

## CERTIFIED ORGANIC SKIN CARE

**M**iessence products are designed around four different skin profiles. You may find you'll want to mix-and-match different products from the different profiles to perfectly suit your skin, which is fine!

By browsing through the profiles below you can ascertain which one you feel is most compatible with your skin right now.

### SKIN PROFILES

#### BALANCING (Normal/Combination Skin)

- even skin tone
- fine to average pore size
- some enlarged pores
- some T-zone oiliness
- occasional breakouts
- some blackheads

#### REJUVENATING (Dry/Mature Skin)

- loss of elasticity
- varying pore size
- some dry patches
- no sheen/dull complexion
- can feel tight and dry
- may have surface capillaries

#### PURIFYING (Oily/Problem Skin)

- oily sheen
- breakouts/blemishes
- congestion/clogging
- open pores
- blackheads
- redness

#### SOOTHING (Sensitive Skin)

- may have surface capillaries
- can feel irritated, itchy and hot
- can appear blotchy
- may have flaky patches
- allergic reactions common
- flushed and red easily

*It's sensational. My skin has never felt so good in all these years; it looks so healthy and glowing after only two days! I am so excited about the products and will tell all my friends and family.*

**Yvonne M, Clarkeson, W.A.**

*My skin looks and feels better already and has a lovely glow after each use. I also enjoy the simple routine.*

**Marita V, Bulli, NSW**

*My skin has really improved, I have noticed the pores are reducing and my skin tone is much more even and looks healthier!*

**Michelle C, Oakey, QLD**

*After only six weeks of using Miessence products I am seeing a marked reduction in the sebaceous cysts and puffiness under my eye. I have had both problems for many years and was told I would need plastic surgery to correct them.*

**Michelle M, Box Hill, VIC**



miessence®  
certified organics

*I was using another brand of skin care, but my skin was dehydrated and red (a real embarrassment). I am very pleased to say I had positive results in just three days. Thank you for helping my self-image and skin.*

**Simone T, Cleveland, QLD**

*Excellent product – as good if not better than any of the expensive commercial brands.*

**Sigrid D, Upper Brookfield, QLD**

### CLEANSE

#### Why?

Cleansing removes the top layer of dead cells, oil, perspiration and pollution. If your skin is not cleansed properly it becomes dull and flaky and the oil glands block up with dirt and cellular waste, causing breakouts and congestion.

#### How?

Gently press the face with a warm (never hot), soft cloth to open pores and soften surface skin cells. Apply one or two pumps of your chosen cleanser to the palm of your hand and rub hands together. Massage gently into your face and neck. Remove gently with water and a damp cloth. If wearing makeup, a second cleanse is necessary. (First one to remove makeup, the second to cleanse the skin.)

#### When?

Twice daily (am/pm)

#### Which?

#### BALANCING CLEANSER (normal/combination skin)

An organic cleanser with stimulating organic orange peel oil, calendula and marshmallow that effectively removes perspiration, pollution and excess oils. Leaves the skin feeling soft and fresh.

#### REJUVENATING CLEANSER (dry/mature skin)

A rich, emollient cleanser formulated with rejuvenating organic geranium, hops and chamomile for dry or mature skin. Softens and freshens, gently removing perspiration and pollution.

#### PURIFYING CLEANSER (oily/problem skin)

A purifying cleanser with fresh organic lemon-peel oil, witch hazel and burdock that leaves the skin feeling soft, clean and fresh, without feeling stripped and dry.

#### SOOTHING CLEANSER (sensitive skin)

A very gentle, yet effective cleanser with relaxing organic bergamot and chamomile to immediately calm and soothe sensitive, taut skin.

### EXFOLIATE

#### Why?

A build-up of dead skin cells causes a rough and dull appearance. Exfoliating the top layers of dehydrated cells promotes a youthful, glowing skin.

