

# LJ ESSENTIAL OILS



**QUALITY WILD CRAFTED & PURE ESSENTIAL OIL FROM AROUND THE WORLD**

## PRODUCT GUIDE

## Welcome to LJOILS.COM

Over a decade ago one man had the foresight to create a range of quality naturally organic body, hair, skin and anti-aging products. He captured nature's incredible life force in those products and nature became the heart of all LJOILS Products.

From extensive scientific research and cutting edge technology the LJOILS Product Range uses only the very best natural plant essences and extracts that work in harmony with the body for cellular support, skin regeneration and wrinkle defence, boosting nourishment to the skin. All LJOILS Products are all created, formulated and made in Australia.

Recently we have added our beautifully inspired fine oil perfumes and wild crafted pure essential oils and blends to the mix. These are truly amazing products.

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**S**ince the beginning of time, people have used skincare to try and improve their skin and to hide the visible signs of ageing, while offering the hopeful user the promise of being a 'miracle in a jar'. Until recently, most creams have remained simple, old-fashioned moisturisers in progressively more modern and expensive packaging.

#### HEALTHY GOOD LOOKING SKIN FOR LIFE

The way your skin responds to ageing is due, in part to your genetic make-up. But how you treat your skin has a huge impact on the visible signs of aging. Exposure to sunlight, environmental elements such as air pollution and toxins in your food, and your lifestyle (lack of sleep, stress, smoking and alcohol) all contribute to the visible signs of ageing developing well before their time. So it's good to know that if you control these factors, you can make a real difference to your skin.

#### CARING FOR YOUR SKIN

With a variety of non-surgical interventions available, it's easy to assume there are enough quick fixes out there to beat skin ageing. However, the best way to achieve healthy skin is to start using natural and organically based skincare products from a young age. Skincare technology now provides safe and consistent solutions that deliver quick, effective and believable results.

#### FREE-RADICAL ONSLAUGHT

The daily, onslaught by external aggressors on each cell in your body changes oxygen molecules into free radicals wreaking havoc in cells, damaging their wall and connective tissue. These faulty cells then copy themselves, carrying the damage in their blueprint and into their DNA.

Anti-oxidants or free-radical scavengers are the best defence against this. The most well-known antioxidants are vitamin C and E like beta-carotene, green tea, rooibos and grape seed extract.

They work in different ways, but essentially they attack free-radicals as they form, preventing them from doing serious damage in the body. Taking them orally (in your diet or via nutritional supplements) can also help to neutralise the by-products of oxidation in the body. Applying them on your skin (via skincare products), also helps to protect the skin from environmental factors.

**J**ust as you care for your body with good nutrition and a healthy lifestyle, you also need to take care of your skin.

A harsh climate, stress and other factors can leave our skin looking dull and lifeless, with damage to the surface layers of the skin being caused by exposure to the sun, wind and extreme temperature changes.

**MYOS Skincare** has developed a full range of natural skincare products specifically formulated to replenish and nourish the skin. Our philosophy is that healthy skin should be beautiful too. Using only the finest natural ingredients, MYOS Skincare Products are all hypo-allergenic and gentle on the most sensitive skin.

Experience the beautiful synergy between the pure essential oils in our new luxury skincare range enriched with vitamins and organic herbal extracts. This range will captivate your senses whilst it cleanses, nourishes, revives and repairs your hair and skin.

# CLEANSE & EXFOLIATE YOUR SKIN DAILY

***For skin to look and feel healthy, it needs to be cleansed regularly from dirt, chemicals and other pollutants, including the bodies own natural sweat and oils that clog the pores and inhibit the skin's natural rejuvenation process.***

## Discover the Difference

The Nourishing **Cream Cleanser** is the ideal product when exfoliating your skin, preparing for waxing, cleansing your face or for the removal of makeup.

It softens and moisturises the skin, thoroughly cleansing and promoting the exfoliation process, leaving the skin looking and feeling softer and smoother. An ideal product when preparing for waxing and facials or for the removal of makeup.

## Micellar Cleansing Water

An easy way to remove make-up, cleanse and soothe the skin in one easy step without rinsing, even for sensitive skin. Micellar water works by combining the active oil emulsifying power of plant based surfactants with long-term moisture boosting actives and extracts to leave the skin feeling soft and clean, leaving no oily residue. Enriched with long-term moisture boosting actives for deep hydration. Light, fresh orange aroma. Designed to help retain the skins natural barrier function and is gentle enough to leave on the skin.

Apply the cleanser to a cotton pad, wiping the face, eyes and lips away from the centre line, replacing the pad as required.

## Anti-Aging (Cleansing) Facial Mask With Dragons Blood and Ground Arabian Coffee

All skin types will benefit from the regenerative and rejuvenating qualities of the luxurious **Dragons Blood Anti-Aging Cleansing Facial Mask**. Packed with essential vitamins, minerals and antioxidants to help protect skin cells from free radical damage and encourage healthy cell functions to stimulate the growth of new cells.

## Hydrating Gel Facial Cleanser

Extremely cleansing. Bio-active Hydrating Gel formula removes imbedded cellular debris, while giving skin a nutrient-rich metabolic boost. Your complexion will emerge younger looking, with fewer visible lines when using this Gel Facial Cleanser on a daily basis.

