As seen in the media...

1/8/18
Vacations & Travel Magazine.

YOUNG LIVING
BON VOYAGE TRAVEL KIT
Harness the power of natural essential oils with Young Living. A world leader in essential oils, Young Living uses a self-developed ‘Seed to Seal’ process, which preserves the purity and potency of essential oils through every step of the production process. The Bon Voyage Travel Kit offers 11 travel-sized personal-care products, including items such as toothpaste, lip balm, hand and body lotion, mouthwash, and moisturiser, all infused with Young Living’s safe and natural essential oils. Complete with custom-designed toiletries bag, this compact and clever kit will keep you feeling, looking and smelling good whether you’re jetting off on a long-haul or spending time in the great outdoors. youngliving.com.au
As seen in the media...

1/8/18
Nature & Health Magazine

**August is the month to...**

**Quit Fidgeting**
Are you a fidgeter? Always picking at your nails or picking at your hair? Here's a fun and easy way to introduce yourself to nature. Each side of the stick has a different scent to help your brain take a break. Visit us online: www.youngliving.com

**Soak in a bath**
The only thing that could make a bath better would be a pure, all-natural skin-softening Calming Lavender Bath Bomb... well, here you go! www.youngliving.com.au

**Dream Pretty**
This beautiful, 100% pure grade, organic essential oil is perfect for your sleep. When it comes to essential oils, try this one. visit us online: www.youngliving.com.au

**Style up**
This beautiful, 100% pure grade, organic essential oil is perfect for your hair. Try it out today. Visit us online: www.youngliving.com.au

**Be Fair**
Please use organic and natural products on your skin. Learn more about our certified organic products here: www.seed-sea.com.au

**Shine your shoes**
Shine your leather shoes with biodegradable shoe shine. Visit us online: www.seed-sea.com.au

**Famper yourself**
This amazing scent of and natural oats is perfect for anyone. Visit us online: www.seed-sea.com.au

**Soak in a bath**
The only thing that could make it nicer would be a pure, all-natural skin-softening Calming Lavender Bath Bomb... well, here you go! www.youngliving.com.au

**Dry clothes smarter**
Yes, we love clothes dried in sunshine – but in winter that’s not always possible. Enter these clever all-natural Young Living Dryer Balls. To leave clothes fluffy and scented with essential oils. www.youngliving.com.au
Get Savvy with Minerals
A woman should never have to compromise quality for beauty. Devoid of cheap fillers and synthetics, Savvy Minerals by Young Living products have been carefully crafted using pristine ingredients, so you can feel good about what you’re putting on your skin. Ingredients include essential oils, Aspen bark extract, Mica minerals, high-quality minerals and non-nano ingredients. Young Living Savvy Minerals blush RRP $52.55, bronzer RRP $52.55, eyeliner RRP $39.95, eyeshadow RRP $32.90, foundation RRP $78.90, lip gloss RRP $52, lipstick RRP $49.05, misting spray $32.90.
youngliving.com.au

Combat the Cooler Weather with La Mav DNA Phyto-Guard Pink Clay Mask. RRP $34.95. Now is the time to change up your skincare regimen with regular mask treatments. This antioxidant-rich certified organic mask re-hydrates the skin, while gently exfoliating to reveal a radiant
As seen in the media...

1/7/18
Prevention Magazine
Embrace Life's Blessings

Foster a grateful attitude and embrace your blessings with Gratitude essential oil. The uplifting aroma invites a feeling of emotional and spiritual progress with an empowering essential oil blend that is designed to quieten down, soothe, and elevate the mind while bringing relaxation to the body. Essential oils: Balsam, Canada, Frankincense, Geranium, Myrrh, Ylang Ylang, Bergamot, Northern Lights Black Spruce, Vanilla, and Geranium.

www.youngliving.com.au

As seen in the media...

1/7/18
Pindara Magazine

HEALTH + BEAUTY + BABY

The path to perfection for the

Health and Beauty

Embrace Life's Blessings

A Mini Getaway for Your Skin

Featuring one essential oil, Coconut-Lime Replenishing Body Butter is fragranced with coconut oil and other vegan ingredients to create a warm, tropical aroma that offers a mini-getaway every time you apply it. Made without parabens, phenoxyethanol, colourants, or animal-derived ingredients, the product nourishes and smoothes skin with help from two fruit seed butters: mango and cupuacu butter. Mango butter includes antioxidants that help soften and soothe the skin, while cupuacu butter contains fatty acids that help skin maintain a youthful appearance.

www.youngliving.com.au

High-tech Diffuser

Combining traditional Chinese craftmanship and ultrasonic technology, Young Living’s Rainstone Diffuser provides a balanced convergence of the grounding element of sand with the soothing powers of essential oil-infused mist. Created with a rare purple clay found only in a small region of China, each diffuser is handmade using ancient craftmanship passed down from generation to generation for more than 1000 years. Features include continuous ultrasonic diffusion at 1.7 million waves per second, 1, 2, 3, 6, and 8-hour settings with automatic shutoff, five soft LED light settings (blue, yellow, purple, alternating pink and blue), a negative ionizer, and a remote control.

www.youngliving.com.au
As seen in the media...

1/7/18
East Life Magazine

ESSENTIAL OILS FOR BABY CARE

Globally renowned for its essential oils, Young Living has released its latest collection of skin-care solutions, bath and body products, nutritional supplements and at home products in New Zealand. All infused with 100% pure essential oil blends, the NZ range also includes the Young Living Seedlings™ line of naturally gentle, safe and pure products for the littlest members of our families. These soothing formulas are made without alcohol, parabens, synthetic fragrances, artificial dyes, or other unwanted ingredients. Seedlings™ products are made with only 100 percent plant-based ingredients, the light, calming scent including a blend of lavender, bergamot, coriander, geranium and ylang ylang.

GO BEYOND CLEAN — PURIFY YOUR SKIN

Take your skin to the next level with the new Neutrogena Deep Clean Purifying range designed to target daily impurities without disrupting the skin’s barrier. In creating the Purifying range, Neutrogena scientists studied the interaction between cleansing ingredients and the skin barrier to ensure these products delivered purification-level cleansing without trade-offs such as stripping skin or uncomfortable dryness. The range includes a clay cleanser that doubles as a mask (RRP $12.99) and ultra-gentle cooling gel scrub (RRP $12.99) and micellar-infused wipes (SRRP $8.99) complemented by micellar water (RRP $15.99).

BEAUTY BALM DEFINES NATURAL BEAUTY

Redefining the concept of ‘natural beauty’, Weleda introduces Beauty Balm, a tinted day cream designed to conceal minor blemishes and correct tone. The multi-tasking, plant-based formula hydrates, mattifies, refines the appearance of the skin and strengthens skin’s natural protective barrier. Dermatologically tested and NATRUE certified natural, Weleda Beauty Balm is suitable for all skin types. Available in two shades, Nude and Bronze (both RRP $26.90) from selected Farmers stores.
As seen in the media...

28/6/18

SAVVY MINERALS MAKEUP

If you’re ready to get savvy about your beauty routine, you can’t go past Young Living’s new natural makeup line, Savvy Minerals by Young Living. This natural mineral-based makeup collection combines premium formulas with pure ingredients to embrace your natural beauty without sacrificing your skincare standards.

