

we love

Our pick of the hottest products from our sponsors



1. Replenishing Night Cream IS A luxurious organic night-time formulation from the new Love System Organic Skin & Bodycare Range. It combines natural organic emollients, beautiful botanicals, exotic oils and Australian Bush Flower Essences in an overnight intensive beauty treatment. It is also rich in graceful aging antioxidants that fight free radicals and promote elasticity of the skin.

RRP \$27.95/30 ml, ausflowers.com.au

2. Australian Healing Clays are active clays comprised of naturally, deep-cleansing minerals that promote and support general health and wellbeing, both internally and externally. This premium quality Australian bentonite clay is among the finest available in the world today. It is excellent for all your wellness protocols, from body care applications to facials and body wraps.

RRP \$14.95/250g, healingclay.com.au

3. NATURSTYLE® is the first permanent colour that cares for your hair and scalp. It is made from natural ingredients and is free from harmful toxins such as ammonia, resorcinol, parabens, SLS and DEA. It's available from leading health food stores.

RRP \$20.59, kadac.com.au

4. Treat yourself to a healthy afternoon snack with these organic activated mixed nuts by **2die4** live foods. Featuring a delicious blend of walnuts, pecans, almonds, Brazil nuts and pistachios that have been long-soaked in water, fresh whey and whole, raw Celtic sea salt.

RRP \$8.73/120g, bioliving.com.au

5. Lifestream AstaJoint is a 100 per cent vegetarian formula that may assist in temporarily relieving pain, increasing joint mobility and reducing inflammation associated with mild osteoarthritis. Containing the powerful antioxidant astaxanthin as well as vegetarian glucosamine, boswellia and flaxseed oil, AstaJoint provides antioxidant protection whilst assisting in building and maintaining joint cartilage. Always read the label and use only as directed. If symptoms persist see your healthcare professional.

RRP \$84.95/120 caps, planethealth.com.au

CHC approval number CHC 70240-10/14

6. MANA Blend is the most powerful combination of healing plant foods on the planet. Painstakingly sourced from the world's cleanest environments, MANA's 11 organic and raw ingredients offer body, mind and spirit the highest nutrition available, thus creating the optimum environment for perfect health and self-healing. The ingredients have been intentionally kept to a minimum to support metabolic efficiency.

RRP \$95, manablend.com

7. Changing the pH of the water you're drinking neutralises the acid that has built up in the body. Each organ renews itself within a set period of time, for example you have a brand new taste bud every 19 days, so why would you have a disease that lasts beyond that? Because of the residual acid built up in the water in the body. Naturalise the acid in your body with **Alkaliza**,

RRP \$49.50/30 sachets, contextualhealth.com.au

8. Lakewood's delicious range of organic juices are perfect for your new year detox. The range now features three new vegetable varieties including Super Organic Tomato, which is packed with essential micronutrients, vitamins and minerals. Delicious served on its own or with a dash of Worcestershire, lemon juice and hot sauce. Mocktail anyone?

RRP \$12.49, lakewoodjuices.com

