

# Healthy skin 'from the inside out'

*Looking on the inside....*



Dr. Marilyn Golden  
levels.

Thank you to all those who joined us at Dr. Marilyn Golden's information evening. As we learned, the way we eat will have a great impact on the way our skin looks and our energy

I have been taking the Tegreen capsules since April 2010. My body and skin are definitely saying "thank you". As you know, I won't recommend anything I haven't tried for myself, and I highly recommend these supplements.

My energy levels are high, and I am feeling and looking healthy. G3 juice, Tegreen capsules and Vitality dietary supplements can be ordered through Skin Things. Please give me a call if you require further information.



## G3 Juice

The unique combination of phytonutrients in G3 is derived from carefully selected "Super Fruits".

These are traditionally used throughout the world for their restorative properties and whose benefits have been validated through scientific study.

Chinese Lycium fruit, Siberian Pineapple, and Cili fruit work synergistically with Gac to provide exponential benefit through strong vascular and cellular protection and rejuvenation in the body.

## Tegreen 97

Tegreen 97 provides a highly concentrated, proprietary extract of green tea catechins to help protect your body at the cellular level.



Catechins are a particularly potent and effective form of polyphenol antioxidants. Each Tegreen 97 capsule contains the catechin equivalent of seven cups of green tea without the caffeine. Containing 97% polyphenol antioxidants, two-thirds of which are catechins, Tegreen 97 is one of the most potent antioxidant products on the market-providing you with maximum protection for critical cell structures such as DNA.



## ageLOC Vitality

As we age, our bodies' ability to effectively generate and utilise energy can decline, robbing us of youthful vitality.

ageLOC Vitality improves the three dimensions of vitality—physical vigour, mental acuity, and sexual health—by promoting healthy YGC activity associated with youthful vitality.

Through targeting the sources of age-related vitality loss, ageLOC Vitality helps you feel more like you did when you were young.

Also now available!! *Golden Energy* – Raw vegan recipe book by Dr. Golden **only \$29.95**. A healthy investment. Delicious, easy to make recipes (as we discovered at our information evening!)

## Specials...

The offers listed below are valid until 30/06/2011.

## Avo offer!

Avocado special: Buy a 50g Anti-age Moisturiser and a 30ml Night Treatment Oil and receive a jar of Calendula and Rose Eye Cream FREE!

## Wrap up this winter...

Clay body wrap + max7 light therapy + revitalising facial - 75 minutes of treatment for just **\$99!**

## Don't fret!

Get freight for free on all online orders until the end of **June**. (Australia-wide delivery)

## Dance away...

A great way to exercise this winter, call Arthur Murray for dance lessons - your first is free!  
Ph: 08 8231 7552

## Looking at the outside...



### SkinThings avocado moisturiser... the magic of avocado oil

The avocado yields a rich and extremely deep penetrating oil, rich in vitamins A, D and E, lecithin, as well as potassium - known as the youth mineral.

It contains proteins, lecithin, beta-carotene and more than twenty percent essential unsaturated fatty acids. The fatty acids contained are palmitic, palmitoleic, stearic, oleic, linoleic and linolenic.

### Benefits of avocado oil to the skin

- It is also high in sterolins, which are reputed to reduce age spots, help heal sun damage and scars. It is the sterolins (also called plant steroids) in the oil that helps to soften the skin and imparts a superior moisturizing effect.
- It is an ideal ingredient for people with dehydrated, sun or climate damaged skin, as it is an extremely good moisturizing and nourishing compound, assisting in the regeneration and rejuvenation of the skin.
- In a study done at the Department of Food Engineering and Biotechnology, Technion-Israel Institute of Technology in 1991, it was found that avocado oil significantly increases the amount of collagen in the skin - which normally is under attack as we grow older.
- Avocado oil is easily absorbed into deep tissue, and with its wonderfully emollient properties, makes it ideal for mature skins. It also helps to relieve the dryness and itching of psoriasis and eczema.

Ask us for a sample if you would like to try. This moisturiser can be used as a day cream or night cream, depending on your skin condition. Skin Things Night Treatment Oil also contains avocado oil which is a beautiful oil to apply to the

face and decollette area at night after cleansing. The night treatment oil can also be added to your regular day moisturiser to produce a richer cream.

### Anti-age avocado moisturiser:

pump 30ml \$49.95,

50gm jar \$69.95,

100gm jar \$129.95

Night Treatment Oil 30ml \$39.95

## And finally, the package that holds it all together.... the body.



If I have had the pleasure of chatting with you in the last few months, I am sure you would have heard me mention that I have started latin and ballroom dancing. The reason for including this in my newsletter is that I really believe exercise has a profound effect on the way we feel about ourselves.

Firstly it gets us out and about and helps to reduce stress levels. Our bodies and minds both benefit from exercise. For me personally, I love the dancing and I get to dress up too - good for the self esteem! I have shed those few niggling kilos and I'm feeling fantastic.

I would encourage you to challenge yourself, especially through the colder months when it is easier to eat than to exercise...get out there and stimulate the body and the mind with an activity you enjoy.

If you would like to experience the benefits of dancing, I recommend Arthur Murrays in Grote Street Adelaide. They cater for all levels of dancers and your first lesson is FREE! I hope to see you there.

Arthur Murrays: 26/A Grote Street, Adelaide SA 5000.

Ph: 08 8231 7552

## Future Events:

- Body, Mind & Psychic Expo  
when: 4-5 June 2011  
where: Adelaide Showgrounds

## Facebook

We have some interesting articles and events advertised on Facebook. Take a look and "like" us if you want to join our Facebook family.

## E-Newsletter only..

In a move towards more environmentally-friendly business practices we will only be sending out e-newsletters.

We share the same view as the founder of Youngblood Mineral cosmetics: "Eco-friendly is no longer a fad; it is a way of life," says Pauline Youngblood,. "There has been increased consumer interest in natural products, reduced packaging and environmentally friendly business practices. Youngblood is proud to meet these needs."

## Vouchers...

Don't forget to take advantage of the offers overleaf when you're next at the salon. Plus check our News/Specials page for some great deals or the online shop for latest specials. You can also purchase online gift vouchers there too!