#### How?

Squeeze a small amount of exfoliant on to damp fingertips and GENTLY massage on to damp skin using a small circular motion, paying particular attention to T-zone if necessary.

#### When?

Once a week for sensitive and dry/mature skin. A few times a week for normal/combination/oily/clogged skin. Do not exfoliate blemished skin, to avoid spreading infection.

#### Which?

#### GARNET EXFOLIANT (normal skin)

Polished alluvial garnet works effectively to clear congestion resulting from a build-up of dead, dry surface skin cells. The best scrub ever, with a fresh citrus blend of organic lemon, bergamot and orange.

*The garnet exfoliant is great! It is the first facial scrub I have used that doesn't leave my face feeling taut and dry.*

**Kim H, Brighton, VIC**

**GENTLE EXFOLIANT**  
*(sensitive skin)*

Natural jojoba beads safely and gently remove dead, dry surface skin cells, promoting a renewed and glowing skin. Contains soothing organic lavender from the beautiful Dandenong Ranges in Victoria.

**MASK****Why?**

While regular cleansing removes surface impurities, clay-based masks will actually draw toxins from within the skin so they can be washed away. Clay firms, tones and refines the skin, promoting a smooth, supple and clear complexion. Clay remineralises and rebalances the skin. Masks must be followed by a Skin Conditioner and Moisturiser to prevent dehydration.

**How?**

Using the jar lid as a bowl, make a smooth paste by mixing one tsp of purified water with one heaped tsp of mask powder. Stir to form a smooth paste and smooth a generous amount of mask on to the face and neck. Lie down with your feet up and relax for 10-15 minutes, until mask is almost dry. Rinse off with plenty of tepid water and a soft cloth.

**When?**

Once a week for sensitive and dry/mature skin. Twice a week for normal/combo/oily skin. Daily for blemished skin (for a week) then every second day (for a week), then twice weekly until congestion and blemishes have cleared.

**Which?****BALANCING MINERAL MASK**  
*(normal/combo skin)*

Natural pink clay, organic marshmallow and calendula to help absorb and lift surface impurities and renew the skin's surface.

**REJUVENATING MINERAL MASK**  
*(dry/mature skin)*

Natural white clay, organic horsetail and nettle to help renew the skin's surface, promoting a smooth, clear texture.

**PURIFYING MINERAL MASK**  
*(oily/problem skin)*

Specifically formulated for problem skin with natural green clay, organic echinacea and witch hazel to tone and purify the skin. Contains the wonderful properties of organic lavender from the Dandenong Ranges, lemon myrtle from country Queensland and tea tree from the forests in northern New South Wales.

**SOOTHING MINERAL MASK**  
*(sensitive skin)*

Specifically formulated with iron oxide rich red clay and soothing organic chamomile, St John's wort and lavender to calm and tone the skin. Renews the skin's surface, promoting a smooth, clear texture.

**CONDITION****Why?**

Conditioning is a vital step in the Miessence™ skin-care regime! Conditioning has a twofold purpose: first, to feed the skin with nutrients in the water-soluble botanicals, organic herbs, vitamins and essential oils, and second, to provide a hydration base for the moisturiser to lock in.

**How?**

On clean, moist skin, massage two to three pumps of conditioner gently on to face, throat and décolleté.

**When?**

Twice daily (am/pm) on cleansed skin.

**Which?****BALANCING SKIN CONDITIONER**  
*(normal/combo skin)*

A hydrating infusion with organic olive leaf, calendula and marshmallow with vitamins to refresh and tone the skin. Maintains a refined and supple complexion.

**REJUVENATING SKIN CONDITIONER**  
*(dry/mature skin)*

A refreshing infusion with organic gotu kola and horsetail and vitamins known to energise and tone the skin. Revitalises the complexion for radiant skin.

**PURIFYING SKIN CONDITIONER**  
*(oily/problem skin)*

A balancing infusion with organic echinacea, witch hazel, burdock and plantain and vitamins known to help tighten and tone the skin. Clarifies and purifies the complexion.

