

Australian Natural Health



Sept-Oct 2011
AUS. \$7.50 Inc GST
NZ. \$9.20 Inc GST

Health, Happiness & Harmony for Mind, Body & Spirit

VITAMINS AND MINERALS

Do you need to supplement?

Believe yourself beautiful

Boost your body image

HAVE IT ALL

Balance parenthood and personal goals

LIFESTYLE SECRETS OF THE WORLD'S HEALTHIEST

Get HAPPY!

12 secrets of happy people

CHIBALL WORKOUT
The ultimate all-rounder

Oestrogen Detox
Goodbye PMT

BLITZ PUBLICATIONS 



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- Delicious and nutritious – healthy recipes with a fine-dining flair
- Cooking oils – what are the healthiest to use? We ask the nutritionist
- Unwind and reduce stress in 48 hours – make the weekend count!



TASTY TI

A refreshing range of advanced natural beverages, Ti Tonics, is now available. Full of extracts from sauvignon blanc grapes, Ti Tonics provide a drink packed with polyphenols, the antioxidant responsible for the health benefits of drinking wine. Ti Tonics provide a tasty combination of flavours created from all-natural ingredients.

With a range of flavours including Pomegranate Green Tea, which is rich in catechins and has a positive impact on blood sugar and cholesterol levels; and a range of flavoured White Teas with three times as many polyphenols as green tea, as well as anti-bacterial and anti-viral agents. RRP - \$3.49

Now available in many cafes, gyms and online at www.aussiehealthproducts.com.au

For more information about Ti-Tonics go to www.ti-tonics.com

LUXURY SOY CANDLES

Livinia have recently introduced strongly scented natural soy candles, which are made with 100 per cent soy wax and carefully blended with essential oils and premium fragrant oils. There are 16 delightful fragrances to choose from which include; coconut lime, frangipani, French vanilla, French pear, rose petals, rejuvenation and romance. The wicks are pure cotton wicks and do not contain lead.

Livinia are giving away a FREE lemon myrtle essential oil soy candle valued at \$29.95 to readers who spend \$75 or more on any skincare or mineral makeup product (excluding samples). Available online only. Just enter LIVINIA as the promotional code to receive your free candle. Valid until 31st October 2011. www.livinia.com.au or phone 03 9796 8941



HEAVENLY HAIR

Aveda presents Damage Remedy™ Daily Hair Repair, a high performance, plant-powered daily leave-in treatment. Daily Repair has been clinically proven to instantly repair damage by 26 per cent while providing a colour-safe option to protect your hair from heat styling.

Containing organically-derived quinoa protein, wheat protein, soy-derived oil and an uplifting aroma of bergamot, mandarin and ylang ylang, Daily Repair will detangle your hair and protect you from breakage when combing.

Spread a small amount through damp hair to style and finish. Do not rinse.

RRP - \$49.95 for 100ml

BEAUTIFUL BODIES

Create soft, smooth skin with Jurlique's new Body Cream, a luxurious combination enriched with Jojoba Oil, Shea Butter and Cocoa Butter to moisturise your skin. An easily absorbed and biodynamic blend of ingredients, Jurlique Body Cream will eliminate dry skin and leave it nourished.

Jojoba oil contain natural tocopherols and phospholipids to benefit your hair and skin while organic cocoa butter will create a lipid barrier on the skin to lock in moisture. The organic shea oil is a powerful source of triglycerides and Vitamins A and E, which help keep your skin soft, supple and healthy.

Jurlique Body Cream is available in two fragrances, Rose for a calming soothing sensation, and Jasmine for comforting relaxation.

Available at Jurlique stores, David Jones, Myer, selected pharmacies and health food stores and online at www.jurlique.com.au

RRP - \$18 for 50ml or \$40 for 150ml





FASHIONABLY OLD

It's time to start supporting the environment in a new way through Lydra, a Melbourne based fashion accessories label. All products are made from pre-loved fabrics with a mission to create beautiful products that tell a story and create positive outcomes for the community. Each one-of-a-kind product is created with a strong emphasis on the preservation of the environment and its own novel name.

The range consists of leather satchels, 3-in-1 clutch purses, coin purses, travel wallets, the original clutch and the signature piece, the Bamboo Timber clutch.

Each fabric is handpicked from pre-loved upholstery and Lydra enjoys engaging the elderly community to bring these pieces to life with their skilled craftsmanship.

Please visit www.lydra.com.au to view the range and support a positive enterprise for the community.

FRUITY AND FOUND ORGANIC

Looking for a refreshing, 100 per cent organic fruit juice? Look no further than Found Organic. Available nationally and in Turkey, Singapore, The Maldives and other parts of South East Asia, Found Organic has been recognised and certified for quality by the BCS-OKO Organic Certification Body and UK Soil Association.

Found Organic offers six unique and exotic flavours made entirely from pure, cold-pressed fruit without additives, preservatives or artificial flavours. RRP - \$4.00

For more information go to www.foundorganic.com.au



SMOOTH, SOFT SKIN SERUM

Looking for a natural, odourless, non-greasy moisturiser for all skin types? Try Botani Olive Skin Serum. Containing Olive Squalane as the active moisturising and anti-aging ingredient, Olive Skin Serum captures the natural constituent – squalene, by using biocompatible olive squalene, which resembles human squalene. It is easily absorbed to oxygenate the cells in the deeper layers of the skin. Olive squalene plays a crucial role in the physiology of the skin, assisting in hydration, repair of damaged skin and rejuvenating aging skin.

Olive Skin Serum can be used to heal scars, fight ageing, repair sun damaged, flaky or sun spotted skin, while also acting as a natural primer and leaving your skin with a smooth satin feel. RRP - \$31.95



THE BAMBOO BRUSH

Made from the finest high quality synthetic hair, Alexami's Vegan Kabuki Brushes are beautifully soft and suitable for even the most sensitive skin. The brush will help you achieve professional makeup artist quality by allowing smooth application and expert blending without irritating your skin.

The brushes use bamboo handles for their low environmental impact. One of the fastest growing plants on the planet, Bamboo is one of the earth's most renewable and versatile sources available.

A FLAWLESS FOUNDATION

Need a natural primer for sensitive skin? Alexami's Mattifying Effect Primer uses powerful hydrating ingredients to even out your skin tone for makeup. The Primer contains certified organic ingredients to promote a youthful and healthy looking complexion.

Suitable for sensitive skin, the primer does not contain silicone-based ingredients that irritate the skin or clog pores. This botanical formula will allow your foundation to last longer and leave you looking radiant and flawless.