Ranging from primers to foundations to eyeshadows, get the flawless look – from natural to dramatic – with flattering shades and buildable colour. The bronzers blend smoothly and warm your complexion for radiant, natural glowing skin. Sweep them on with one of the brushes from the Essential Brush Set, then add a pop of colour with the lipstick and lip gloss.

For more information, visit www.youngliving.com.au

Enter to WIN

Thanks to Young Living Australia, one lucky CW reader will win a Savvy Minerals makeup pack (valued at $226.20), including: Uptown Girl lipstick, I do believe you’re blushing’ blush, Diffused eyeshadow, Residual eyeshadow and Essential Brush set.

To enter, email competitions@canberraweekly.com.au with ‘Savvy Minerals’ in the subject field. Tell us your name, full contact details and what is your favourite makeup look. Entries close 9am 6 July 2018 and winner drawn same day.

One entry per person.
As seen in the media...

18/6/18

NEXT

MAKING SCENTS

Young Living has released a distinct collection of essential oils for your home, body, and health.

GADGET GUY

Next Living's tech expert Stephen O'Loughlin answers your questions on living smarter.

SOUTHERN BELLE

Admire a new look at Westfield Riccarton, Christchurch - it's the last in the South Island. In it, you'll find everything from local designers, furniture makers, and art galleries.

Home WHAT'S NEW

I'm back to share my love for the new, but I'm also ready to share the joys of the old. Here are some of my favorite finds from around the world.

TV... what TV?

You're set to go with the smartest home entertainment system. Here are some of our favorite finds to upgrade your home electronics.

Only natural

In a world where we're given so much, it's easy to forget the beauty of nature. Here are some of our favorite products that bring nature back to your home.

For more, see page 201

contact us now
As seen in the media...

1/6/18

OHbaby!
Young Living is known for its 100 per cent pure therapeutic grade essential oils, blends and oil-infused health supplements. We have one Aria diffuser to give away. Valued at $359.50, the diffuser is a unique and stylish way to bring the benefits of oils into your home. It features an American maple base and remote, a glass dome to direct the essential oil vapour, multicoloured LED lights and a selection of soothing built-in sounds. It has an auxiliary port to play music from your phone.

For more information on the product, visit youngliving.com.

to enter Head to myweeklypreview.com.au and click on the win tab. Full te
As seen in the media...

15/5/18

One just for the kids

Captivate your child’s imagination and transport them into a Jurassic wonderland, all while enjoying the benefits of diffusing Young Living’s 100 per cent pure, therapeutic-grade essential oils. Young Living’s Dino Land Ultrasonic Diffuser features colour-illuminated vapour “erupting” from a prehistoric volcano, surrounded by menacing Tyrannosaurus rex, Triceratops and Pterodactyl figures. The patents-pending diffuser acts as an atomiser, aroma diffuser, and night-light all in one fun-filled, simple-to-use product. Visit youngliving.com.
As seen in the media...

15/5/18

What's all the fuss about parabens?

This stuff can harm you and is in 85 per cent of cosmetics, so it's high time to go chemical-free.

What are parabens?

Parabens have been around since the 1950s and appear in many of your favourite products. A class of chemical compounds, they are added to cosmetic and pharmaceutical products to prevent bacteria and fungi from growing and to extend shelf life.

Sounds good, right?

Unfortunately, not. Not only can parabens irritate the skin, scientists have also found they penetrate the bloodstream, which may lead to health issues down the line.

How do we avoid them?

Look at product labels and keep an eye out for ingredients like propylparaben, methylparabens, and p-hexylparaben - these are the most commonly used parabens. Take small steps first, and maybe start by swapping to a paraben-free body lotion (which costs a large area of skin) and then move on to the rest of your products one by one.
As seen in the media...

11/5/18

**Woman's Day**

**Libra**

September 24 – October 23

For Librans, the zodiac's romantics, a life without beauty, love and harmony is unthinkable. Look for gifts that appeal to the senses, or book a shared pampering session.

**Choose from**

1. Desert Mist Essential Oil Diffuser $138.15 A three-in-one humidifier, atomizer and aroma diffuser, youngliving.com.au

2. Odylique Purple Blue Tooth Speaker $17.85 Mum can play her favourite tunes in any room with this portable Blue tooth speaker.

Of ficeWorks.com.au

3. Casa Home Conchita & Watermelon Candle $32.95 This candle will make your home smell like a summertime dessert.

CircaHome.com.au

**Virgo**

August 24 – September 23

Being the zodiac's perfectionist (in theory at least!), Virgos admire practical, fuss-free items. Good design is a bonus, but ultimately if health or wellbeing is enhanced you'll nail it.

**Choose from**

1. Vitamix Ascent A2300i High-Performance Blender $1995

It cleans itself! Just add water and some dishwashing liquid. vitamix.com.au/en_au

2. Donation to Breast Cancer Research

Get Mum a gift that gives back. breastcancer.org.au

3. Work out in comfort and style with this slip-free mat. bigw.com.au

**Celeb mum match**

Salma Hayek

September 2

**Celeb mum match**

Kate Winslet

October 5
As seen in the media...

10/5/18

https://issuu.com/metrospublishinggroupltd/docs/metropol_may_10th_complete_issue_fo
As seen in the media...

23/4/18

Online link:
As seen in the media...

15/4/18

Landline Television Episode featuring Young Living

Online link:
https://iview.abc.net.au/programs/landline/RA1801Q011S00#playing

Please view the video above for a great segment on how the essential oil industry is growing in Australia and how important essential oils are becoming in the world.

At 21.23, Dee-Ann Panther, our soon to be partner from Down Under Enterprises is interviewed. Our future Young Living partner farm is located approx. 6-7 hours north of Sydney.

At 30.37, Vince Collins, our Down Under Enterprises partner in Darwin talks about Young Living and shows footage of our Diamond members visiting last year.
THE JOY OF CULINARY OILS

Culinary Oils are premium grade oils known to add to the flavor intensity of a dish; they are set apart from ordinary essential oils because they are deemed safe to ingest by regulating Food Standards agencies.

We've chatted to our long-time contributor, Chef Kate, about adding a “flavor pop” while lifting the “vibrations of food” in your everyday cooking, as well as a few surprising uses along the way.

KORA: What are culinary oils?

CHEF KATE: Oils that are therapeutic grade and therefore safe to be ingested; designed to add vitality and flavor to food. I also use them to evoke the sensation of my dishes by utilizing the high-frequency oils.

They can also be much more cost-effective than buying fresh herbs or using dried spices, as a very small amount can achieve a lot of flavor. They last much longer than the aforementioned.

KORA: How do we use them?

CHEF KATE: Culinary oils are very concentrated, so a little goes a long way. I use a small amount in most of my creations—just one drop can make all the difference to a meal.

I recommend the “teaspoon” method to add stronger oils such as basil, dill, lavender, marjoram, oragano, German manona, rose, rosemary, and thyme to a recipe. Drop a clean teaspoon into the bottle to achieve a tiny amount before adding directly to your ingredients. Remember not to double dip!

There are several ways of incorporating them.

Dropper method: source a glass dropper to measure out the exact amount of oil needed.

Spoon method: try dropping the amount of oil required onto a spoon first, as to avoid overkill.

Teaspoon method: a safe way (as above) to get a tiny amount of stronger oils that could potentially overpower a simple dish!