**SOOTHING SKIN CONDITIONER**  
*(sensitive skin)*

A gentle infusion with organic nettle and horse-chestnut and essential oils like carrot and chamomile that are known to help calm and soothe skin chapped by the elements. Helps skin feel soothed and softened.

**GELS****Why?**

Gels are intense concentrations of botanical extracts for special skin needs.

**How?**

Apply one to two pumps of the gel to the fingertip and pat into affected areas.

**When?**

Twice daily (am/pm) after conditioning and before moisturising.

**Which?****SOOTHING COUPEROSE GEL**  
*(broken capillaries/redness)*

A strengthening treatment for sensitive skin with ultra-soothing organic plant extracts. Contains fortifying and toning horse-chestnut, soothing St John's wort, calming chamomile and astringent and toning witch hazel to help reduce a red blotchy appearance.

**PURIFYING BLEMISH GEL**  
*(blemishes/pimples/cuts)*

A potent and powerful blend of healing and calming organic herbs and flowers, including purifying thyme, healing plantain, clarifying echinacea and soothing marshmallow. Contains the potent properties of organic lavender from the Dandenong Ranges, lemon myrtle from country Queensland and tea tree from the forests in northern New South Wales.

*I have found this product to give INSTANT relief from the stinging and itching of mosquito bites.*  
**Chris W, Carindale, QLD**

**MOISTURISE****Why?**

This step creates a protective barrier against free radicals and moisture loss (one of the main causes of wrinkles). The special ingredients in our unique organic base have lasting effects on skin hydration and smoothness.

**How?**

Apply one to two pumps of your moisturiser to the palm of your hand and warm to skin temperature. Pat and press gently on to your face, throat and décolleté.

**When?**

Twice daily (am/pm) after conditioning (and gel, if required).

**Which?****BALANCING MOISTURISER**  
*(normal/combo skin)*

A creamy moisturiser with significant and lasting effects on skin hydration and smoothness. Formulated with plant phospholipids, organic seed butters and oils, organic herbs and flowers to maintain healthy skin. Contains organic rosehip seed oil, jojoba, calendula, chamomile, olive leaf, marshmallow and lavender.

*My skin has always been extremely dry and blemished with broken capillaries. I have only been using your products for three months, however, even by four weeks of using them my skin was moist, smooth and unbelievably clear. My complexion had never been better, even my boyfriend noticed the difference!*

**Hayley Mc, Glen Waverley, VIC**

**REJUVENATING MOISTURISER**  
*(dry/mature skin)*

A rich moisturising cream with significant and lasting effects on hydration and softness. Formulated with plant phospholipids, organic herbs, organic nut and seed oils and butters, and organic flower extracts to nourish and revitalise the complexion. Contains nourishing organic avocado, rosehip seed oil, gotu kola, horsetail and nettle with the beautiful aroma of organic geranium and rose essential oils.

*I have used the Miessence skin-care range and it is fantastic. This is the best quality I have experienced for the past 15 years. My skin has never felt so good!*

**Carolyn M, North Tamborine, QLD**

**PURIFYING MOISTURISER**  
*(oily/problem skin)*

A light lotion with organic extracts known to help inflamed complexions. Plant phospholipids hydrate the skin without clogging the pores or over-moisturising. Contains purifying and toning organic echinacea, plantain, calendula, witch hazel, tea tree and lemon myrtle.

*I found your products to be beautiful and extremely beneficial. Basically they're GREAT!!!! I live in the city so I am surrounded by pollution and it was so satisfying to know at the end of the day I can be using something that heals the damage I have done throughout the day.*

**Jessica H, North Sydney, NSW**

**SOOTHING MOISTURISER**  
*(sensitive skin)*

A soothing moisturiser with organic herb and flower extracts, nut and seed oils and butters, and plant phospholipids that restore and repair the appearance of sensitive, damaged skin while demonstrating significant and lasting effect on skin hydration and smoothness. Contains two soothing chamomiles (German and Roman), and protective calendula, carrot, and organic horse-chestnut.