## Dragons Blood Nourishing Facial Milk Cleanser

Specially formulated using the highest quality natural organic ingredients, to thoroughly cleanse the skin and leave it looking and feeling fresh and revitalised. This bio-active formula removes imbedded cellular debris, giving the skin a nutrient-rich metabolic boost. Your Complexion will emerge younger looking, with fewer visible lines when used on a daily basis. Ideal for the removal of foundation and makeup, including around the eyes.

## Soothing Cucumber Eye Gel

A fusion of Aloe Vera, Cucumber Oil and Marine Collagen to naturally reduce puffiness and dark circles under and around the eyes, the antioxidant powers of Green Tea and Sea Buckthorn known for its anti-ageing effects and the toning abilities of Witch Hazel, will have you saying 'eye want more'. Now with Siberian Ginseng to improve its firmness and hydration, tightening the skin with out the skins feeling of being tight.

## Dragons Blood Firming Eye Serum

The latest, breakthrough in anti-aging, skin care cosmaceuticals to hit the market, featuring a unique proprietary blend of stem cell activators programmed to protect your skin and visibly fight aging at the cellular level. This light weight Gel Based Eye Serum was created to moisturise, brighten and tighten the skin around the eyes to give a fresher, clearer complexion.

Get rid of dark circles, fine lines and wrinkles in just a few weeks. Reduce dark, baggy circles under the eyes, Smoothen and brighten the skin, Noticeably decrease fine lines and crow's feet around the eyes and increase the skins elasticity and firmness in no time at all.

## Dragons Blood Firming Eye Cream

A rich & luxurious eye cream specially formulated to hydrate and nourish the delicate eye area. This sophisticated formula also contains lifting and firming active ingredients which assist to diminish the signs of ageing such as fine lines and dark circles with Heptapeptide 8 to retexture skin, Vitamin A to renew, Vitamin B5 to condition and hydrate, Vitamin C to brighten, Vitamin E and CoQ10 to protect the skin cells. The certified organic Seabuckthorn CO2 oil will help repair damaged skin while the certified organic aloe vera soothes irritation. A beautiful product for sensitive eyes.



# TREAT THE VISIBLE SIGNS OF AGING

**T**oday, it's possible to use skincare products to treat the visible signs of ageing, resist irritation and prevent further UV-damage.

Did you know that as much as 80% of all skin damage before the age of 60 is considered sun - related? Then lifestyle choices of diet, exercise and smoking etc... Research shows that stress ages the skin with effects much like sun damage and pollution. So defend yourself against the first signs of ageing, by using **BIOMAX™** everyday.

Just a couple of drops, twice a day, takes care of everything your skin will ever need. At the heart of **BIOMAX™** is a concentrated blend of nature's best naturally organic ingredients, blended with some of the planet's most potent antioxidants to give you a unique anti-aging complex.

**BIOMAX™** is the most complete defence against the visible signs of ageing in a daily oil. Its unique formula is also highly effective for ageing and dehydrated skin. It helps to improve the appearance of new and old scars; reduce the possibility of stretch marks, pigmentation and blemishes caused by hormonal fluctuations, skin lighteners and excessive exposure to the sun.

**It is truly a world first.**



# BALANCE TONE AND HYDRATE YOUR SKIN

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**Facial serums can be confusing.**  
*They're the kind of product that not many people know about or how and when to apply, but when used correctly, you'll wonder how you ever lived without them.*

Besides being super-nourishing, a lot of serums have huge anti-ageing benefits – from smoothing fine lines and wrinkles, to brightening and evening out your skin, a serum can really benefit your complexion. A serum is like a skin treatment (usually with a gel-like consistency) that works to deliver an extra shot of collagen, moisture and intensive nutrients to your skin.

Use the serum after you've cleansed and dried your skin. Apply liberally and give it a minute or two to absorb in, then follow it up with a good Hydrating Gel or Nourishing Cream. Serums should be used both in the morning and at night after cleansing your face.

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## Hydrating Gel Toner

This refreshing soft gel blend has been uniquely formulated with exotic botanical flowers and can be used throughout the day as a 'pick-me-up' to help refresh and tone your skin. It is perfect to use when flying or working in an air-conditioned environment, relieving redness, itchiness and irritation. People with sensitive skin, rosacea and skin irritations will love this soothing Aloe Vera based Hydrating Gel Toner.

## HYDRATING GEL SERUM

A powerful complex of plant actives and nutrients, stimulating the production of collagen. lifts, tones and firms, restoring and maintaining the skins texture and quality giving you a younger, healthier, fresher look and feel to your skin.