Online link:
http://blog.koraorganics.com/the-joy-of-culinary-oils/
Cooking for anyone can be a lot of pressure... but what about cooking for some of the biggest celebrities in the world such as Dwayne the Rock Johnson, Orlando Bloom and Miranda Kerr?

Chef to the stars Kate McAlloon spoke to Duncan Garner.

Watch the video for the full interview.
As seen in the media...

23/2/18

Eat Like a Celebrity

by MINDFOOD | February 22, 2018

Five minutes with chef to the stars, Kate McAlloon.

you caught up with the chef mollywood's celebrities choose - chef Kate McAlloon - to discuss what it's like cooking for the stars, her favorite dishes and her unique style and vision.

When did you know you wanted to be a chef and how did you come to be the celebrity chef?

I realized at a young age that I had an instant gift for creating food and loved seeing things that were delicious and even a bit on the artistic side. My mother also had that gift and I am sure my intuitive cooking style was passed down to me from her. I didn’t plan to become a chef, or even try to get any of my celebrity clients - they came to me because the word got around that I could cook healthy, great tasting food. Out of a need to have an income and a passion for food, Chef Kate was born.

I cooked for my first celebrity clients, Megan & Brian (The Bachelorette) and her husband Nick Offerman (Parks and Recreation) in 2008 on the island of Maui, Hawaii. When there were on holiday, Megan and Nick asked me to come to their vacation villa to cook for them because their current personal chef was having to open her own restaurant. I packed up and headed to LA, which led me to cook for my stars-studded client list and enjoy many cooking adventures with the rich and famous. I really feel I was given my celebrity clients for a reason, and it helps to reach others on their path to healthy eating and living a joyful life, to be it! Now it’s my turn to give back by sharing some of the knowledge I have gleaned from my years of cooking.

What are your cooking philosophies? Do you believe in a specific diet or eating plan?

Listening to my body and being flexible are two very important keys for me that help me to have balance not only with my diet, but in all areas of my life. I’m sharing my eating plan, not as a rigid diet, but to give you an idea of a place to start. I don’t always stick exactly to my plan, but it is my foundation and I encourage you to find what feels right for your own body.
As seen in the media...

19/2/18
As seen in the media...

As seen in the media...

NEWCASTLE HERALD

KICK START YOUR HEALTH

What ingredients will you need for a healthy start to the year? Here’s a range of good things to nourish your body, plus a few ideas that will help you to prepare fresh and healthy meals.


3. Australian Manuka honey $31.69 for medium strength. With very high antibacterial powers, Australian Manuka honey is increasingly being accepted as a natural remedy to aid in healthy digestion, help boost your immune system, and can also be used on wounds and burns. berringa.com

4. Amhara Bamboo Fibre Salad Servers $5. Lightweight but durable, these resin salad servers are simple and classic in design, complementing any style of tableware. Set of 2. Dishwasher safe. thedesignedit.com.au

5. FreshPaper Bread. Starter pack $21.99. FreshPaper is a small piece of compostable, recyclable paper infused with a secret combination of organic spices, which has the ability to keep your fruit and vegetables fresh for up to two to four times longer. freshpaper.com.au

6. Honeybee wraps. Set of 3 $35. Beeswax and cotton or hemp wraps are a versatile food wrap system that keeps food fresh longer without using plastic wrap. A stylish way to carry your food and ensure its freshness without coting the earth. bioma.com.au

Feb/March 2018 issue
As seen in the media...

BEAUTY without the BEAST
SAVVY MINERALS
by Young Living

No synthetic fragrances
No low-quality fillers
Diminishes the appearance of imperfections & blemishes
Long-lasting, all-day wear
Made with naturally derived mineral-based ingredients
Ideal for sensitive skin
Vegan & friendly formula
Not tested on animals

WWW.SAVVYMINEALS.COM.AU

Order online or access wholesale prices by joining Young Living. Call 1300 299 536 for details.
As seen in the media...

30/1/18
Pg 98.

Play misty
Too much sun can cause dehydration and headaches. Misting your skin with a chilled bottle of LavaDerm cooling aromatherapy spray will aid the cooling-down process. www.youngliving.com.au
As seen in the media...

4/1/18

3 STEPS TO A CHEMICAL-FREE SUMMER CLEAN

Young Living’s KRISTEN TOD tells how we can safely freshen up our homes

1. FIRST, DECLUTTER!
   The first step towards deep cleaning is going through your home and getting rid of everything that you don’t need anymore, from old clothes to food. Instead of throwing away your unwanted goods, give them to charity or sell them.

2. BE GENTLE
   Use a powerful yet gentle all-purpose cleaner, such as Young Living’s Thieves Household Cleaner ($39.50), to wipe down furniture. With 100 per cent plant and mineral-based ingredients, this biodegradable and ecologically friendly cleaner is a great way to purify your home without toxic chemicals.

3. USE ESSENTIAL OILS
   Make cleaning quick and convenient with a portable essential oil spray. Ideal for small surfaces, look for one that freshens everything from counters, sinks and door handles to toilets and uses only naturally derived, plant-based ingredients. FYI, oils are also safe to use around children.

More eco-friendly cleaning goods

- Organic Bathroom & Glass Cleaner
- Reusable Bicaric Cream Cleanser
- 950g Pine Worm
- Bondi Wash
As seen in the media...

20/12/17

Last-minute gift ideas

[Image of gift ideas]

20/12/17

Lavender Pamper Pack comes with a lavender-scented pillow and lavender-scented shower gel. This gift is great for anyone who enjoys relaxation.

20/12/17

Vital Heat Hand Warmer from Young Living is a great gift for anyone who enjoys relaxation. The heat is gentle and soothing, and it helps to relieve stress.

20/12/17

Noosa News
As seen in the media...

20/12/17

Simple and luxe essentials

FOR some people, it can be a challenge to get to a place of inner-peace, while at home. Whether it’s kids or the issue of time - it’s not impossible.

Here are some simple home essentials that may help:

DRYER BALLS
Flannel sheets are warm and relaxing in winter but they can take longer to dry.

A great option are dryer balls.
Young Living general manager of Australia said the Young Living Wool Dryer balls can reduce time and leave your sheets with relaxing scents.

“They are all natural product that cuts down drying time and improves the scent without the use of typical harsh chemicals found in other laundry products,” she said.

“Young Living’s lavender essential oil can be added to the balls to give your clothes a long lasting and relaxing scent.”

EYE REST
Stress often leaves people with puffy looking eyes.
One quick fix are under-eye gel patches while kicking up your feet and watching TV.

An example is Nerium International’s under eye hydrogel patches EYE-V Moisture Boost.
It claims to hydrate the eye area and reduce the appearance of puffiness.

BATH TIME
Baths are relaxing and can help clear the mind and head. But baths don’t have to be boring.

Kmart have released a new bamboo bath caddy, made to fit a wine glass and room to prop up a book.
As seen in the media...

19/12/17

HOW TO STEAL SOME ME-TIME
Enjoy every moment of your social get-together

Just breathe
If you’re feeling tense, take a deep breath. Breathing helps activate the vagus nerve, which sends a signal to the brain to calm down. This helps you to recover and refocus.

