



FACE & BODY THERAPIES ULLADULLA

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The Secret to Turning Up Your Skin's Glow



Get ready, the cooler weather is really upon us and you know what that means ... yes, your skin is going to feel drier and tighter. But don't despair there is good news...

Now is the perfect time to beat Mother Nature at her own game!

Because your skin is greatly affected by the temperatures you have to give it what it needs for all the seasons of the year. Your home care may change to accommodate those needs! Put it this way you don't wear winter clothes in the summer. So why would you use the same home care *all year long*?

It just makes sense – turn up your skin's summer glow – get rid of dull, sun damaged skin too with luscious skin care treatments designed to plump up and hydrate your skin without making it feel greasy.

Talk to us about facials. And consider using Retinoids as part of your home care. Keeps pores clear and skin smoother.

Mild Peels exfoliate dull, dry summer skin accelerating new skin growth and that turns up your glow.

Think VPL treatments to fade brown spots, tighten skin and stimulate collagen. There's so much you can do to keep your skin glowing year round.

Prune face be gone! We just won't have it!
Got questions? We're here to help.

Want a Healthy Body?

You know the feeling – You're sluggish, can't be bothered and totally unmotivated. Maybe you are having skin problems, aches and pains. Straying away from your healthier habits lately? Having trouble kicking off your weight loss?

Practiced for centuries by many cultures around the world detoxification is about resting, cleaning and nourishing the body from the inside out.

By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

Did you know that toxins in the body are due to improper diet, illness, medication, stress, smoking, drinking and weight loss.

Women additionally have toxic build-up due to hormonal changes and pregnancy.

Today, we live in a heavily polluted world. Pollution finds its way into our bodies through water, air, food and everyday products. This is what we now call a 'Body Burden'

However, Nature has provided us with ways to help our bodies to deal with this burden. Among such ways clay has a very special status and it is one of the best detoxifier/purifiers available.

Simple, yet powerful, it detoxifies the body and heals a wide array of ailments. It acts like a sponge for chemicals, pollutants and toxins.

We are all, you, me and the rest of the world concerned by what is now called 'Body Burden' the chemical pollution in our bodies. Clay is a natural healer and acts softly but deeply on the body.

It has a deep cleansing action, removes dead skin cells, absorbs impurities, excess sebum and oils to keep the skin Smooth, Fresh & Radiant.

Available In-Salon or Enjoy at Home!



Did you know?

We now sell Body Care!
Organic, Vegan, Palm Oil Free,
Cruelty Free & Chemical Free

www.faceandbodytherapies.com.au





The Benefits of Rosehip Oil

Are due to its amazing collection of ingredients all of which have powerful properties to help regenerate and brighten skin.

In fact, it is one of the most multifaceted natural oils as it contains over 500 natural ingredients. Some of the most well known ingredients are natural vitamin A (also known as Retinol). This is very effective to help avoid premature ageing as a result of excessive sun exposure.

It also contains lycopene and beta-carotene, both of which are potent antioxidants and protect against damage from free radicals and skin ageing. One of the reasons that rosehip oil is so beneficial to skin is that it is rich in fatty acids including omega 3, 6 and 9. These are fundamental to ensure healthy skin but the body is unable to produce them.



Don't forget to stop and take time to enjoy all that is good in the world!

Did you know?

We absorb up to 60% of what we put on our skin

- Childrens bodies absorb 40-50% more than adults

Health Issues Linked to Toxic Chemicals in the Body

- Skin Allergies
- Cancer
- Infertility
- Birth Defects
- Reproductive Problems
- Learning Difficulties

THE GOOD

Historic Victory! India has banned cosmetics animal testing. The next step is for India to go one step further and ban the sale of cosmetic products tested on animals overseas. Israel and Europe have implemented both testing and sales bans. The Humane Society is leading the campaign to persuade India to be the next fully cruelty-free cosmetics market.

THE BAD

Almost one month after a garment factory collapsed in Bangladesh, killing at least 1,127, relatives still gather daily at the site amid the rubble holding pictures of their missing loved ones. Almost all the pictures are of women.

Yum... a mouthful of detergent!