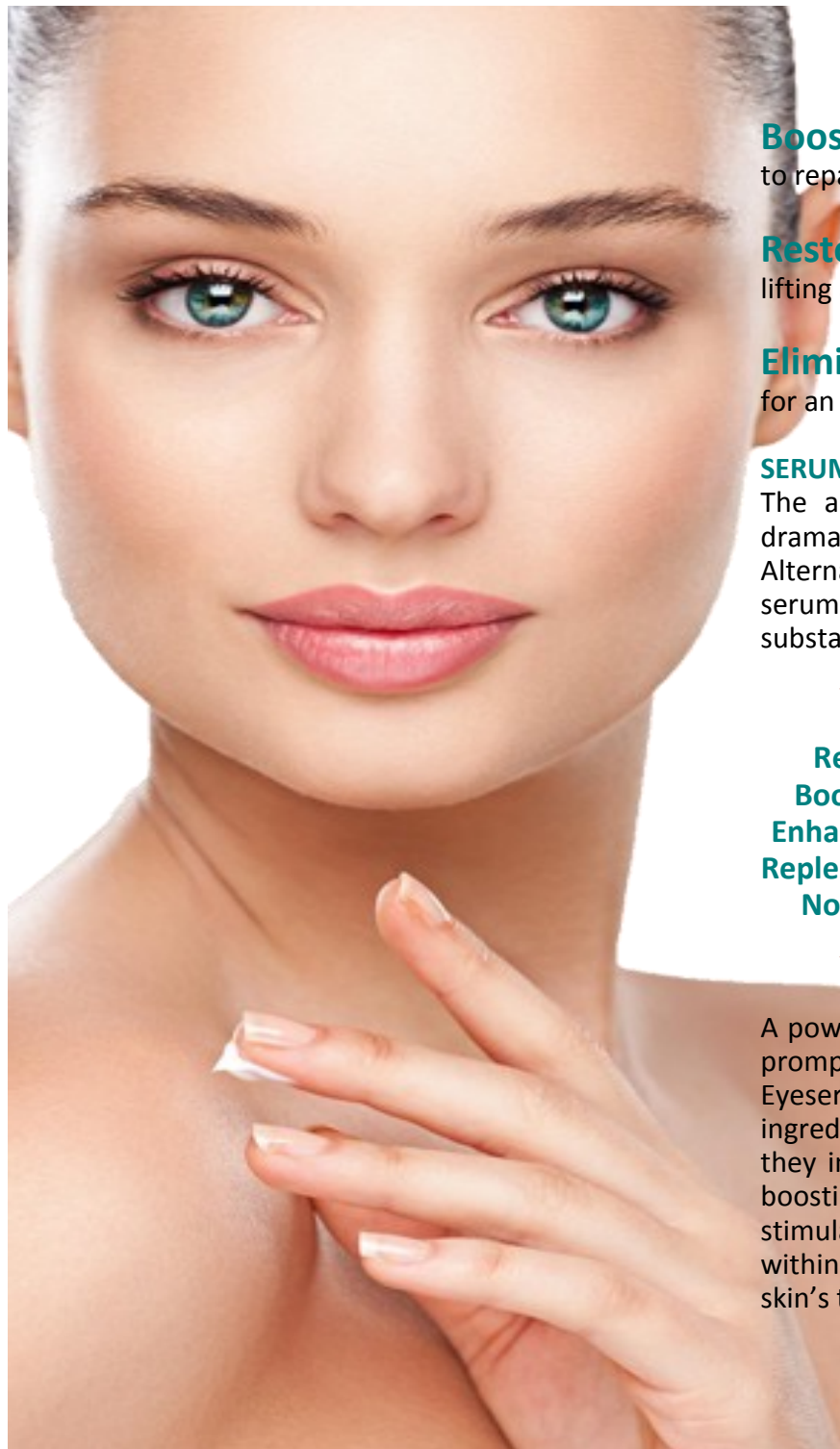
## SERUMAX™ - Anti-Aging Super Serum

A Truly Natural Alternative to Botox. This Superior anti-ageing serum contains nine of the most effective substances needed to get real results, reducing wrinkle density and fine lines\*, Boosting collagen production\*, Replenishing new skin with depth and condition\*.

The appearance of wrinkles and fine lines are dramatically reduced within days. Serumax is the Ultimate Anti-Ageing Serum.



# VISIBLY YOUNGER LOOKING SKIN



**Boosts Hydration and Nourishment\***  
to repair and revitalise damaged skin

**Restores Elasticity and Firmness\***  
lifting and plumping sagging skin

**Eliminates Wrinkles and Fine Lines\***  
for an instantly smooth and flawless finish

**SERUMAX™** is the Ultimate Anti-Ageing Serum. The appearance of fine lines and wrinkles are dramatically reduced within days. A Truly Natural Alternative to Botox. This Superior anti-ageing serum contains nine of the most effective substances needed to get real results to

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**Reduce Wrinkle Density and Fine Lines**  
**Boost Hydration and Collagen Production**  
**Enhance the Production of Radiant New Skin**  
**Replenish Your Skin with Depth and Condition**  
**No Needles or Painful Injections Needed**

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A powerful complex of plant actives and nutrients prompts fresh new cellular growth. Patented Eyeseryl™ technology delivers the potent active ingredients deep into cell producing layers, where they initiate the birth of healthy, new skin, while boosting the skin's own natural repair process, stimulating the production of new collagen deep within the dermis, restoring and maintaining the skin's textural quality and glowing new health.