*My skin irritations have calmed right down, and my skin looks and feels properly hydrated and smooth. This is a relief considering all the difficulties I've had with my skin and finding suitable products.*

**Caroline T, Kew, VIC**

*We have a client who has been experiencing rashes with painful skin breaks and since using the Soothing Moisturiser these have now healed over and are hardly noticeable - delighted!*

**Shauna K, Currumbin Valley, QLD**

## SERUM

### Why?

Serums lock in hydration and intensively moisturise the skin. Use Rejuvenessence Facial Serum daily in extreme heat, cold or windy conditions to protect the skin, and nightly to help regenerate and revitalise the complexion. Use Uplift Eye and Neck Serum to smooth, tone and firm the appearance of the skin around the eyes and neck.

### How?

Because our product is ultra-concentrated, only a small amount is needed for optimum results! To use the Rejuvenessence Facial Serum, pump a few drops into the palm of the hand, then gently pat and press on to your face, throat and décolletage. To use the Uplift Eye and Neck Serum, pump a few drops into the palm of the hand, then using one finger, pat and smooth around the total eye area (from outer to inner eye), then gently pat and press remainder of concentrate on to throat and décolletage.

### When?

After moisturising. Rejuvenessence Facial Serum daily (am/pm). Uplift Eye and Neck Serum twice daily (am/pm).

### Which?

#### REJUVENESSENCE FACIAL SERUM (tired, stressed, ageing skin)

A powerful blend of organic rosehip seed, avocado and jojoba oil with rose, calendula and carrot to revitalise and boost the appearance of tired, stressed skin. Highly concentrated with natural essential fatty acids (EFAs).

*The moisturiser and Rejuvenessence Serum have made a huge difference. Even the "age" spots have started to lighten and fade.*

**Margaret T, Ashbury, NSW**

#### FIRMING EYE AND NECK SERUM (crow's feet/ageing eye and neck area)

Softens, smoothes and deeply moisturises with organic rosehip seed and avocado oil and tones and firms with organic nettle, horsetail, hops and olive leaf extracts. Helps diminish the appearance of fine lines, wrinkles and crow's feet.

*... deeper wrinkles around my eyes are now much finer after using the eye cream.*

**Michelle M, Box Hill, VIC**

*... another client using the eye and neck serum and loving it. Has had nice results and received comments from friends.*

**Shauna K, Currumbin Valley, QLD**

## HYDRATE

### Why?

In Eastern traditions, the aroma of the Thousand-petalled Rose promotes strength and vitality and enhances harmony and balance. Saturated with water-soluble botanicals present in the petals, rosewater has many uses. Spray over makeup for a dewy complexion. Perfect for rehydrating and invigorating your complexion. Perfect for air-conditioned environments, such as offices and aircraft.

### How?

Holding the bottle at arm's length, spray a gentle mist around the face to cleanse the aura, calm the soul and rehydrate the complexion.

### When?

Whenever you and your skin are feeling stressed!

### Which?

#### ROSE MONSOON HYDRATING MIST (dehydration)

## HAIR CARE

#### DESERT FLOWER SHAMPOO (normal to dry hair)

Ultra mild for daily use. Great for babies and children! Extremely mild Yucca juice and polyglucose gently cleanse the hair. Panthenol moisturises the hair. Organic avocado oil restores lustre and hydrates dry and damaged ends. Organic herbs add sheen and body to your hair.

