

Skin Things

2009 healthy skin news

- chemicals to avoid
- healthy lifestyle tips
- special offers
- new products
- mineral makeup

Hello!

This 2009 newsletter is taking on a different format as we aim to assist in educating you about our cause: *the promotion of totally natural, petrochemical free skincare*. In this newsletter, we also take a look at some healthy lifestyle tips to boost your energy levels and general well-being.

Each time I pick up a magazine or read a skincare product advert, I see the misuse of the word "natural" and realize how it is misleading the public. "Natural" does not necessarily mean "chemical free". For this reason I would like to clarify where we stand and assist you in becoming a "chemical investigator". Here is a list of chemicals we recommend you should avoid....

chemical investigator guide

Avoid products containing these chemicals:

- Propylene glycol (used in brake fluid!)
- Parabens (butyl, ethyl, methyl, propyl...etc)
- PEG compounds
- Sodium laurel sulphate (foaming agent)
- Benzoyl peroxide (bleaching & drying agent)
- BHT, BHA (preservatives)
- DEA, TEA (emulsifiers & surfactants)
- Phthalates (in nail varnishes, anti-perspirant)
- Mineral oils (petroleum derivative)
- Toluene (in hair gels, nail polish)

"The Chemical Maze"

A pocket size guide book which lists chemicals in food and personal care products is now available in our store.

Only \$16.95
Call 08-82940022

Become a "chemical investigator" and read your labels! Read your skincare labels as well as your food labels. You will be surprised how many chemicals we are exposed to without knowing we are being exposed to them. Now, let's be practical too. Don't panic! Start reducing your exposure to these harmful chemicals listed above by reading your labels and looking for the natural alternative..... Skin Things can provide a solution for your skincare, body and hair care

fresh food for your skin



Skin Things Team 2009

Skin Things products are **fresh food** for your skin. They are a **rich source of vitamins, mineral and nutrients**. Our products are gentle and effective and contain only the highest quality plant oils, essential oils, herbal extracts. They are **100% natural and totally chemical free**. This means that they are made from natural ingredients and preserved with **natural preservatives**. They do not contain petrochemicals, mineral oils or synthetic preservatives.

Here is a list of some of the fresh ingredients we put into our products:

- Extra virgin olive oil
- Organic shea butter
- Organic cocoa butter
- Organic jojoba oil
- Macadamia oil
- Essential oils
- Herbals extracts
- And many more.....

Our Best seller:

Skin Things Anti- age moisturiser



This moisturiser is an indulgent blend of avocado oil and shea butter. It is rich in anti-oxidants which assist in the anti aging process. Included in this blend is rosehip oil, which has the function of regenerating and repairing skin tissue due to the high levels of linoleic fatty acids. The organic essential oils of Lavender, Rose, Neroli and Frankincense combined, enhance the soothing, healing and nourishing qualities of this luxury cream. Clients are thrilled with the fact that it absorbs quickly into the skin with no "tacky" after feel. The results speak for themselves.

"it's the most beautiful moisturiser I have ever used. My skin feels fantastic".....Phyllis SA

"even my friends are complimenting me on how good my skin is looking".....Hellen NSW

- 50ml pump\$49.95
- 50gm jar.....\$69.95
- 100gm jar.....\$129.95

Special limited offer:

Anti-age moisturiser
Receive a **FREE** 25gm jar
with every purchase of 100gm jar.
Valid while stocks last

easy-to-do healthy lifestyle tips

For many of us, being *time* poor is the biggest challenge we face when we think about making changes to improve our lifestyle.

I like to keep things simple.
Uncomplicated.

Time is precious... so make the most of every day.

Here are a few tips that have helped me Personally to "make the most of every day "

- 1) Keep a daily routine , but don't be afraid to splash out once in a while.
- 2) Try a weekly meal planner which can help take the stress out of grocery shopping and it saves money too!
- 3) Eat healthy, fresh foods and include lots of fresh fruits and vegetables. Sounds easy, so why don't we do it?
- 4) Take every opportunity to exercise - walk the dog, ride your bike, use the stairs and not the elevator....
- 5) Have a regular facial or massage which can relieve stress, revitalize the skin, mind and body.
- 6) Sincerely compliment or encourage someone every day. You will be surprised how this can inspire and uplift *your* mood
- 7) Share the load - look after your friends kids for a morning and then enjoy your free time when they return the favor.
- 8) Retail therapy! Spend time just looking, you don't always have to spend money.
- 9) When facing a stressful or busy Period, try making a "to-do" list. This can help keep things in perspective and help you work through to obtain appositve outcome.
- 10) Take a few moments each day count your blessings. There are many things to be thankful for.