# NOURISH, REPAIR AND REJUVENATE THE SKIN

## Nourish Your Skin - Naturally

When it comes to our face, we are very cautious of what we use as it is so delicate! Our range of skin-care products revitalise, nourish and rejuvenate your skin with gentle, all natural ingredients. Each product has been specially formulated, so whether you have sensitive skin, or simply looking to take care of your skin, there is sure to be something suited to everyone! Our products have **NO** synthetic fragrances or harsh chemicals.

Enriched with the soothing and hydrating properties of Aloe Vera and the restorative properties of Marine Collagen and Dragon's Blood Extract; The **Nourishing Day Cream** soothes, softens and helps to give nourishment back to the skin, helping to reverse conditions such as roughness and skin sensitivity, flakiness and loss of elasticity; restoring a more youthful, hydrated and nourished complexion.

## Rejuvenating Night Cream

Wakeup to refreshed skin. Signs of fatigue and ageing will appear reduced, with this high potency **Rejuvenating Night Cream** helping to lock in nourishment & moisture. This unique nourishing and nurturing formula infuses goodness directly back into the skin, uncovering healthy looking skin, stimulating the skins vitality with an energising array of powerful serumides to nourish tone and firm, with anti-oxidants and essential nutrients to help you look and feel years younger.

## BIOQ10 Nourishing Day / Night Cream

This super-moisturising lotion is packed with amazing natural ingredients, helping to sooth dry and itchy skin. This cream's high concentration of rich ingredients will not only moisturise, but will also helps to protect against the elements preventing more dry skin from forming. It hydrates and nourishes the skin while luxurious fragrances leave your body feeling good all over.



## Nourishing Creams - Hypercal / BIOQ10 / SKT

Safe and effective, these naturally formulated creams combine a range of powerfully natural and organic ingredients to provide deep and smooth all-over hydration for the body with an exotic long-lasting aroma that you will need to experience to believe; Helping to reverse conditions such as roughness, skin sensitivity, flakiness and loss of elasticity to restore a more youthful vibrant complexion making your skin softer and the external layers more pliable increasing the skins natural moisture, nourishment and hydration.

For thousands of years the natural ingredients in these products have been traditionally used for cuts, grazes, burns, insect bites, stings, rashes, bruising, swelling, welts and skin blemishes with amazing results.

## Our Range of Body Face and Hair Products

### Antibacterial Shower Gel (Body, Face & Hair)

An extra-strong shower gel. An innovative and antibacterial formula with silver ions helps protect against the bacteria that causes body odour leaving you feeling fresh for longer. Brace yourself for the day - so you feel fresh and protected. The mild foam cleanses your skin mildly for a cared for feeling.

### Sensitive 3-in-1 Shower Gel (Body, Face & Hair)

Especially formulated for sensitive skin. Cleans and protects sensitive skin, leaving it feeling revitalised and cared for. Our soothing formula with bamboo milk provides skin you with long-lasting freshness and no dry skin feeling. For men who want the ultimate in soothing and refreshing skin care. This calming formula with its masculine scent gives your skin a long-lasting clean feeling; It leaves the skin and hair feeling its best and is dermatologically approved for skin tolerance.

### Impact 3-in-1 - Shower Gel (Body, Face & Hair)

A refreshing shower gel especially made for men to cleanse the skin efficiently with fine scrub particles. It leaves a feeling of pure freshness. Experience pure freshness and cleanse your skin efficiently with the Pure Impact 3-in-1 Shower Gel. The innovative formula with extra fine scrub particles for highly effective cleansing, provides your skin and hair feeling revitalised and cared for. Thanks to this, the skin feels clean and fresh.



# RETINOL A C E Q10 COMPLEX OIL



**Powerful Collagen Boosting Formula\***  
to repair and revitalise damaged skin

**Reveals Brighter Smoother Younger\***  
Looking skin, Smooths fine lines and wrinkles

**Plump and Improve Skin Elasticity\***  
Reduce fine lines and wrinkles, Refine skin texture

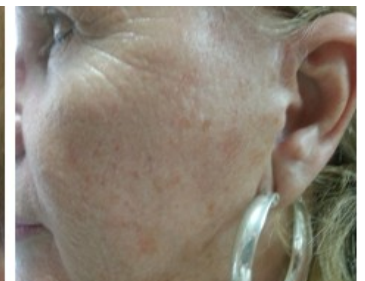
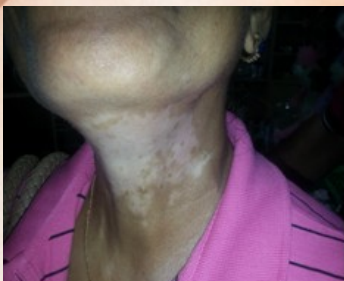
**Decrease Age Spots & Sun Damage\***  
for an instantly smooth and flawless finish

This Vitamin A Rich Q10 Complex is a luxurious blend of oils specially formulated to help combat the delicate ageing process. Ideal for Aging and Sun Damaged Skin, Redness, Dryness and Dehydration, Free Radical Damage, Acne, Hyper-Pigmentation, as well as Fine Lines and Wrinkles.

