



FEATURES

14 minutes

JOE's Wish List: Video games, shaving creams and La Liga football

By @BlastaWholefoods and @SuryaBrasil

Sapient Men After Shave Cream

For those of you out there who are concerned about getting organic and vegan-friendly skin care products, then the lads at Sapient and Surya Brasil have you sorted.

Alright, we're aware that might not be your biggest concern, but the fact that their latest range is ethically and sustainably harvested to support the local economy and indigenous population is a real plus, and it's nice to see a company with a conscience.



JOE is particularly enjoying the After Shave Cream, and given the fact that Movember just ended and we'll need to be shaving a bit more this month, it's worth taking care of our skin a bit. It soothes and protects the skin, and contains aloe, one of nature's miracle plants that is pretty much the solution to every skin problem under the sun.

It is fragranced, but not too heavily, so you get a fresh, clean smell with a hint of citrus, but plenty of earthy tones to it. Your skin will thank you for it afterwards too. You can pick up any of the range, including the facial scrub, hair gel or shower gel, on the [Your Tonic website here](#).

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video reviews

TRIED & TESTED

How Irish Association of Health Store staff rate what they sell...

This issue staff from Well and Good in Midleton, Co Cork tested natural cleaners, oils, hair colours and supplements



Left to right: Gemma, Wendy, Ali and Alison

BLASTA Wholefoods



Left to right: Rob, Anne, Dearbhla and Melanie

The staff from Blasta Wholefoods in Dungarvan, Co Waterford tested five foods, supplements and beauty products

1. NATURAL CLEASER

Jill says: "With three dogs and a baby frequently in the house, plus two 90-year olds, I am never without Cincidal for the inevitable clean-up chores and for wiping a counter down before baking. It contains grapefruit seed extract which is antibacterial and antifungal."

2. COCONUT OIL

Alison says: "Biona Organic Coconut Oil is my favourite can't-live-without product at the moment. I use it for everything from cooling to skin and haircare! My most recent 'invention' is a lovely body scrub using coconut oil and epsom salts. I rub it over my body before soaking in a warm bath, allowing the magnesium from the salts to be absorbed. My skin feels amazing."

3. FLAXSEED OIL

Sue says: "Dry eyes have been an on-going problem for me, and I find Adora Irish Flaxseed Oil and Natural Health Practice Vitamin C a huge help."

4. VITAMINS FOR GOOD SKIN

Gemma says: "I was bothered for a long time with stress-related acne which I now manage successfully. Quest Mega B Complex with Vitamin C and Quest Omega 3 and 6 are the supplements I use. Using Hauschka cleansing cream, cleansing toner and normalising day oil every day made a noticeable difference within two months, and within six months the problem had cleared and I've never looked back."

5. NATURAL HAIR COLOUR

Wendy says: "I would recommend Surya Brasil Cream Hair Colour for anyone with grey hair who wants a natural product. It is so conditioning, and my hair hasn't felt this good since I started to dye it about 15 years ago."

6. MAGNESIUM

Jill says: "Magnesium works for me, and many of our customers, to prevent leg cramps and it also helps to keep my blood pressure under control."

1. IRON CAPSULES

Melanie says: "Terrible Easy Iron capsules gave me back my energy. My iron levels were low and I've tried many supplements, but this is the only one that worked for me. The ingredients added to the complex help with digestion and absorption and don't leave you constipated."

2. GLUTEN FREE FLOUR

Dearbhla says: "I having been diagnosed as a coeliac as a baby I am quite used to having a restricted diet. I could never enjoy freshly-baked goods. That is until I came across Doves Farm Gluten Free Flour. Having tried lots of flours without great success, I'm delighted with the results from using this flour. Sweet and savoury cakes, buns and tarts all turn out great. It's easy to use with great results."

3. ORGANIC COCONUT OIL

Anne says: "I'm a big fan of the creamy texture of RAW Health Organic Virgin Coconut Oil. I've been making my own breakfast balls using a coconut oil base, and find that rather than melting the oil, if I use the RAW Coconut Oil I can cream it easily with a wooden spoon. I then mix in chopped nuts, raw cacao powder, ground cinnamon and agave syrup, roll the mixture into little balls and coat with desiccated coconut or cacao powder. I find that these will keep in the fridge for several days and one or two make a quick, convenient and surprisingly filling breakfast. To add variety I change the nuts I use, or add milled seeds and spirulina to make them even healthier!"

4. NIACIN CAPSULES

Rob says: "My cholesterol was 6.7 and I was coming under increasing pressure from my GP to take statins. I looked at the various natural ways of reducing cholesterol and decided on 500mg of Solgar No-Flush Niacin daily, supported by a regime of improved diet and exercise. After six weeks my cholesterol was down to 5.6."

5. ROSE BODY OIL

Anne says: "I love Dr Hauschka's Rose Body Oil. It sinks in really well, leaving the skin feeling very soft, but the key thing is the gorgeous smell - it's so warm and feminine. It's a real touch of luxury to pamper yourself with and it also makes a great gift."

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