Speed yoga
Get your zen on doing yoga in the comfort of your own home. WIB is Australia’s first online yoga platform, with classes curated to music available on-demand. Visit wib.co

E-therapy
Speaking with a professional psychologist can be both daunting and expensive but a new online mental health platform, Lyra e-therapy, offers affordable guidance via video. Visit lyrahealth.com.au

Make a cuppa
There’s no better way to unwind than with a hot cuppa. Not only warming, herbal nogs are full of antioxidants, too. Puress Relax, $7.95, has soothing chamomile, spearmint and marshmallow root. Visit puressherbs.com.au

SURE-FIRE CONVERSATION STARTERS
People management specialist KAREN GATELY gives her tips on mastering small talk when you’re feeling shy

Really push yourself
It tends to be mind over matter for people who struggle to chat. “Avoid wallowing in thoughts of being inadequate or ill-prepared. Recognise when your fears are holding you back from stepping forward confidently,” Karen says.

Don’t delay!
You might want to dive into the deep end, but when it comes to making conversation, you’re going to have to “Standing around awkwardly trying to figure out who to talk to is only likely to fuel anxiety,” Karen says. “Decide who you will connect with and approach them without hesitation.”

Ask detailed questions
Karen says turning the focus on the other person can make you feel more comfortable. She advises asking questions that can’t be answered with a “yes” or “no” but need exploration.

Find common ground
Kids, food, hobbies, sports... there are many things you may have in common. “Conversation is most likely to flow when both parties have a keen interest in the topic at hand,” Karen adds. “Look for things you both enjoy or have experienced.”
Chef to the stars

WHEN Steven Spielberg dropped in on mum Gwyneth Paltrow, it was love at first bite, and he promptly hired her private chef Kate McLennon.

It wasn’t long before McLennon was running between both of their Hollywood homes and cooking up a storm.

“They’re both super busy,” she says. “So, I do my thing in the morning and the Spielberg’s in the afternoon.”

McLennon has whipped up breakfast, lunch and dinner for a bunch of famous stars, including Miranda Kerr and Orlando Bloom, and was Courteney Cox’s chef for four years.

McLennon’s in Australia to launch her cookbook The Flavour of Joe, and is giving a series of talks on cooking with oil, in this case Young Living organic essential oils.

Born with a mixing spoon in her mouth and a natural talent for amazing flavours, McLennon has a thing for combining cinnamon, cumin, lime and ginger, in a mélange of her own recipes.

“They finish with an oil – you can put it in ahead of time but at the end it adds vibrancy,” she says.

“I spray it on, deep it in, and with a meat chicken I put some in the oil, and at the end spray or brush with more.”

Cardamom, and all the citrus flavours are McLennon’s favourite. “Cardamom is amazing – I love it in a lot.”

McLennon fell into cooking, has no formal chef training, and only worked in one restaurant in France.

Her cooking career took off in Hawaii, when McLennon dropped into a real estate office to promote her First Shushu service.

A casual conversation about her cooking was overheard and before she knew it, McLennon was hired by TV stars Nick Offerman and wife Megan Mullally who were filming there.

“I cooked for them for three weeks,” McLennon says.

Word spread in celebrity circles about her amazing food and pretty soon she was cooking for the who’s who of Hollywood.

Preparing food for finicky stars isn’t as tricky as it sounds, McLennon says. “I can do everything flawlessly,” she says.

“And I understand how to make flavourous vegetarian and vegan.”

McLennon is passing on her years of experience at a workshop at the Hilton CVC, Pagan Street on Monday, December 4, 3.30pm. For more info go to flavourofjoe.com. To $55@phoolking.com/McLennon.
As seen in the media...

23/11/17

Better Homes & Gardens

for the gents

1 Keep his handsome good looks safe from the sun. Regeneration Age Restoring Day Cream SPF 30, $16.99, Simple, Priceline
2 Solve all his dry skin woes with a multi-purpose moisturizing cream. Men's Creme, $19.99, Nivea, Priceline
3 Make his good hair days a regular event. Men Deep Clean Shampoo and Styling Fluid, $15.99 each, Toni & Guy, Priceline
4 Spoil him with a great new fragrance. Obsessed for Men eau de toilette spray, 100ml, $63, Calvin Klein, Priceline
5 Help him relax anytime, anywhere, with a blissfully soft eye mask. Sleep Mask, $18, Slip
6 Keep his skin clear and clean, with Pure Active Intensive 2:1:1 Charcoal Anti-Blackhead, $12.95, Garnier SkinActive, Priceline
7 Give his hand a dose of TLC. Tough Hands Intensive Skin Rescue, $11.90, PFE, Priceline
8 Pamper his skin with a refreshing, 100% plant-based after shave. Shulton Aftershave 250ml, $15.85, Young Living
9 Help his skin feel even better after showering with a cleansing, hydrating wash. Men's Body Wash, $13.95, Sukin, Priceline
10 Send his senses to the tropics and help protect his skin with Moisturizing Sun Tan Oil Spray SPF 30, $15.90, Reef, Priceline
11 Remove any excuses he has for not keeping his beard looking trim and terrific. Beard Trimmer, $70, Braun, Priceline
12 Treat him to the works with a bag of head-to-toe products. D'MAN Essential Grooming Kit, $43.95, De Lorenzo

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE
As seen in the media...

Petal Power

GET ON TOP OF STRESS BY USING SOME COMMON SCENTS

WORDS: SALLY COATES

It's happening people. The shiny baubles and flashing lights are up, Christmas shops boom through shopping centres and celebrities looking to make a quick buck are hitting the media circuit promoting their Christmas albums. But what is largely considered the most joyous time of the year is, for many, also the most stressful.

Aromatherapy could have you calmer in a snuff. Aromatherapy Associates London owner Geraldine Howard says it's worth considering the science of scent.

"Linked to the areas of the brain governing instinct, memory and emotion, our sense of smell is the most primitive of our senses," she says. "Through the pathways between smell and the deep centres of the brain, essential oils can have a dramatic effect on our emotional state.

"They can help transform our moods and move us from one state of mind to another," Geraldine says one of the most effective aromatherapy products in the company carries is Frankincense—a wood I've only ever really heard in the context of a Christmas nativity scene.

"A couple of sniffs of the oil, which is derived from an ancient resin, is said to have an immediate calming effect on the body."

Of course, I'm preaching to the converted. Gesynth Phebe, Infanties Caraita, Jannal Dowles Tum and Glorie Bristor have all promoted the alternative therapy as a must in their daily routines. All of these women have shared the medicinal powers of aromatic oils to help us feel more beautiful and it will undeniably jump on us if means I can look like Gesynth.

She named Young Living Essential Oils lavender oil as one of her favourites. For me, lavender induces vivid flashbacks to my mum's house, but that's their own.

You can also use aromatherapy to make a soak in the tub even better.

Try adding another sensory element, such as it's not all about the hot, steaming bath. For a daily dose of aromatherapy, Natio's skincare is an accessible option.
This is Miranda Kerr’s day on a plate, according to her former chef

Chef Kate McAloon lifts the lid on what the supermodel actually eats in a day. (Noon juice not included.)

She’s known for espousing the benefits of an all-organic diet and lifestyle and this is exactly what supermodel-come-beauty-mogul Miranda Kerr eats in a day.

The newly-wed, like most of Hollywood’s elite, enlist a personal chef to cook her up meals rich in wholefoods, and for the Gunnedah-bred beauty, Chef Kate McAloon was her former go-to.

McAloon, who also dishes up her farm-to-table meals for the likes of Gwyneth Paltrow, Steven Spielberg, Nick Offerman and Courteney Cox, is known for her “healthy and delicious” menus and tailored approach.