*I noticed a difference from the first time I used it. My hair is softer, less dry, and I don't get the frizzies as I once did.*

**Bernard M, Southport, QLD**

*My hair looks, feels and smells great (like it used to when we were kids!) and the products are so pure and natural.*

**Marita V, Bulli, NSW**

*My hair seems to feel thicker. No more itching scalp.*

**Sophia M, Newrybar, NSW**

*My hair looks and feels a lot softer and is beginning to thicken up.*

**Caroline T, Kew, VIC**

#### LEMON MYRTLE SHAMPOO (normal to oily hair)

Cleansing and purifying for normal/oily hair. A shampoo for oilier hair types, or for when you have been using a few too many styling agents! Be revitalised by the invigorating aroma of organic lemon myrtle.

#### CLARIFYING HAIR RINSE

Clarify Citrus Hair Rinse closes the hair shaft and helps to detangle the hair. It acidifies the scalp and removes excess oils, leaving the hair clean and glossy. Formulated with organic apple cider vinegar, beneficial hair and scalp organic herbs, and the invigorating aroma of organic lemon-peel oil.

To use, add 20ml (one tablespoon) to a cup of warm water and pour over clean hair, being careful to avoid the eyes. Rinse with warm water.

#### SHINE HERBAL HAIR CONDITIONER For All Hair Types

Hydrates and protects the hair with organic avocado and pro-vitamin B5. Promotes lustre and body with organic herbs. Naturally balances the pH with organic apple cider vinegar.

*I started using a most popular shampoo and conditioner about three years ago. To my horror my hair started going flat, scraggly and started thinning out!*

*In doing some research and speaking to Narelle, I found out that the wonder product I had been using was filling my hair with Silicone!! If I was to ever have a healthy head of hair back, I would have to bite the bullet and go through the terrible withdrawals that accompany the use of such shelf products.*

*I went on Miessence Shampoo and Conditioner. For a month, my hair felt like "steel wool". I was devastated. However, I knew I had to keep the faith. Well, I am three months down the line, and my "Angel Hair" is BACK!*

**Divianna B, Mt Tamborine, QLD**

#### PROTECT B5 HAIR REPAIR

Panthenol is the hair-care vitamin! Panthenol provides long-lasting moisturisation, imparts lustre and conditions the hair. Organic rosehip seed oil moisturises and softens dry, brittle ends. Organic herbals help rebuild strength and body. Spray it on after towel-drying hair and before styling to protect from heat damage and prevent breakage. Can be used on wet or dry hair.

#### SHAPE STYLING GEL

Condition, protect and nourish the hair while styling! Panthenol provides long-lasting moisturisation, imparts lustre and conditions the hair. Organic rosehip oil restores lustre and moisturises dry and damaged ends, while our blend of organic herbs treat your hair and scalp. Provides medium body and hold for most hair types. Work Shape Styling Gel through towel-dried hair and style as required.

## ORAL CARE

#### TOOTHPASTES

Cleanse and brighten your teeth with bicarb soda. Freshens your breath and maintains healthy teeth and gums. Miessence™ toothpastes do not contain fluoride, aluminium, artificial sweeteners or detergents.

*Available in: Mint, Lemon and Anise*

*"My teeth look and feel really clean after the toothpaste!"*

**Hayley M, Selby, VIC**

#### FRESHENING MOUTHWASH

A refreshing alcohol-free natural mouthwash. Helps kill the bacteria that cause bad breath. Leaves your breath smelling sweet and fresh. Soothes the mouth with organic herbs like sage and thyme. Dilute with water as required.

*I purchased your mouthwash, which I liked, and it appeared to help my bleeding-gum problem, it was also refreshing.*

**Laurel L, Keysborough, VIC**

## PERSONAL CARE

*My bathroom is now virtually devoid of harsh chemical and toxic ingredients!*

**Michelle M, Box Hill, VIC**

#### SUNFLOWER BODYWASH

Gently cleanses your body while moisturising it with lashings of vitamin-rich, cold-pressed organic safflower oil. Contains invigorating orange peel, lemon peel and lime peel oils.

Apply small amount to sponge and lather all over your body! Can also be used as a safe alternative to children's bubble bath and babywash products.