#### Key Ingredients:

**Vitamin A to regenerate skin,  
Vitamin C to brighten,  
CoQ10 to protect against free radicals.  
Seabuckthorn to repair damaged skin,  
Bisabolol to soothe irritation and  
Bulgarian Rose to calm and nourish.**

**RETINOL A COMPLEX™** is a high potency overnight revitalising treatment helping to moisturise and repair the epidermis and improve the elasticity in mature skin. Formulated to help boost your skin's radiance and tone. The perfect recipe to brighten the skin, reducing the pore size and appearance for aged skin and UV damage to promote a smoother and more revitalised skin!



# HAIR CARE - REPAIR AND SCALP PRODUCTS

*Just a couple of drops a day will begin to transform your skin giving you that healthy, youthful glow.*

## Organic Moroccan Hair and Body Serum

When applied to the skin, Moroccan Argan Oil helps to restore, regenerate and restructure the skin by way of increasing the nutrient content of skin cells.

Used topically, it provides intense conditioning benefits to dry dehydrated skin and hair. Moroccan Argan Oil also has strengthening effects on your nails and hair, delivering instant shine, gloss and moisture creating a luxurious soft, smooth and silky finish. Formulated with the highest concentration of cold pressed certified organic Moroccan Argan Oil which is rich in vitamins, anti-oxidants, omega 6 and omega 9 essential fatty acids.

This precious non-greasy and ultra light serum is infused with a divine citrus fragrance and is easily absorbed, leaving your hair and skin looking smooth, healthy and nurtured. This versatile product helps protect the hair against damage caused by heating and styling tools and reduces blow-drying time significantly when applied to towel dried hair.

## Hair Repair & Scalp Serum

A treatment for the hair and scalp, targeting brittle, dull and thinning hair issues; signs revealing exhausted hair roots directly linked to scalp aging.

This oil was designed for scalps and hair that have been damaged by capillary aging. Its formula contains a silicon derivative to reinforce the scalp metabolism helping to strengthen the hair while promoting healthy growth.

Made from Natural Organic Ingredients, the Daily Hair Repair and Scalp Serum is ideal for heat damaged, coloured and dry hair as the nourishing and conditioning properties helping to repair and revitalise the hair leaving it silky, shiny and smooth



## Premium Unscented Body Wash

Designed to provide a luxurious, superior lather and has been formulated using gentle surfactant and skin enhancing ingredients. It's perfectly PH balanced to soothe and clean even the most sensitive skin and is made from ingredients deriving from 80% coconut. This base has been formulated from start to finish with quality in mind and you can make it your own by simply adding your favourite fragrance or essential oils!

## Australian Goats Milk / Soy Protein Body Wash

The unique combination of natural Australian Goats Milk and Organic Soy Protein blended with plant based glycerine, skin emollients and conditioners gently cleanses your skin leaving it feeling soft and smooth. Goats Milk provides a luxurious lather to invigorate and tone your skin and contains essential nutrients like vitamin B12 & vitamin E to strengthen and repair your skin. This Goats Milk Body Wash contains no parabens or cheap detergent fillers and has been formulated and manufactured to exacting specifications to deliver effective and safe skin cleansing.

## Nourishing Body Wash with Exotic Spices

Offers a luxurious experience in the bath or shower. Exotic, spicy and warm aromas are released as the Nourishing Body Wash is lathered up in warm water. The skin is also pampered with the addition of Vitamin B5, Natural Vitamin E, Hypericum, Calendula, Chamomile, Jojoba Oil and the amazing benefits of Moroccan Argan Oil.

## Nourishing Shampoo and Conditioner

Experience the sweet smell of beautiful clean hair. Natural sulphate-free light conditioning shampoo and treatment conditioner are loaded with pure essential oils and blended with natural plant-based cleansing extracts to effectively cleanse and pamper the hair, creating a rich foaming product to deeply nourish and moisturise your hair, making it feel softer while helping to repair damaged hair, naturally. This mild light conditioning shampoo is suitable for most hair types.

The Nourishing Treatment Shampoo and Conditioner have been specially formulated to offer an effective cleansing treatment for your hair that will leave it feeling fresh and softer making the external layers more pliable increasing the hairs natural moisture and hydration, restoring strength, shine and vitality to the hair that's easier to manage and more enjoyable to wear.



# SKIN CONDITIONS

## ACNE

**What is Acne.** Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells.

Acne most commonly appears on your face, neck, chest, back and shoulders. Acne can be distressing and annoyingly persistent.

Acne lesions heal slowly, and when one begins to resolve, others seem to crop up. Acne is a skin condition that causes pimples or "zits." This includes whiteheads, blackheads, and red, inflamed patches of skin (such as cysts).

Depending on its severity, acne can cause emotional distress and lead to scarring of the skin.

The good news is that effective treatments are available - and the earlier treatment is started, the lower your risk of lasting physical and emotional damage



## ECZEMA

**What is Eczema.** Eczema is a term for a group of medical conditions that cause the skin to become inflamed or irritated. The most common type of eczema is known as atopic dermatitis, or atopic eczema.

Atopic refers to a group of diseases with an often inherited tendency to develop other allergic conditions, such as asthma and hay fever.