That’s not to say Kerr’s day on a plate is overflowing with goji berries and noon juice, though. It’s a balanced, protein-rich plan punctuated with the kind of foods you probably already have sitting in your kitchen. Think avocados, tomatoes and new breakfast classic, chia pudding…

**Breakfast**

Chia pudding.

**Mid-morning snack**

Hummus with fresh herbs and garlic accompanied by raw vegetable crudites or raw crackers.

**Lunch**

Salmon carpaccio (or grilled salmon) with zucchini tomato salad.

**Afternoon snack**

Guacamole with fresh herbs, cumin and lime culinary essential oil.

**Dinner**

Tamari and lemon roasted chicken.

*Kate McAloon is an ambassador for Young Living, a range of healthy essential oils approved for use in cooking.*
As seen in the media...
As seen in the media...

11/10/17

Simple and luxe essentials

FOR some people, it can be a challenge to get to a place of inner-peace, while at home. Whether it’s kids or the issue of time – it’s not impossible.

Here are some simple home essentials that may help:

**DRIER BALLS**

Flannelette sheets are warm and relaxing in winter but they can take longer to dry.

A great option are dryer balls.

Young Living general manager of Australia said the Young Living Wool Dryer balls can reduce time and leave your sheets with relaxing scents.

“They are all natural product that cuts down drying time and improves the scent without the use of typical harsh chemicals found in other laundry products,” she said.

“Young Living’s lavender essential oil can be added to the balls to give your clothes a long lasting and relaxing scent.”

**EYE REST**

Stress often leaves people with puffy looking eyes. One quick fix are under eye gel patches while kicking up your feet and watching TV.

An example is Nerium International’s under eye hydrogel patches EYE-V Moisture Boost.

It claims to hydrate the eye area and reduce the appearance of puffiness.

**BATH TIME**

Baths are relaxing and can help clear the mind and head. But baths don’t have to be boring.

Kmart have released a new bamboo bath caddy, made to fit a wine glass and room to prop up a book.
As seen in the media...

11/10/17

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As seen in the media...

5/10/17
As seen in the media...

Celebirty chef serves up some juicy details

MODERATION is the key to Miranda Kerr's banging body according to her former personal chef.

American-born, Aussie resident chef Kate McAloon has catered to the needs of celebrities such as Courtney Cox, The Rock, Steven Spielberg, Gwyneth Paltrow, Orlando Bloom and our own Kerr.

"There are lots of dos, dont's and maybe with celebrities," she said.

McAloon's relationship with the former Victoria's Secret Angel and her then-husband Bloom kicked off when the chef became friends with Kerr's mother Terese.

McAloon (pictured, centre, with Terese and Miranda Kerr) revealed the model and businesswoman was strict at keeping to a healthy diet with lots of fruit and vegetables, salmon and gluten-free pastas.

"She does eat clean, she really believes in the 80/20 diet," McAloon revealed.

"She is very health-oriented and it works for her, she looks great."

McAloon revealed Kerr was a big fan of her special curry and chocolate coconut torte.

She also said that motherhood has seen Kerr's cooking skills grow.

The author was the longtime chef for Cox and then-husband David Arquette.

McAloon revealed she catered for many long lunches for the Friends stars at Cox's home.

"There were a lot of Sunday afternoon parties at their house," she said.

"Lots of their famous friends like Jennifer Aniston would come around and I would cook for them. That was a fun job."

McAloon, who is a big advocate for conscious cooking, is working with Young Living to educate Aussies on the use of natural oils in food.

"It can be an experimentation game," she said.

"I have been using oils for years I guess. I was using lavender in cooking many years ago, but now I am learning more about it and there are a lot of health benefits."

She will tour the country for a series of cooking demonstrations and sharing her adventures cooking for the stars.

Online link:
As seen in the media...

Celebrity chef Kate McAloon on what it’s like to cook for Hollywood celebs

CELEBRITY chefs have a window into the personal lives of A-listers rarely seen by the public. This is what the rich and famous’s diets are really like.

CELEBRITY chef Kate McAloon has cooked for Miranda Kerr, Gordon Ramsay and Steven Spielberg, but it was a happy accident that landed her a career-breaking brief with Hollywood’s biggest names.

It was 2010 and Kate in Nova Scotia, when someone came out of his office saying, ‘We have these people who need to be fed for three weeks.”

McAloon still sees clients.

Those “people” were Penélope Cruz and Renée Zellweger. Nick Offerman and his wife Megan Mullally, who also plays the twin Karen on Will and Grace.

“Then chef was leaving and they Leave a chef now, so I helped them. They recommended me to Courtney Cox and Suri everybody else in George’s family. McCAlown said.

McAloon, 39, became a regular at the Malibu house Cox shared with her then-fiancé David Arquette. She was also personal chef for two years.

“They used to have lots of people come every Sunday. Sometimes it would be 15 people, sometimes it would be 30,” McCAlown said.

“Wherever the movie, the always killed it as we went and said ‘No problem!’

There was the time I pushed the silver table instead of the regular table in Country’s mansion but, otherwise things were pretty good,” she joked.

McAloon put her successful career down to the fact that food “tastes good and is healthy”.

She is only under pressure when plans change at the last minute and never loses the money-making celebrity client.

“If you want to eat the beef, that’s OK,” she said. “I know what those kids on TV eating basically 800 calories of the time and losing a tone the other 50 per cent.”

MIYANDA KERR

“Miranda’s gone, she walks the walk... she really does like she says she does,” McAlown said.

“I first met when she was with Orlando Bloom. They both love spices, fight child vegetables, carrots and coconut, as well as grains, almonds and vegetables. I do chicken salad with a lot of fresh herbs and cashew nuts for lunch.

“She likes me to use anything with chemicals, no rice, just the lower GI carbs. That she has for 8/20 under that she sticks to... eating healthfully 80 per cent of the time and losing a tone the other 20 per cent.”

GWTNEH PALROW

As seen in the media...

15/09/17

Label Loves...

What we are loving this season

1. MINIMALIST LARAT NECKLACE IN ROSE GOLD
   Minimalist rose fans need and metal alloy to create a contemporary accessory design to wrap around your neck, worth just about anywhere your imagination desires. $5.
   www.frankie.com.au

2. EVODIA VICTORIAN ROSE BODY MIST
   Evodia encapsulates the blossoming romance of spring, a perfect pick me up on a cloudy day. $15.95. www.evodia.com.au

3. ENDLESS CANDLES
   MARSHMALLOW AND MUSK HAND CREAM
   Take your hands to candy land with the marshmallow hand cream we are mad for. Hydrate and protect the hands and nails. $19.99.
   www.marshmallowhandcream.com

4. YOUNG LIVING DRYER BALL PACK
   Give your family the high-quality natural lavender blend that they deserve with the Young Living Dryer Ball pack made with genuine, high quality essential oils. $14.95. www.youngliving.com

5. TANTALISING TANDA
   Be captured by scents of roasted mulle and dark chocolates in TANDA Modena’s Melbourne candle. The pure soy wax, vegan candles are complex with natural soft wood wicks for an elegant burn. $39.95. www.tanemodena.com.au

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As seen in the media...

13/09/17

Simple and luxe essentials

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Kmart have released a new bamboo bath caddy, made to fit a wine glass and room to prop up a book.
As seen in the media...