We would love to hear your healthy lifestyle tips and "quick 'n healthy" recipe ideas. If you would like to send us some information for our next newsletter, please email info@skinthings.com.au Please include a postal address and contact number and we will send you a bag of Skin Things samples to enjoy!

current special offers April/May 2009

We always strive to bring you great value!

NEW size extra large 250ml cleanser
+ FREE 125ml cleanser
Only \$69.95

This offer is valid for
Soothing cleanser
Oil balance cleanser
Foaming cleanser
Ultra sensitive cleanser

While stocks last

NEW size extra large 100gm moisturizer
+ FREE 25gm moisturizer
Only \$69.95

This offer is valid for
Nourishing day cream
Light moisturizer
Ultra sensitive moisturizer

Anti-age moisturizer 100gm
\$129.95
+ FREE 25gm moisturizer

While stocks last

Treatments April Special offer

"Silky smooth skin"

90mins of indulgence
Hot rock back massage
Tropical body polish
Revitalizing Yogurt mask
Hand massage

\$119

Valid until 30th April 2009

Mother's day Special offer

30min hot rock massage
&
45 min Anti-aging facial
Plus
Body lotion gift pack

\$99

Valid from 01/05/2009
to
30/05/2009

charity support feedback

Thank you so much to all of you who have supported us in our efforts to raise awareness of the following issues:

- our environment and this beautiful State of South Australia with our "SAVE THE MURRAY" treatments. A percentage of proceeds of 13 treatments has been donated to "Save the Murray Fund"
- "GREENING AUSTRALIA" raffle won by Debbie, raised \$104 in gold coin donations. See greeningaustralia.org.au for details of this great cause.
- "VICTORIA BUSHFIRE" We donated the total income from our special Fire Facials to the Red Cross Bushfire Appeal. Thank you to those who helped us raise more than \$600 in cash donations and proceeds from this treatment.
- We have done 2 personal visits to support "CANTEEN-supporting kids living with cancer" where we have provided skin care education and pampering at CANTEEN'S kids camp. The kids had fun and so did I!
- Skin Things regularly support local schools, clubs and Jetty Road trader events as we care about our community and encourage local trade.

We are really excited about our on-line shop which is up and running. This is a great opportunity for both local clients and those who have visited us from interstate to continue their supply of Skin Things products.



Hand & body lotions available in Rose, Lavender, Lemon Zest and NOW Unscented for ultra sensitive skin

NEW !!!!
shop on-line
www.skinthings.com.au
and shop on-line

All orders over \$150
are freight free.
PLUS Free gift with any
purchase over \$50

new products and services

Next time you are in our Glenelg store, please ask for a sample of any of our products you have not tried. If you order on-line, please email us if you would like to sample a new product.

info@skinthings.com.au

Look out for our latest *sulphate free*, vitamin enriched shampoo. Customers are loving its silky texture and the results after using our new shampoo and nourishing, vitamin enriched conditioner.
250ml shampoo \$16.95
230ml conditioner \$16.95

Spice it up with our latest **ginger and clove soap bar only \$6.00**
And **orange & cinnamon cake soap \$4.95**

Silky Soft powder — TALC FREE!
Refreshing and gentle
100gm \$12.95

Anti-age Gold mask
With Camelia oil, rehydration and rejuvenation for tired skin
60gm \$49.95

YOUNGBLOOD MINERAL MAKE UP

For special occasions,
formals, weddings
WE COME TO YOU!

Are you planning ahead?
Do you have a wedding or special occasion coming up that will require that extra professional touch to achieve the perfect look?
We are now able to offer a personal make up service using
YOUNGBLOOD
Mineral Cosmetics at your home.
Enquiries : Nicole 0404712688

We want you to be happy with our service!

Many of you whom I have had the pleasure of treating at our salon will know that I always ask if you are satisfied with your treatments and our staff. It is extremely important to me that you feel comfortable enough to let me know if you have experienced any problems. If we are doing things wrong, please tell ME! If we are doing things right, PLEASE TELL YOUR FRIENDS!
We value your referrals. Thank you.

Nicole Hepple
(MD Skin Things)
Mobile 0404712688