

nature & health

Australia's original & best natural health magazine

MEET THE TRAILBLAZER
Michael Murray, world's #1 natural health expert. See Page 74

Love your body! 16-page special

- Expert fat-burning tips
- Bone-boosting workout
- Are hormones making you fat?

Magic mudras

Deepen your yoga practice

1, 2, 3...

Why you should count your blessings

LIGHT UP YOUR LIFE!

Discover the right meditation style for you

Therapy clinic

The healing power of shinrin-yoku

EXPERT ADVICE

Breast cancer prevention,
Love archetypes, Alkaline foods

OCTOBER - NOVEMBER 2014

AUS \$7.75/NZ \$8.20 (Incl GST)

PRINT POST APPROVED 100005352



plus

• OIL PULLING • KNOW YOUR BODY'S WARNING SIGNS • BEAT THE 3 O'CLOCK SLUMP • BACH FLOWER ESSENCES • GUILT-FREE DESSERTS • FLOATATION • SHICHIMI TOGARASHI • HOMEOPATHY FOR TEETHING • ECO-FRIENDLY SLEEPWEAR AND MORE

www.natureandhealth.com.au



Help yourself *Natural beauty*

Natural beauty

Beauty editor **Sami Simper** picks perfect anti-ageing serums and lifts the lid on the pros and cons of nail care products.



Expert tip:

Wrinkles – friend or foe?

Maybe you've noticed a line or two

that you are sure weren't there yesterday, and maybe you feel threatened. You can choose to view wrinkles as flaws, or for what they really are - a map of your emotional journey. In doing so, you can also become mindful of lessening or preventing them by recognising negative thoughts and emotions; releasing stored facial tension; reducing habitual expressions, like frowning; and not focusing on them as whatever you seek you find!

Leigh-Ann Comarmond is the creator of Mindful Beauty Therapy. www.enthrallingbeauty.com.au



3 anti-ageing serums we just love ...

Joba Absolute Serum, an antioxidant-rich blend to reduce frown lines and increase firmness (\$69.95, www.thejobacompany.com.au); **Olive Skin Serum** with plant active squalene, which mimics the skin's natural sebum and oxygenates deep within tissues to hydrate, heal, and illuminate (\$31.95, www.botani.com.au); and **JoiPure AAA Night Serum**, which rejuvenates skin by boosting cellular renewal (\$42.00, www.joipure.com.au)



Star ingredient: Neem oil



A centuries-old Indian beauty secret, neem's potent nutritive and immune-boosting properties defend skin against environmental damage and improve elasticity. **Try:** Omveda Neem Facial Wash with turmeric, neem and vitamin C, to neutralise toxins and brighten the complexion. (\$32.00, www.omveda.com.au)

Beauty editor's pick:

After just one application of Caroline's Cream, I noticed a difference in my skin's texture and hydration – I can't wait to see what results I get from regular use! Particularly recommended for skin damaged by psoriasis and eczema. (\$17.95, www.carolineskincare.com)



Green queen

Irene Falcone is the founder of toxin-free beauty e-tailer www.nourishedlife.com.au



Why did you start your shop?

Confused by the multitude of products and their labels, I started my blog so I could share the toxin-free gems I found with other women. Pretty soon readers were asking if I could stock these products - and that's how Nourished Life got started.

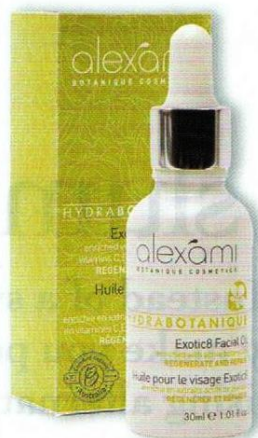


What is the best part of your job?

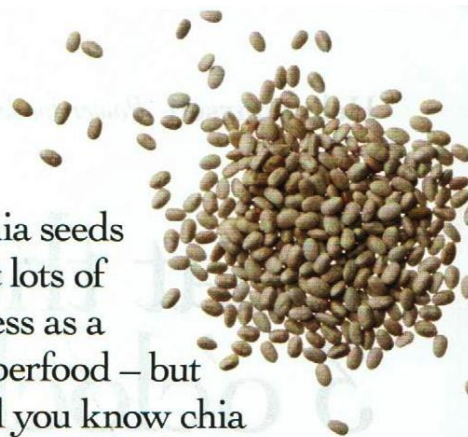
Everything! Doing the research behind the products, testing them, helping customers transition to natural products - and I just LOVE receiving happy feedback.

What is your favourite product? I'm obsessed with the 100% Pure Caffeine Coffee Bean Eye Cream; I'm often up late and it works wonders for dark circles.

What is your secret beauty tip? Smile! It makes everyone just look radiant.



Chia seeds get lots of press as a superfood - but did you know chia oil is also a great skin softener? Find it in Alexami's Exotic8 Facial Oil, www.alexami.com



Who says there's no such thing as a safe tan? Try Australian-made certified organic tanning product Eco Tan. www.ecotan.com.au



Nail tips

Who doesn't love a mani-pedi? However, the wrong products can turn this pampering treat into a toxic risk.

- **Feed nails:** According to Carla Oates, founder of The Beauty Chef, nail colour, shape and appearance say a lot about your health: "For example, white spots may be due to a calcium or zinc deficiency, and longitudinal ridges suggest poor liver function." **Try:** Inner Beauty Powder, with fermented superfoods and prebiotics to nourish skin and nails from within. (\$59.95, www.thebeautychef.com.au)
- **Check ingredients:** Irene Falcone, founder of Nourished Life, recommends '3-free' polishes, meaning the formula does not contain the formaldehyde, dibutyl phthalate (DBP), and toluene found in many conventional brands. **Try:** Intensae Nail Lacquer (\$21.00, www.benaturallyyou.com); 100% Pure Creamy Nail Polish in Cherry Pop (\$19.95) and RGB Nail Polish in Cobalt, Coral or Peacock (\$21.00, www.nourishedlife.com.au); and Scotch Naturals Water-based Nail Polish (\$21.00, www.shopnaturally.com.au)
- **Protect and pamper:** Choose creams containing rich moisturising ingredients like rosehip, jojoba and almond oils, and shea butter. **Try:** Egyptian Magic All Purpose Cream for an intense restorative

treatment (\$34.95, www.nourishedlife.com.au), and AEOS Biodynamic Nail & Cuticle Oil (\$23.50, www.benaturallyyou.com) and Kosmea Rose Hand Cream (\$19.95, www.kosmea.com.au) for everyday.

- **Beware polish removers:** Many contain acetone, artificial fragrance, methyl ethyl ketone, phthalates, and toluene. Falcone suggests soy-based remover as an effective alternative. **Try:** RGB Nail Colour Removal Pads with coconut and lemongrass oils to hydrate nails. (\$39.00, www.nourishedlife.com.au)
- **Skip shellac:** Talya Bergmann, Marketing and Operations Manager for Bio Sculpture, says, "Most acrylic and gel ('shellac') treatments contain a range of nasty ingredients, the worst being primers and bonders which dehydrate your nails. Then, when you try to remove the product, the top layer of nail is also removed, causing damage and sensitivity." **Try:** Bio Sculpture Gel, a healthier salon gel treatment which provides long-lasting colour, without primers or bonders. (from \$70.00, www.biosculpture.com.au)



Want more natural beauty tips, ideas, and offers? Sign up for our FREE weekly e-newsletter, or jump on Facebook, www.facebook.com/NatureAndHealth!