Wellbeing Magazine



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New Products



Mineral Make Up Kit



The perfect introduction to the world of mineral make up has arrived with the launch of the Jane Iredale Sample Starter Kit. Available in Light, Medium and Medium Dark, the kits are packed with the highest quality and purest ingredients possible. The handy compact contains an Amazing Base, the best selling PurePressed Base, Lip Drink, Lip Colour, a PurePressed Blush, Eye shadow, Under Eye Concealer, Lip Plumper along with three application brushes.

Great for travelling or as a gift, the kits are available nationwide at selected salons, priced £19.95 For stockist details call 020 8450 7111 or visit www.janeiredaleuk.eu



Indulge your lips with Inika's gorgeous new lipstick colours made from all natural ingredients like shea butter, jojoba and orange oil. The creamy and super moisturising lipsticks are like a spa treatment for lips! Inika is a vegan brand and one of the few NOT to include carmine (a red colouring derived from a beetle) in any of its products

Visit www.inikacosmetics.co.uk to see the entire range and colours. Products are 95% organic and made from 100% natural ingredients. Lipsticks cost £15 each.

New treatment inspired products

Aromatherapy Associates has recently launched into two more prestigious European spas, the SHA Wellness Clinic in Spain and the Spirito Spa at the Sheraton Lisbon. Both spas offer Aromatherapy Associates' unique and exclusive face and body treatments include the acclaimed Age Repair Facial. Now the brand has developed a dedicated Anti-Age Skincare collection of six new retail products and an Introductory Set, which is ideal for travelling.



The new products are made from the finest pure plant extracts and essential oils and include Instant Skin Firming Serum (30ml, $\,$ 638), Fine Line Face Oil (15ml, £38), Intensive Skin Treatment Oil (15ml, £36) Overnight Repair Mask (50ml £42), Rich Repair Nourishing Cream (50ml, £48) and Rich Repair Eye Cream





New Liz Earle Mineral Sun Cream SPF20 is specially formulated to give a super sheer totally natural sunscreen protection. Mineral-based

sunscreens offer improved protection as they reflect away rather than absorb harmful UVB and UVA rays that cause skin damage and premature ageing.

This high performance sun cream contains antioxidants green tea and pomegranate and is enriched with natural shea butter and vitamin E to keep skin smooth and moisturised. Perfect for all the family. Liz Earle Mineral Sun Cream SPF20 costs £18.50 for 150ml or £6.50 for 30ml.



Liz Earle's first bespoke fragrance is perfect for summer. Liz Earle Botanical Essence No. 1 is made from the finest natural botanical ingredients from around the world including high-altitude lavender from France, damask rose from Turkey, Italian bergamot and spicy patchouli from Indonesia. Taking three years and the expert skills of a distinguished French perfumer to create, this is a vibrant, sparkling fragrance that is both warm and sensual and

suitable for wearing every day. A 50ml bottle costs £39.50. Liz Earle products are available from selected John Lewis stores, Liz Earle Flagship Store & Treatment Rooms, Duke of York Square, King's Road, London SW3 or online from www.lizearle.com

Slimming Seaweed

Seaweed could hold the key to tackling obesity after new research showed it reduced fat uptake by more than 75 per cent. Scientists from Newcastle University discovered that alginate, a natural fibre found in sea kelp, stops the body from absorbing fat better than most anti-obesity treatments currently available over the counter. In a further Japanese study 80 per cent of women taking seaweed reduced their fat tissue.

Oceans of Goodness' Seagreens® food capsules are rich in alginates and have 200 times more iron, 8 times more magnesium and 100 times more iodine than the most nutritious vegetable. As well as regulating weight and metabolism, the capsules remove body toxins and strengthen the immune system.

Seagreens® are the product of sustainable harvesting made from wild seaweed plants north of the Arctic Circle in the cold, clear waters off the Norwegian coast. Seagreens production and processing are certified in Norway and in the UK in accordance with the world's highest biodynamic and organic standards.

The capsules cost £15.95 for 60 (a month's supply) and are available from www.oceansofgoodness.com





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LATEST NEWS & PRODUCTS





Hale & Hearty Christmas goodies



food gifts & hampers and Christmas recipes



Do you buy gluten and/or wheat-free food in the UK? Complete our survey

and enter our £100 prize draw!





Juvela new freefrom cereals





Go*Do dairy-free chocolate bars



Celtic Chocolates dairy-free chocolates



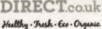
Warburtons plans to launch gluten-free range.



for freefrom



GOODNESS





vour next order over £35







winner



'Free From' Foods - New Products

Seagreens Mineral Salt





STHELEN'S FARM

FREE HAMPER

prize

Click here 15th D









Trying not to over do it over Christmas is always a struggle - but here is a great way to boost both the flavour and health profile of that turkey!

Seagreens, long known for their arctic wrack seaweed condiments and supplements, have now joined forces with Cornish Sea Salt, 'the only British salt producer returning sea water back to the ocean as seawater, not distilled which can adversely affect local salinity' - to create a condiment which is 50% sea salt and 50% seaweed! The result is a good salty flavour, enhanced by the more complex flavours of the seaweed, with 50% less blood-pressure-raising sodium choloride than normal salt and with a fantastic nutritional profile!! What more could you

The Mineral Salt costs £3.50 for 100g from www.oceansofgoodness.co.uk and some retailers or health food stores.

More information on the nutritional benefits of seaweed at

www.seagreens.com

More new freefrom products

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