Eczema affects about 10% to 20% of infants and about 5% of adults and children in Australia. Most infants who develop the condition outgrow it by their tenth birthday, while some people continue to have symptoms on and off throughout their life.



## PSORIASIS

**What is psoriasis.** Psoriasis is a skin condition which varies in severity from a minor irritation to a major impact on your quality of life.

The most common type is called plaque psoriasis. It causes a thick, patchy, red rash with silvery, white scales. It can appear anywhere but most often appears on the elbows, knees, scalp and lower back. The condition is not contagious, and it's fairly common, affecting up to 6-8% of people in Australia.

Psoriasis can develop at any age but most commonly starts between the ages of 11 to 45.

Symptoms typically starts as a few red bumps. These may become larger and thicker, eventually developing scales.

The patches may join together and cover large areas of the body. The rash can cause itching and burning and may bleed easily if rubbed or picked.





# HELPING RESTORE HEALTHY SKIN

**D**o you suffer from a dry, itchy or inflammatory skin condition, such as eczema, dermatitis, psoriasis, hives, acne or mild boils?

In Traditional Chinese Medicine (TCM), Skin problems are caused by Damp-Heat and tend to be characterised by redness, inflammation, swellings, blisters or sores that contain or secrete pus or fluid (as may be seen in eczema, dermatitis or acne), while those involving Damp-Wind tend to be very dry and itchy, and may come and go unpredictably (like hives).

**Fusion® Skin Tonic** contains a synergistic blend of Chinese and Western herbs traditionally used to help relieve eczema, dermatitis, psoriasis, hives and non-specific rashes, to promote the healing of cuts, scratches and other minor wounds.

**SIZE 30tabs - RRP \$**

In Chinese medicine terms, this formula revitalises the skin and improves its texture and tone via several mechanisms. For example, Fang Feng (also known as the Wind Protector) and Tribulus dispels excess Wind and Dampness (to relieve itching and pain), Dong Quai and Peony invigorate and nourish the Blood (which in turn nourishes the skin).

These and other Chinese herbs in the Skin Tonic are supported by the Western herb Burdock, which is traditionally regarded as having beneficial effects on skin conditions by supporting detoxification, acting as a blood purifier and aiding the elimination of metabolic wastes.



The Skin Tonic Herbs are traditionally used to cleanse, nourish, moisten and revitalise the skin, improving its texture and tone.

- A specially formulated blend of Chinese and Western herbs traditionally used to address skin conditions and promote a healthy complexion.
- It improves the texture and tone of the skin, and helps reduce dryness, redness, thickening, scaling and cracking.
- It's suitable for use in a wide variety of dry, itchy, inflamed and/or scaly skin conditions, including eczema (dry or weeping), dermatitis, psoriasis, hives (urticaria) and non-specific rashes.
- It strengthens the skin's natural resistance to minor infections, and helps clear mild-to-moderate acne and minor boils.
- It promotes healing of scratches, cuts, abrasions and other minor wounds and sores.
- And is suitable for men, women and children 6 years and over.
- The Skin Tonic combines well with the Hypercal Nourishing and SKT Creams, which help to relieve dry itchy skin conditions and promote the healing of the skin.
- Always read the label. Use only as directed and If symptoms persist consult your healthcare practitioner.

## HYPERCAL NOURISHING CREAM

A safe and effective, naturally formulated cream combining powerful organic ingredients that provide a soothing all-over hydration for the body with an exotic and long-lasting aroma that you will need to experience to believe, it helps to reverse conditions such as roughness, skin sensitivity, flakiness and loss of elasticity to restore a more youthful vibrant complexion making the skin softer, the external layers more pliable increasing the skins natural moisture, nourishment and hydration.



**SIZE 100mls - RRP \$**

The ingredients in this product have been traditionally used for cuts, grazes, burns, insect bites, stings, rashes, bruising, skin blemishes, swelling, welts with amazing results.

# POWERFUL NATURAL REMEDIES

**S**pecially formulated for the relief of painful, itchy, distressing skin conditions - Natural Fast & Effective

**S K T Cream®** A safe and effective, naturally formulated cream that combines powerful natural and organic ingredients that have been traditionally used for cuts, grazes, burns, insect bites and stings, bruising, and skin blemishes, rashes, swelling, welts and is amazing on sunburn.

These natural ingredients are also very good when it comes to acne and skin conditions like eczema, dermatitis & psoriasis. It is gentle enough to be used on pregnant women, babies and children for extended periods of time without any harmful side-affects, providing a deep soothing all-over nourishment and hydration for the body. It is by far one of the best nourishing creams for reversing skin conditions and providing symptomatic relief to painful, inflamed & itchy skin

**SIZE 100mls - RRP \$**



**SKT (Skin Treatment) Oil™** is a highly emollient and very effective moisturising oil with ingredients traditionally intended to help mature, ageing, dry and cracked skin, it is very good for acne, open wounds and skin related conditions.

**SKT (Skin Treatment) Oil™** has long been used to enhance wound healing, insect bites and stings and treat skin related problems.