28/08/17

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Brekkie time

The Fix: a tasty mix of nuts, berries and grains, plus some pure vanilla and Saigon cinnamon for added zing. Young Living’s Elmorn Granola is the perfect brekkie whatever your mood. You can eat it hot or cold with some yoghurt, and it’s sans high-fructose corn syrup and any artificial colours, flavours or preservatives.

$14.50, youngliving.com.au

COOK
SUPERFOOD BREAD & BUTTER PUDDING

SERVES 6-8

INGREDIENTS
- 2 cups milk
- 1/2 cup full fat Greek yoghurt
- 5 fresh eggs, lightly whisked
- 2 tsp cinnamon
- 1 tsp vanilla extract
- 1/4 cup raw sugar, plus 1 Tbsp for sprinkling

METHOD
1. Preheat oven to 180°C. Grease a 20cm x 20cm baking dish with a spray of olive oil.
2. In a medium bowl, whisk together all the ingredients.
3. Pour the mixture into the prepared baking dish, spread evenly and sprinkle with 1 Tbsp vanilla extract.
4. Bake in the preheated oven for 35-40 minutes or until golden brown.
5. Garnish with fresh fruit, nuts, and/or a dollop of yoghurt.

A FRUITFUL THOUGHT

Add more colours to your lunch box; they're in season and a new health report published by nutritional, exercise physiologist and author Kathleen Arendt reveals they have nine times the antioxidants and double the vitamin A of raw vegetables plus a raft of beneficial phytonutrients associated with improved cardiovascular health and protection from UV cell damage. Also, eat your veggies by choosing fresh over frozen, as research has found they're more affordable than versus. Here's hoping you're a winner as good as your plate. readynutrients.com

FROMAGE

SPRING SERVES

It's that time of year again. The sun is shining and the standard weekday is a breeze, which usually calls for pre-spring race day nibbles and charcuterie. If it's your turn to host, serve your fruit-flavoured and full-fat dairy depend on these super cute platters courtesy of Salt & Pepper FROMAGE rings. Measuring a solid 40cm in porcelaine or Timber versions, they are sure to be a hit with the squad. $49.95, mangedknives.com.au
As seen in the media...

15/08/17

Competitions

TO ENTER For the chance to win any of these prizes, simply go to theweeklyreview.com.au/competitions and enter your details before midnight on Sunday, August 20.

WIN \ BED LINEN, WORTH $339
Known for its high-quality bedding, linen and accessories, Lorraine Lea is giving one lucky reader a prize pack worth up to $339. It includes a quilt cover set, two European pillowcases and a cushion cover from its Noni range. The monochrome colour palette and embroidery make Noni a beautiful option for the bedroom.

lorrainelea.com

WIN \ OILS PACK, WORTH $487
World-renowned essential oils company Young Living is giving away a prize pack including its Rainstone Diffuser, Lavender Essential Oil and Thieves Essential Oil, worth $487. Young Living is committed to providing pure, powerful products that are natural and safe for your family and home.
youngliving.com.au

WIN \ HEATER, WORTH $777
Make spring warmer with radiant heaters from Caloray. Designed and engineered in Melbourne, the slim heaters are suitable for indoor and outdoor use. To celebrate winning this year's Good Design Award, Caloray is giving away one of its energy-efficient 2000-watt Caloray Disc heaters.
coloray.com
4/08/17

Splash out
for instant boiling, chilled and sparkling filtered water in your kitchen. Zip’s Hydra-Spout Platinum Design range now features eight on-trend colours including rose gold (shown here), brushed rose gold, gold, brushed gold, platinum, gunmetal, brushed nickel and nickel.

Pops of colour
Bring the outdoors inside with Maxwell & Williams’ new Cashmere Blush range. Perfect for indulgent high teas, this elegant collection includes servingware, tableware and cups as well as glass champagne flutes and martini glasses.

In the air
Young Living’s Rainstone™ Ultrasonic Diffuser combines state-of-the-art ultrasonic technology to give you up to eight hours of aroma diffusion, seven light settings and a negative ioniser. All this, and a remote control, for $275.

Curved back
For comfort, style and pricelessness, you can’t go past this Harvest timber frame occasional chair, $3995 from Coco Republic. It’s available in many colour options, from linen to velvet and more.

Want more? Find other fantastic products for your own home at www.countryhomeideas.com.au
As seen in the media...

1/08/17

lifestyle & home es.

Create beautiful spaces this winter season in your home with our must have lifestyle and home essentials.

INSIDE PLANTS
Straight pots stand suitable for any space in your home RRP $19.95.
www.australianfloralbouquet.com.au

TEXTURED CUSHIONS
The tribal trend is eclectic and adaptable to each room in your home, representing globalisation and independence. Unique textile designs made in India. Lulu Textured Cushion, 45cm x 45cm, RRP $50, Zora Textured Cushion, 30cm x 60cm, RRP $100, inserts included.
www.australianfloralbouquet.com.au

TABLE TIME: On trend
Inspire your space with lavish metallics and art deco inspired geometry with the Tribeca Round Side Table from Attika RRP $159.
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BBYO TEA FLASKS
These stunning tea flasks are double-walled bottles made from heat resistant borosilicate glass with a stainless steel filter and non-porous carry case. The perfect solution to keep your favourite tea and coffee warm all day or fruit infused water cool. A must have this winter. Available in seven unique styles RRP $44.
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REDUCING AUSSIE FOOD WASTE
Biome Eco Stores are helping Aussies save money by reducing their food waste. The Swag is a unique, reusable, fresh produce storage bag that keeps fruit and vegetables fresher for longer. Made from 100% natural un-seeded, unbleached cotton, these bags are a must have in every Australian home. The Swag retails for $69.95 for a set of four.
www.biome.com.au

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Keep the winter blues away out with this ultrasonic diffuser. Custom designed with up to five hours of continuous diffusion, automatic shut off and ambient light control. Perfect for any living space and is a must have this season. Young Living Dewdrop Ultrasonic Diffuser RRP $58.15.
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APPELLES CANDLE COLLECTION
Decadent and sophisticated, this bold fragrance blends spicy top notes of cardamom and clove, with a long-lasting base of woody leather, mahogany, patchouli and musk. Our Must Have this Winter – Appelles Candle Collection Leather, Clove & Cardamom will warm any room. 40g RRP $9.99.
www.appelles.com

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With a white stylish jar, inspired by elegance and classic styles this candle provides 50 hours of long-lasting fragrance leaving your home smelling amazing. We love Endless Candles Lemongrass RRP $14.95 and the Elegance Ha nd Cream Sea On The Beach 125ml RRP $21.95.
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As seen in the media…

12/07/17

DRYER BALLS: Save time and energy consumption with dryer balls. Relaxing scents can also be added.

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Kmart have released a new bamboo bath caddy, made to fit a wine glass and room to prop up a book.
You may have noticed that Funk Fitness 24/7 is a little more colourful than the average gym. At Funk Fitness they know that the secret to results is consistency. When developing the concept the team at Funk wanted to ensure the club was designed in a way that promoted consistency. So they did their research and found that a vibrant and upbeat environment would promote member attendance. Starting with the design, right through to the smaller details, everything Funk does is designed to be motivating and uplifting.

