The SUNDAY POST

sparkle pr

● WE USE so many different lotions and potions on our skin and hair and often we're not sure what exactly is in them.

There are warnings about beauty products containing parabens and chemicals, which damage our health, but checking the ingredients list of each bottle is time-consuming.

You can put your mind at rest by choosing an organic option. Australian Organics produce pure, natural and luxurious hair and body care products to cleanse, nourish and protect.

Unlike most personal care products they don't use synthetic fragrances, colours or harsh petrochemical-based ingredients, favouring essential oils and plant extracts instead.

The range includes soaps, shampoos and conditioners, shower gels and scrubs, facial skin care and body lotions and are available from Holland & Barrett, GNC.co.uk and Waitrose.

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de Vries

Family Matters

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oc replies

health checks

fed up with

oker's cough

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