



FACE & BODY THERAPIES ULLADULLA

P: (02) 4454 3521

info@faceandbodytherapies.com.au

Those Dirty, Rotten Chin Hairs

I hear him coming up the steps. I know he's heading into my little make-up room. Quickly, I put the tweezers down and jump up to meet him. "See you this evening," my husband says, and gives me a light kiss.



I smile sweetly and wish him a good day. That's my cue. Like a thief on a

mission, I head back to my make-up table, ready to face the dreaded magnifying mirror.

It isn't pretty. I turn my face in every conceivable direction. Then, I contort my chin and run my fingers across it like a metal detector searching for coins.

I know it's menopause run amuck. That's why I have to be hyper vigilant about it. I just don't want my husband to see me contorting my face like some freak show.

Don't get me wrong. My husband has seen me at my worst. And that includes hangovers, nasty, rotten colds, the flu, and the everyday horror of seeing my unpainted face the first thing in the morning.

But I can't let him see me pluck the hairs from my chinny chin. It's just too National Geographic!

My husband frowns when he sees me that evening. My chin is lit up like a Christmas tree. I admit it. I had it waxed *again*. But he'll just think I rubbed it too hard. No worries there.

I can't let those dirty rotten chin hairs get the best of me. And I really can't let my hubby see how menopause has made me just a little daft. After all, I've done such a good job hiding it from him.

Stop Facial Hair Controlling Your Life –
VPL Hair Reduction WORKS!
Phone 4454 3521 Right Now

There Is Something In The Air & It Just May Boost Your Mood

There's something in the air and while it may not be love, some say it's the next best thing – negative ions.

Negative ions are odourless, tasteless, and invisible molecules that we inhale in abundance in certain environments. Think mountains, waterfalls and beaches. Once they reach our bloodstream, negative ions are believed to product biochemical reactions that increase levels of the mood chemical serotonin, helping to relieve stress, and boost our daytime energy.



You may have experienced The power of negative ions When you last set foot on the beach or walked beneath a waterfall. While part of the euphoria is simply being around these wondrous settings and away from the normal pressures of home and work, the air circulating is said to contain tens of thousands of negative ions. Much more than the average home or office building, which contains dozens or hundreds, and many register a flat zero.

I wonder how many of you naturally go to the beach when you are feeling down, to think and just breathe in the air. I also wonder how many of you go into the shower or run a bath at home if you want to have a good cry.

**We seem to know instinctively
what will make us feel better
and now you know why!**

PS I'm off for an ocean swim

Did you know?

**We now sell Body Care!
Organic, Vegan, Palm Oil Free,
Cruelty Free, Chemical Free
& Made in Australia**

Every parent wants the best for their precious baby. Rich in certified organic ingredients our Baby Organics range combines safe, gentle and effective formulas for Baby and Mum.





Dark Circles Under Your Eyes?

The skin under the eyes is many times thinner than the skin on the rest of the face, thus making it extremely delicate. Sometimes rubbing this delicate skin can break capillaries in this area which are so small and delicate that they burst, releasing blood which leaks into the surrounding area and pools. To clear up this leakage, enzymes degrade the blood resulting in dark circle formation.

The thinness and translucence of the skin make both capillaries and pooling fluid visible. **Hereditiy:** In some cases dark circles may be hereditary. Skin tone plays an important role here. Some people have excess pigment around the eyes that is quite different to pooling blood. Apply pressure to the area – if it doesn't disappear, it is pigment-related.

Other causes are: Allergies such as hayfever or even an undetected food allergy, Coeliac Disease and gluten intolerance, nasal congestion and blocked sinuses.

Want to have a chat with us about your delicate eye area – not a problem - just phone the salon for a consultation.



Sometimes You Just Need Someone To Hold Your Hand

The Good

My family and friends who all pitched in and helped me raise awareness & funds for the Indonesian Orangutans. We all sang like no-one was listening, and danced like no-one was watching!

Thank you so much.

The Bad & Ugly

Recent footage has revealed Australian animals being abused in Israel, AGAIN. Animals were hit, kicked, punched and thrown whilst being unloaded from two live export ships – right under the noses of exporter-paid vets.

www.animalsaustralia.org

The Kakadu Plum

The Worlds Richest Source of Vitamin C

A Super Food For the skin

Today the vitamin rich properties of the Kakadu Wild Plum are desirable for a range of health and beauty products. There is no plant in the world that has the same level of vitamin C, anti-oxidants and bioactives none of which are lost through Organic Processing methods.

Medicinal Properties

The Kakadu plum contains two phytochemicals which are antibacterial, antiviral and antifungal also anti-inflammatory. Also having anti-carcinogenic effects against a wide range of carcinogens in many human tissues.

Available in salon
Rosemary & Kakadu Plum
Shampoo, Conditioner
Body Wash and Body Butter



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

This month has been huge with the beginning of our new retail area, plus the 'small' talent night that I had at home. We raised awareness of endangered species 'Extinction Is Forever' had heaps of fun and managed to collect nearly \$2,000 which was sent to help with Orangutan Conservation. That will help to pay for milk and food for nearly 600 orphaned Babies at just one sanctuary – every little bit helps.

Our new retail products make it so easy to do the right thing for our ourselves and our environment and everyone loves the prices too! "That's so reasonable" our clients have said We are so happy it pleases everyone!

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



Choose Cruelty
Free