It is infused with powerful essential oils and natural anti-fungal agents making it a highly effective product when it comes to eliminating skin related disorders like toenail fungus and athletes foot.

**SIZE 50mls - RRP \$**

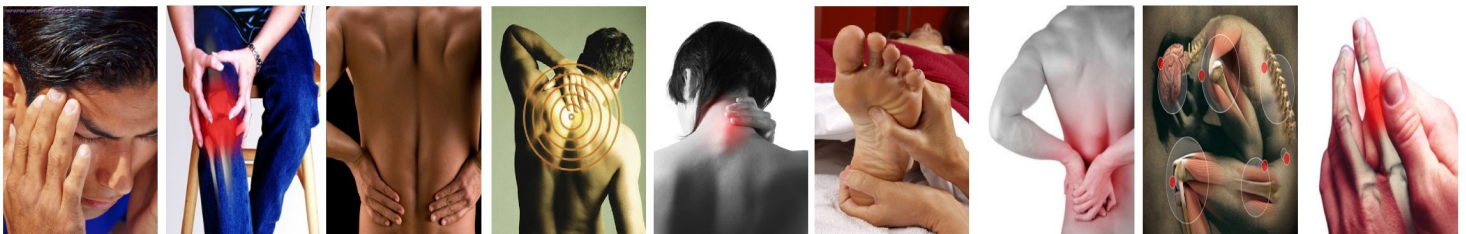




# BECOME PAIN FREE WITH RELIEF PLUS

## NATURAL, FAST & EFFECTIVE

This naturally formulated product has a combination of powerful organic herbal extracts and pure essential oils that are highly effective in their natural ability to relieve **Muscular Aches & Pain, Bruising, Swelling, Stiffness, Tenderness, Tightness, R.S.I., Ankle, Back and Neck Pain, Sports and Soft Tissue Injuries** and is very good when it comes to **Pain Associated with Arthritis, Head Aches and Migraines.**





# BECOME PAIN FREE WITH RELIEF PLUS

## RELIEF PLUS™ OIL - NATURAL FAST & EFFECTIVE

Ideal for arthritis pain, muscular aches and painful joints, muscle and soft tissue injuries, pain, tenderness, swelling, stiffness, tightness, limited movement and other related symptoms

**RELIEF PLUS™ OIL** - has been used clinically in Australia now for over twenty years to improve mobility and eliminate pain and as a natural alternative to anti-inflammatory and pain management compounds, it has no known side effects and is extremely effective.

**RELIEF PLUS™ OIL** - contains ingredients traditionally used to relieve joint inflammation, muscular aches and pain and rheumatic conditions by topical application.

**RELIEF PLUS™ OIL** - has been used for the temporary relief of pain from joint and muscular conditions such as: arthritis, rheumatism, sporting injuries, dislocations, bruises, fractures, sprains, muscle spasms, knee injury and most pain.

**RELIEF PLUS™ OIL** - has been used for the temporary relief of back and neck pain, tennis elbow, and pain associated with the muscular-skeletal system like back, neck, shoulders, elbow, knee, muscle and joint pain.

**SIZE 20mls - RRP \$**

**SIZE 50mls - RRP \$**

## SPORTS MASSAGE CREAM or SPORTS MASSAGE OIL

Qualities that allow for deep tissue penetration and is ideal for muscular aches and pains, soft tissue injuries, back and neck pain, sports injuries and pain associated with arthritis, head aches and migraines; while giving fast and powerful relief to tendons, ligaments and bone related pain.

This naturally formulated product has a combination of powerful organic herbal extracts and pure essential oils, you simply apply it liberally to the area of pain, to receive hours of great relief.

**SIZE 250mls - RRP \$**



## ARNICARE™ CREAM

Contains ingredients traditionally used for the temporary relief of muscular aches, pain and stiffness due to minor injuries overexertion and falls, reducing pain, swelling and discoloration from bruising. This naturally formulated product has a combination of powerful organic herbal extracts and powerful pure essential oils. It has qualities that allow for deep tissue penetration and is used topically to decrease inflammation in bruises and sprains. It is ideal for muscular aches and pains, soft tissue and sports injuries. Simply apply it liberally to the area of pain, to receive hours of great relief.

**SIZE 250mls - RRP \$**

## TRANSDERMAL MAGNESIUM OIL SPRAY

Can rapidly relieve muscle pain and reduce cramps associated with magnesium deficiency. It Supports healthy muscle function, helps relieve or prevent many forms of muscle pain and tension, including spasmodic pain, twitching, exercise induced cramps and night cramps. It also help to relieve the symptoms of fibromyalgia and restless legs and can also help to relax and balance the nervous system to counter the stresses of a modern lifestyle.

There is simply nothing else that can quickly, easily and safely raise magnesium levels, where magnesium is deficient.

**SIZE 125mls - RRP \$**

## TRANSDERMAL MAGNESIUM BATH SALTS

[absorption through the skin such as in a bath or spray] is a far superior method for safely increasing magnesium levels in the body, particularly useful for relieving sore achy muscles and joints, reducing pain related to functional magnesium deficiency.

