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Worthing Healthwise

Your local health and fitness magazine

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Natural beauty

In the clear

The products that keep your skin looking good – the natural way

Kimia serum and spray

This all-natural product duo offers a two-pronged approach to skin care: apply drops of an oil-based serum, followed by sprays from a hydra-activator pump. The original formula in the Kimia serum was developed by Dr Hedva Chova, a woman who has devoted her life to the research of plants and the multitude of positive effects that natural extracts can have on the body, mind and soul. The pump contains extracts of Lady's Mantle: a plant that was renowned in ancient times for its use in alchemy. **£69 from select outlets**



Organic Tea Tree Deep Cleansing Skin Wash

The new Australian Tea Tree range from Optima Health harnesses the healing powers of Tea Tree Oil, grown from sustainable crops in New South Wales. The range of soaps, gels, body wash and moisturisers does not use parabens or the foaming agent Sodium Laurel Sulphate, which can cause skin irritation. All products are free from synthetic perfumes and fragrances. **£4.49 from Holland & Barrett and other health food stores**



extracts for a truly natural approach to hair care.

Stabilising Shampoo: £3.50, John Lewis
Replenishing Conditioner £3.50, John Lewis

Natural Organic Edible Cosmetics

With 60% of what we put on our skin going into our bloodstream, we already have an average of 91 chemicals in our



Australian organics hair care

Made with the finest quality botanical ingredients, the Australian Organics range has not been tested on animals and is free from parabens, Sodium Lauryl Sulphates, Propylene Glycol, synthetic fragrances and synthetic colours. These fragranced haircare treats are infused with pure essential oils and crammed with organic plant

body by the age of 30. That's why the Natural Organic Edible range contains only products with food grade extracts enriched with vitamins and antioxidants. From the raspberry soy milk body lotion to the rice hydrating mask, all products promise no synthetic detergents, artificial preservatives, petroleum by-products or genetically modified ingredients.

Available from selected Waitrose stores HW

15% off all Raw Gaia products for Healthwise readers

The Raw Gaia range of living skincare products are made using only cold-pressed, organic and vegan ingredients, infused with essential oils and floral waters of the finest quality.

Through a special low temperature process, Raw Gaia's hand-made skincare products retain all the life force, antioxidants, vitamins, minerals and essential fatty acids of the ingredients, which help to moisturise, heal and revitalize all types of skin.

Raw Gaia has teamed up with Healthwise to offer all readers 15% off all Raw Gaia products. Call 01273 311476 for details. To view more Raw Gaia products go to www.rawgaia.com. **OFFER VALID UNTIL 30 SEPTEMBER 2008. PLEASE QUOTE DISCOUNT CODE: RAWHEALTHWISE**



Nads Hair Removing Gel



Containing glucose, fructose, fruit extract, lemon juice and honey, Nads gel is a natural way of

removing unwanted body hair. Using the same principles as waxing, apply a thin layer of the sticky gel to the skin and cover immediately with the washable, reusable fabric backing strips. Remove the strips and the hair comes off with them, leaving your skin silky smooth. The range includes a 350g tub for legs, bikini line, underarms and arms and a Natural Gel Facial Wand for use on eyebrows, chin and upper lip.

Gel: £13.99 from Sainsbury's, £14.99 from Boots
Wand: £8.99 from Sainsbury's and £9.99 from Boots



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