*... we all love the Sunflower bodywash and the deodorant doesn't irritate the skin at all. Congratulations!*

**Michelle M, Box Hill, VIC**



Miessence® Skin Essentials Pack

*My beautiful five-month-old niece has suffered from eczema since birth; my sister-in-law has had her back and forth to doctors and chemists. I am very proud to say that after using Sunflower Bodywash her eczema is completely gone ... and no sign of return.*

**Tracey D, Caloundra, QLD**

#### ROLL-ON DEODORANT

Stay naturally fresh all day with Miessence Roll-on Deodorants. An effective formula, even for the most active people. Lightly scented. Use as required.

*Available in:*

**Tahitian Breeze:** A warm and balmy blend of intense floral and citrus aromas.

**Ancient Spice:** A rich and vibrant arrangement of ancient oils and spices. Good for blokes too!

**Aroma Free:** No essential oils for those with sensitive noses.

#### INTENSIVE BODY CREAM

A certified organic intensive to moisturise and revitalise your skin with organic shea butter and the exquisite scent of amber and vanilla. A concentrated blend of organic avocado and safflower oils, phospholipids, vitamins and antioxidants creates a protective barrier against moisture loss. Actively promotes elasticity and suppleness. Apply after showering or bathing on damp skin.

#### LUXURIOUS BODY POWDER

A smooth, silky blend of certified organic cornstarch and China clay, infused with a calming and uplifting aromatic blend of enchanting citrus and exotic blossoms.

#### COCONUT SOAPS

The extra virgin coconut oil used in our soaps is cold-pressed within hours of harvesting, resulting in a product that is full of its natural essential nutrients. It is then cold formulated into these exquisite soaps.

*Available in:* Calming Ylang Ylang, invigorating Rose Geranium and antibacterial Lemon Myrtle.

## COSMETICS

After creating Miessence, the world's first certified organic skin and body care range, our progression into organic cosmetics occurred naturally! As our customers learnt more about the undesirable ingredients in skin and body care products, they insisted that we help them replace toxic colour cosmetics with a pure alternative.

It seems that it was not only our customers who thought this was a good idea...early in 2002, we were awarded an Australian Federal Government grant to develop the world's first organic cosmetic range.

We are proud to offer you truly natural cosmetics with certified organic ingredients that nurture your skin, whilst providing naturally harmonious colours and lasting performance.

#### TRANSLUCENT FOUNDATION

Evens out the complexion. Imparts a soft, matte, finish with translucent coverage. Protects against pollution, UV rays and free radicals. Looks natural in any light. Keeps skin hydrated and protected throughout the day. Contains the added benefits of organic, nourishing seed, nut and fruit oils. Shake well before use. Dab a little foundation on nose, forehead and chin and gently blend by smoothing out to cheeks and neck in a downward motion so you don't make the hairs on your face stand up.

*Available in 4 natural shades:*

- 01 – Porcelain (very fair)
- 02 – Vanilla (fair)
- 03 – Honey (medium)
- 04 – Almond (olive/tanned)

#### CONCEALER

For correcting any skin flaw including dark eye circles, blemishes and age spots, whilst providing UV-protective properties.

Dot concealer on carefully and blend with your fingertips slightly past the edges of the problem. Follow with translucent foundation. Be careful not to rub in the concealer.

*Available in:* Fair, Medium, Tanned, Dark.

#### TRANSLUCENT POWDER

A fine translucent powder with a touch of colour to set your make-up and give you a silky, iridescent finish. After applying foundation and colour cosmetics, dust lightly with brush. Delicately scented with pure organic rose otto.

#### BRONZING DUST

A bronzing powder that can be worn alone or over foundation to give the face a sun-kissed radiance with a touch of shimmer. Delicately scented with pure organic rose otto.

#### MINERAL FOUNDATION POWDER

Using only pure, refined minerals, Miessence loose Mineral Foundation Powders provides silky, lightweight, breathable coverage whilst offering natural sun protection. Sericite mica reflects light, reducing the appearance of pores and wrinkles and provides a matte coverage. Delicately scented with pure organic rose otto.