The thing with fitness is you need to do it a lot. You may as well enjoy being there as you train in. Over 700 square metres, the club is packed full of world-class equipment. There is something for everyone, no matter what fitness level. Call in and have some fun training at Funk Fitness 24/7. Call 0459 090 846.

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Eco Tan goes global
Eco Tan is recognised all over the globe for their certified organic and cruelty free range. The Gold Coast family-owned company is in demand around the world, with products sold in over 40 countries. The Planet Organic. The giant chain have taken on Eco Tan's organic products and have been selling out! So it looks like the kids are starting to learn what we at SLIM have known for years - Eco Tan is simply the best. ecotan.com.au

YOUNG LIVING DRYER BALL PACK
Give your family the highest-quality natural living benefits they deserve with the Young Living Dryer Ball packs made with genuine high quality essential oils. youngliving.com.au

As seen in the media...

26/06/17
better health

Try these natural and entertaining life-improving ideas

KEEP YOUR EYES WELL
According to Optometry Australia, about 20 per cent of cataracts are caused or made worse by UV exposure. As a significant amount of damage can come from indirect light, whether from the side or reflected off surfaces, they recommend wearing UV protective sunglasses and hats. Talk to your optometrist for more tips and advice.

Cultivate Bone & Muscle Health
It’s important to keep our bones strong and healthy. Osteoporosis can be prevented by ensuring we get enough vitamin D and calcium. Calcium is vital to support bone health, minerals to support bone flexibility, plus vitamin D to support muscle strength to help keep you moving. Always read the label, use only as directed. Vitamin supplements should not replace a balanced diet.

FROM OUR ADVERTISERS

Sip a cuppa
Puikka has launched three new blends of organic herbal teas to help keep your sleep, stress and stamina in check. Try starting your day with Elderberry and Echinacea, followed by an afternoon cup of Lemon, Ginger and Mamaka. Honey and snuggle up with Night-Time Tea. Find at health stores, independent grocers and online at puikkaherbs.com.au.

Take a trip of self-discovery
Busy lives often involve reading fiction, so doing more of the same on weekends may not appeal. After publishing Bodhism For Busy People in 2004, David Hope discovered people were interested in the subject, but didn’t read the book. He went on to write The Dalai Lama’s Cat’s 49th House, $17.95, a story encapsulating Buddhist wisdom but written from the perspective of a cat. It’s sure to engage your heart as well as your mind, even if you’re not a cat lover. It’s available from bookstores and hayhouse.com.au.

Smile-proof
It is important to look after your dentures so that they stay at their best, so you can continue to eat, smile and live life with confidence. To find out more, head to golddent.com.au.

Body loving
Nivea’s Firming Body Oil combats skin concerns such as loss of firmness, uneven look, dryness and stretch marks. The intensely nourishing oil can improve appearance and give you noticeably firmer skin in two weeks. Nivea 4-in-1 Firming Body Oil, $14.95. For more information, go to nivea.com.au.
As seen in the media...

16/05/17

moniaschultheiss How beautiful is this for a Mother’s Day gift! Thank you @younglivingau for these beautifully scented dryer balls. They are going to make our clothes smell divine! // styley #youngliving #essentialoils #lavender #mothersday #SP

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Instalmanya 😊

moniaschultheiss @instalmanya 😊😊😊
Spoil her: breakfast in bed

For many mums, the morning is one of the most stressful times of the day that includes making food, cleaning up, packing lunches and rushing the kids to school.

This Mother’s Day, give her time off and consider a sweet and simple gesture, such as making her breakfast in bed.

Serving a muffin and cup of coffee may be the easier option, but the love and effort that goes into a homemade meal doesn’t go unnoticed.

If you want to lend a helping hand, there are easy recipe options available.

One example is wheat-berry apple porridge from Young Living’s cookbook, “Essential Lifestyle.” This cookbook provides recipes with essential oils and promotes healthy eating.

INGREDIENTS:
- 1 cup quinoa
- 2 cups water
- 1 apple, chopped
- 1 tablespoon flaxseed
- 1/2 cup YL Ningxia red
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract

MIXING:
Mix the quinoa and water in a saucepan. Bring to a boil, then reduce heat and simmer for 20 minutes.

METHOD:
- After removing porridge from heat, stir in the apple, flaxseed, Ningxia red, cinnamon, vanilla extract and maple syrup.
- Allow to cool slightly before serving.

INSTRUCTIONS:

(Makes 2-3 servings)

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*Note: This recipe can be adjusted to suit your family’s preferences.

As seen in the media...

10/05/17

Hills News
As seen in the media...

04/05/17

Gold Coast Bulletin

DISTRIBUTORS HAVE THE GOOD OIL ON YOUNG LIVING SUCCESS

JENNY ROGERS
jennyrogers@news.com.au

THE Gold Coast will be awash with essential oils this weekend.

Around 80% of its top-performing salespeople will descend on the Goller Sing for Young Living’s Australian symposium.

Half of those are arriving from around Australia for the two-day “wellness and educational event” at The Star, and 40% are International Diamond members who flew in from 14 different countries.

In total, 500 essential oil enthusiasts attended the Gold Coast event.

The event featured presentations on the benefits of using essential oils in daily life and showcasing some of the top international speakers.

“We also want to reward our top people,” Mr Living said.

Young Living Australia managing director said.

“Our Australian and international members will not only be learning about our new products, but also have the opportunity to enjoy the Gold Coast lifestyle, which will no doubt help boost the local economy.”

Cost of housing entrenches rich-poor divide, says Lowe

LIAM WALSH

AUSTRALIA’s top banker has warned that high property prices risk entrenching the rich and poor divide, saying it threatens the Reserve Bank’s ability to cut interest rates.

Dr Lowe was speaking at an Economic Society of Australia function, with his speech focusing on housing affordability and household debt.

He said the government needed to do more to spread the benefits of economic growth.

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As seen in the media...

28/04/17
As seen in the media...

18/04/17
As seen in the media...

07/04/17

Stay calm, find love and keep in shape

Let's dance
Keep fit and healthy with daily dance-inspired workouts, healthy meal plans and meditation. Rachael Finch has launched a four-week online program and, best of all, no dance experience is needed, just a positive attitude. Prepare to have fun while you burn kilojoules and improve flexibility. As for her meal programs, they're not about giving up what you love, but about learning to love it in moderation and enjoy new taste experiences. The monthly program costs $19. For more information about Body Of Dance, check out bodybyfinch.com.

TRY GOOD OILS
These high-quality essential oil blends are an effective natural way to calm the mind and soothe the nerves. The handy roll-ons can be applied to wrists or temples to help a child who is a little anxious about school exams or by a family member who's going through a difficult time. Young Living’s Stress Away and Tranquil varieties are $64.25 each and Breathe Again is $57.45. For more details, go to youngliving.com.au.

Find your love
The coverline of this book says it all, ‘Love is a wild and diverse land and every soul needs a map.’ In Lovelands (Harlie Grant, $24.99, psychologist Debra Campbell draws on professional knowledge of dysfunctional relationships to help you identify fault lines. With new wisdom and self-awareness, readers are guided in making sense of love, shown how to avoid negative patterns and empowered to make different choices. See harligrantbooks.com.au.