In general, most toothpaste includes abrasives, binders, foaming ingredients, humectants, detergents, flavours, colours, preservatives, fluoride and water. And we are using this at least once per day. Have a look at the ingredients on your toothpaste you will be shocked!

We have now sourced for your good health an Organic Toothpaste which contains NO sulfates, Fluorides, mineral oils or chemicals. Riddells Creek Certified Organic Toothpaste cleans and Brightens teeth and freshens the mouth with sodium bicarbonate and organic peppermint. It contains an organic blend of aloe vera, peppermint, parsley, thyme, rosemary and sage. It is completely free of synthetic chemicals and fluoride, and is an effective natural alternative.



What's Happening In The Salon ... What IS Beauty for a Cause?

The salon is now my way of making a difference to others. There are lots of good causes, Perhaps you have your own but for me I have decided to try and make a difference to those Who cannot help, protect or defend themselves. A percentage of all salon transactions will Now be donated to charities who desperately need our help, support and awareness.

Often we feel that we are only one person and "What Difference Could I Possibly Make" but Each time you support the salon you will be making a difference to the lives of others at no Extra cost to yourself. You will feel more positive and strong knowing you are helping.

With your support and encouragement of others, together we will make a change For the better for our Wildlife, our Environment, our Planet and ultimately Ourselves and Our Children.

The retail area has grown enormously and we now stock a huge variety of products that are

ORGANIC, VEGAN, PALM OIL FREE, CRUELTY FREE & CHEMICAL FREE

Beauty That Doesn't Cost The Earth



AUSTRALIAN
CERTIFIED
ORGANIC



"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them." Denis Waitley

People Making A Difference

Client and Inspiration Rebecca Cameron is probably best known around town as the former proprietor of 'Merchants of Milton' where she supported Fair Trade, Natural and Recycled Products (made by her!). Knowledgeable, vibrant and passionate Rebecca was an obvious choice to appear in my first 'Beauty for a Cause' newsletter. Thank you for all your encouragement Rebecca. Karelle



Rebecca is the founder of the "Friends of Santa Clara Orphanage", based in Dili, East Timor, of which she first started visiting during her posting as a UN Peacekeeper to the United Nations Mission in East Timor (UNAMET) in 2001. The children were orphaned as a result of the civil conflict that eventually resulted in Timor Leste gaining its independence. Santa Clara is located in Bairo Pite - a very poor suburb in Dili - and is run by a small and dedicated group of Franciscan Nuns, headed by Sister Theodosia, affectionately known as "Mana" (mother).

The Friends of Santa Clara supports the Sisters and children of the orphanage through regular donations of food, clothing, medicine and school supplies. In the past 12 years, the group has raised over \$45,000 - along with additional support via the supply of medicines, clothing and school equipment. With new children arriving every month, orphaned through disease, poverty and conflict - these funds have been used to construct a new accommodation wing for the children, with proper bathroom and kitchen facilities and windows to protect them from diseases like Malaria and Dengue Fever.

Was there a particular moment in time or event that started it all or was yours a developed awareness? Whilst working in East Timor as a UN Peacekeeper in 2001, I was constantly reminded of with the extreme poverty and hardship the Timorese people faced in their day to day lives. As a direct way of helping, I chose to offer my emotional and financial support to a group of orphaned children at the "Santa Clara Orphanage" in Dili.

What are your future goals? After raising over \$45,000 in the past 12 years, we have just seen the completion of a new accommodation building for the children. My goal now is to establish a trust to assist with future education and medical expenses, and ensure orphanage self sufficiency through the establishment of gardens, fruit trees and small livestock such as chickens and goats.

What keeps you motivated? I do a great deal of "talking tours" at local service clubs - and never tire of the inherent goodness, compassion and generosity of our community, and the smiles on the children's faces when I see them happy and safe.

If you could spend an evening with anyone who would it be and why? Bill and Melinda Gates - they are a great inspiration to anyone wanting a better world through truly effective philanthropy. Their shared vision, drive and selflessness is remarkable.

Further information on the "Friends of Santa Clara" can be found through the Facebook Group page here: <https://www.facebook.com/groups/213439728781661/>
Or by contacting Rebecca directly at rebecca@coastrealestate.com.au