.

BURLEIGH | ROBINA | BUNDALL | PIMPAMA



Move Better. Feel Stronger. One Class on us.

Small Group Pilates Classes designed for REAL RESULTS.

- ✓ From stiffness to **moving freely**
- ✓ From lower back pain to a **strong, supported core**
- ✓ From shoulder limitations to **comfortable movement**
- ✓ From knee niggles to stronger, **more stable legs**

Whether you're recovering, managing pain, or simply want to move more freely, our expert guided classes meet you exactly where you are.

Ready to transform how you move?





Store Directory

Automotive

BP Pimpama
Repco

Food & Dining

Guzman Y Gomez
Harvest Café
Kingsley Cake & Café
Oporto

Fur Babies

Greencross Vets
Petbarn

Health & Medical

All Sports Physio
Align & Co
Chemist Warehouse
Dental in Focus
Hype Health Club
Nutrition Warehouse
P3 Recovery
Pilates & CO
Pimpama Family
Chiropractic Clinic
Pimpama Family
Medical Practice
Sullivan Nicolaides
Pathology

Home & Lifestyle

Beacon Lighting
Bunnings Warehouse
Early Settler
Officeworks
Pillow Talk
RSEA Safety
The Good Guys
The Reject Shop

Personal Care

Black Fox Barbers
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Gold Class Nails



Home Focus

PIMPAMA