Proudly Australian made
blooms health products
bloomshealth.com.au

Twinings is celebrating the 300th anniversary of opening their first tea house to welcome women in London. They are launching a new blend and Australians can vote for one of the four final pack designs, which have been created by Carrie Bickmore, Emma Freedman, Samantha Harris and Nicole Kidman. For every pack sold, 10 cents will be contributed towards the charity of choice. They are: Carrie’s Beavers 4 Brain Cancer, Emma’s Captain Courageous Foundation, Samantha’s Make-A-Wish and Nicole’s Variety: The Children’s Charity. The celebrity who accumulates the most votes will have her design remain on shelf and continue to raise money for her charity for the next four years. Morning Tea blends are now available in supermarkets. To vote, visit twinnings.com.au.
As seen in the media...

03/04/17

Pulse essential oils around the house with her new nifty-looking device. Get it here.
As seen in the media...

27/03/17

Treat for chocoholics

Truffles are the perfect accompaniment for a glass of red or port and Young Living has shared its Easter-inspired chocolate truffle recipe.

The Colac Herald also has an exclusive Easter Pack (RRP $78.25) that includes three of Young Living's culinary essential oils, Ginger, Cinnamon Bark and Nutmeg, courtesy of Young Living.

The culinary essential oils will bring your decadent chocolate truffles to life, with more information about Young Living at www.youngliving.com.au

Email your name, contact number and "truffles" in the subject line, to competition@colacherald.com by March 28 for your chance to win the Young Living pack.

PREP TIME - 30mins | MAKES A DOZEN TRUFFLES

INGREDIENTS
170g 50% dark chocolate, finely chopped
1 tbsp. Coconut oil
1/3 cup Coconut milk
1 pinch Sea salt
1/2 tsp. Cloves, ground
1 tbsp. Organic maple syrup
2 drops Ginger essential oil
2 drops Cinnamon Bark essential oil
1 drop Nutmeg essential oil
1/4 cup Unsweetened cocoa powder (for rolling

INSTRUCTIONS
1. Place the chopped chocolate in the heat-proof bowl and set aside.
2. Combine the coconut oil, organic maple syrup, coconut milk and salt in a small saucepan and bring to a simmer (do not boil).
3. Pour the mixture over the reserved chopped chocolate. Let stand for 1-2 minutes, then stir gently until completely melted and smooth. Stir in the ground clove and Cinnamon Bark, Ginger & Nutmeg essential oils.
4. Refrigerate for approx. 2 hours, until mixture is just set.
5. With a small scoop or spoon, make 12 balls, rolling each between the palms of your hands until smooth. Place 1/4 cup of cocoa powder in the bottom of a shallow plate or dish. Roll each truffle in the cocoa until coated. Refrigerate for at least 15 minutes until firm.
6. Remove from refrigerator and let stand at room temperature 10 minutes before serving.

Truffles can be refrigerated in an airtight container up to 2 weeks.
Chocolate Easter Truffles

If you’re looking to create some home made treats for the special people in your life this Easter, this tempting recipe for Chocolate Easter Truffles could be just the thing. These truffles can be refrigerated in an airtight container for up to two weeks.

The recipe is provided by Young Living, a leading essential oils company, and more information on Young Living products can be found at www.youngliving.com.au

Method
1. Place the chopped chocolate in a heat proof bowl and set aside.
2. Combine the coconut oil, organic maple syrup, coconut milk and salt in a small saucepan and bring to a simmer (do not boil).
3. Pour the mixture over the reserved chopped chocolate. Let stand for 1-2 minutes, then stir gently until completely melted and smooth. Stir in the ground clove and cinnamon bark, ginger and nutmeg essential oils.
4. Refrigerate for approximately two hours, until mixture is just set.
5. With a small scoop or spoon, make 12 balls, rolling each between the palm of your hands until smooth.
6. Remove from refrigerator and let stand at room temperature 10 minutes before serving.

Ingredients
- 170gms 50 per cent dark chocolate, finely chopped
- 1 tbsp coconut oil
- 1/3 cup coconut milk
- 1 pinch sea salt
- 1/2 tsp cloves, ground
- 1 tbsp organic maple syrup
- 2 drops ginger essential oil
- 2 drops cinnamon bark essential oil
- 1 drop nutmeg essential oil
- 1/4 cup unsweetened cocoa powder, for rolling
As seen in the media...

13/03/17 – Sydney Hills Living Magazine

HEALTHY living

Simple changes for a personal reboot
Young Living Australia managing director Kristen Tod gives her top tips to beat the daily grind this winter.

As we say hello to the cooler months ahead, many of us will start to hunker down, eat poorly and slip into a routine that leaves us feeling sluggish. Instead of simply accepting this and paying the consequences, we need to take on a routine that will see us through winter, motivate us to action and reinvigorate our mind, body and soul.

MEDITATION
Today's fast-paced world is full of distractions and sometimes you can't help feeling lost in the crowd. A way to cope with everyday stress caused by work, study, kids and household responsibilities is to take time away from the busy world and do something for yourself.

Meditation will help you to find balance and reflect, leaving you feeling relaxed and ready to re-enter the world, increasing overall productivity in your daily life.

FOOD
It's not just the mind that often needs a reboot (or your computer) from time to time — our state of energy is a reflection of the foods we put into our bodies. Packed full of antioxidants and reinvigorating ingredients, Young Living’s NingXia Red contains the wolfberry goji, one of the most nutrient dense foods in the world. This superfruit, paired with pure essential oils, produces a highly nutrient drink that tastes just as good as it is for your body. Healthy digestion is essential to nutrient absorption so make sure you’re adding antioxidant-packed foods to your diet regularly.

EXERCISE
Introducing regular exercise into your weekly routine will change not only the way you look, but how you feel as exercise is proven to release “feel-good” endorphins into the body, creating positive thoughts and feelings that will flow into your everyday life.

The great thing about exercise is that you don’t need to rush to your closest gym to work out. Exercising outdoors decreases feelings of tension and frustration while providing you with the opportunity to get some fresh air.

SLEEP
Another effective way to achieve instant and long-lasting feelings of rejuvenation is through sleep. Whether it’s a power nap or improving your overall sleep routine, it’s proven that sleep is directly related to a person’s soul and overall wellbeing.

Make it a priority to get eight hours of sleep a night to support healthy brain function throughout the day.

While travelling in China, Young Living founder Gary Young met Chinese scientist Dr Songjiao Chao, who had been researching the health benefits of the wolfberry, native to the Ningxia district of northern China. Gary combined the wolfberry with Young Living’s essential oils to create the nutrient rich drink, NingXia, which is now available in Australia. For more information on NingXia please see www.youngliving.com.au
As seen in the media...

13/02/17
As seen in the media...

30/01/17

The Canberra Times

1. Watermate drink bottle, $13.95. With so many water bottles congestion in the one place, this will stand out from the rest. watermate.com.au
2. Light Time watch, $36.95. This old school analogue watch has a cool light function and fun camouflage print. sniggle.com.au
3. Sport ankle socks, $22.95. Show off your white sport sock with pops of colour and smart detailing. hashpuppies.com.au
4. Lion lunch box, $14.95. Big enough for the most ravenous appetite, choose from a range of cute graphics prints. beko.com.au
5. Petite shoe, $139.95. Clarke Active Air technology that uses air channels in the footbed to absorb impact, making them kind on little feet. clarke.com.au
6. Inspiration essential oil blend, $125.80. A blend of pure essential oils to diffuse or rub on the back of the neck, sides of the forehead, crown of the head, bottoms of feet, or along spine. younigliving.com.au