For light coverage: use a brush to apply over moisturised skin.

For heavier coverage: use a sponge to apply over moisturised skin.

To set your makeup: spray a few pumps of the Rose Monsoon Hydrating Mist.

*Available in:* Fair, Medium, Tanned, Dark.

#### MINERAL BLUSH POWDER

Using only pure, refined minerals, Miessence Mineral Blush Powders provide buildable colour with a choice of matte colours for daytime use (Silk) or shimmering colours for glistening evenings (Satin). Delicately scented with pure organic rose otto. Translucent mica reflects light, reducing the appearance of pores, whilst allowing your natural skin tone to show through.

For a natural look: apply sparingly with a blush brush.

For more colour: apply with a sponge.

*Available in:*

Desert Rose Silk & Desert Rose Satin (cool pinky mauve).

Apricot Dew Silk & Apricot Dew Satin (warm orangey pink).

Ginger Blossom Silk & Ginger Blossom Satin (neutral peachy beige).

#### LIP CREME

A creamy matt formula with intense natural colour blends of pure mineral pigments (iron oxides). Comes in a convenient clasp compact for fingertip or brush application. Infused with the delicate aromas of vanilla and honey.

*Available in:* Plum, Grape, Paprika, Melon, Cinnamon, Nutmeg

#### SHIMMER CREME FOR CHEEKS AND LIPS

A hint of colour with a subtle shimmer for anywhere you'd like a natural blush of colour. Comes in a convenient clasp compact for fingertip application.



*Available in:* Berry, Cocoa, Peach

#### JAFFA LIP BALM

For soft, kissable lips use this delicious balm day and night. Nutritious shea butter, avocado and safflower oils soften and smooth rough, chapped lips, while organic orange and vanilla taste delicious.

#### MASCARA

Combining the nourishing properties of jojoba oil and shea butter, the thickening and strengthening properties of beeswax, and the intensity of colour of long lasting natural mineral pigments, Miessence organic mascara builds thick, supple healthy lashes. For ultra-thick, striking lashes, apply several layers allowing time to dry between applications.

*Available in:* Pure Black

**MiEnviron**<sup>®</sup>  
certified organics

#### BUZZ FREE ZONE (Personal Spray)

Keep those pests at bay with Mother Nature's help. We use a potent combination of pure essential oils and organic herbal extracts, with absolutely no chemical nasties! Shake well and spray freely over exposed skin.

#### RAINFOREST AIR FRESHENER

Create a lush rainforest environment in your own home with the crisp and invigorating aromas of blue cypress, lemon myrtle and Blue Mallee eucalyptus. Environmentally friendly, non-aerosol pump spray.

**MiVitality**<sup>®</sup>  
certified organics



#### IN-LIVEN (PROBIOTIC SUPER FOOD)

In-Liven is the result of over 20 years research and development. The 13 strains of Lactobacillus bacteria are produced from fruits and vegetables and are not genetically engineered. In-Liven contains significant enzymes, vital amino acids and a broad spectrum of essential nutrients and 26 carefully selected living whole foods from 100% certified organic sources that are rich in phyto-nutrients. In-Liven helps re-colonise the intestinal flora and helps restore proper intestinal balance. It helps eliminate "unfriendly" bacteria and counteracts medical and food-chain antibiotic damage while supporting the body to enhance immune function. It also optimises nutrient absorption and assimilation while also helping guard against "nutrient starvation".

*Naturopaths have long been aware of the importance of gut integrity to the health of the body. I have had the opportunity to compare In-Liven Probiotic powder to the other brands in the marketplace and found it to be of superior potency, with bowel and general health improvements within days of clients commencing this product. Most have already tried the long list of over-the-counter probiotics with variable results. I have now started recommending In-Liven for general health maintenance.*

**Karen C.M.D., Gold Coast, QLD**