**The Benefits** from soaking in Magnesium include greater energy, more relaxed muscles, relieve exercise induced muscle cramps, night cramps and restless legs and better sleep **MAGNESIUM** supports exercise enhanced performance by reducing fatigue, maintaining the electrolyte balance and aiding muscle recovery after exercise.

**SIZE 250gms - RRP \$**



# QUALITY PURE ESSENTIAL OILS

## M.Y.O.S. PURE ESSENTIAL OILS

are one of Australia's most reputable brands of essential oils, having been in production since the late 1980's. These essential oils are some of the finest quality available and have been stringently tested and are pure, natural and true to their botanical. Choose from our vast range of over 80 pure essential oils and blends, sourced from some of the finest harvests around the world.

Essential oils are best described as the 'essence' of a plant, employed in a variety of skincare applications to help promote both physical and emotional wellbeing. Our Premium essential oils are carefully sourced from around the world. Only the most delicate extraction methods have been used to preserve the unique signatures of the plant.

Essential oils are pure plant extracts with an aroma that is at least 70 times more concentrated than the herb or plant from which it is extracted. Not all plants contain essential oils, and only a small number of these are of therapeutic quality. They are not fragrances or perfumed oils that are constructed in a laboratory, essential oils are also naturally free from harmful chemicals.

The chemical constituents that make up an essential oil are bioactive creating fast, dynamic results. For instance, lavender's constituents can induce a good sense of calm. Rosemary can create more of a 'pep up' reaction. All essential oils are antiseptic and antibacterial to some degree and can aid the body's curative and restorative mechanisms when under stress or illness invades. There is also a growing body of peer-reviewed studies supporting the benefits of essentials oils.

The use of essential oils is by no means a young science either. The earliest evidence of human knowledge of the healing properties of plants was found in Lascaux, located in the Dordogne region in France. There, cave paintings suggest the use of medicinal plants in every day life that have been carbon dated as far back as 18,000 B.C.E. Evidence and recorded history have both shown that the Egyptians used aromatic oils as early as 4500 B.C.E. They became renowned for their knowledge of cosmetology, ointments and aromatic oils.

One drop of frankincense essential oil, for instance, added to a skin cream can help regenerate skin cells more quickly.

Essential oils can be used in a number of ways including in an electric diffuser or vaporiser, in a spritzer bottle, the bath, in a massage blend or by simply inhaling them. When we inhale an aroma those constituents travel up the olfactory system via the nasal cavity and into the limbic part of the brain (that governs emotions). Essential oils can also be used to supplement existing beauty rituals.

Essential oils can be applied directly on the skin, however, they should always be diluted into a base skin cream or carrier oil like sweet almond, macadamia or jojoba oil.

Quality is critical as the purest oils offer the highest therapeutic qualities. Price is a good indicator, and proves that not all essential oils are equal. While you can purchase lavender oil for as little as \$3 you have to wonder how much of what you are buying actually contains the pure essential oils.

Similarly damask rose oil, one of the most precious of essential oils, should not be available at the same price as therapeutic quality lavender oil (around \$32) and if it is, you should seriously question the origin and contents.

There are also key things to look out for on product packaging such as the botanical names of the ingredients or words like 'organic', 'natural' and 'pure'.

To help you get started on your journey with essential oils we have created this quick guide, and if you still have any questions you are more than welcome to get in touch with us.

## M.Y.O.S. ESSENTIAL OIL BLENDS

Choose from over 30 essential oil blends carefully formulated for your convenience. Our essential oil blends have been formulated to transport you to a more enlightened space; enhance your mood, allay frazzled nerves and assist in sleep or meditation. These blends can all be used in an oil burner or diffuser to create a desired ambience or mixed with a base cream or carrier oil for a luxurious body application.



**1. Anxiety Blend** may assist in reducing states associated with mild anxiety, **Contains:** Lavender, Rosewood, Bergamot Oil and Ylang Ylang Oils.

**2. Beautiful Blend** Based on the popular well-known women's fragrance oil created in the 80s, this lush and voluptuous fragrance combines a green floral and chypre to balance a glamorous fragrance. **Contains:** Bergamot, Blackcurrant, Tuberose, Magnolia, Vetiver and Egyptian White Musk

**3. Breathe Easy Blend** Designed to support the respiratory system, this lively, penetrating aroma is fresh and clean. **Contains:** Cedarwood Atlas, Peppermint, Lemon and Eucalyptus Oils (ACO).

**4. Calming Blend** A warm, earthy blend that grounds the mind and body. A great aroma that appeals to both men and women, is reputed to assist in creating a relaxed, calming sensation **Contains:** Lavandula Angustifolia, Ylang Ylang, Boswellia Serrata (Frankincense) & Cedarwood Oils

**5. First Aid Blend:** is highly emollient and is an effective moisturising oil, traditionally intended to help mature, ageing, dry and cracked skin, it is very good for acne, open wounds and skin related conditions. It has long been used to enhance wound healing, insect bites and stings and treat skin related problems. It **Contains:** Japanese Camellia, Brazilian Andiroba, Tamanu, Sandalwood, Sea Buckthorn, Peppermint, Ravensara, Cape Rose Geranium, Roman Chamomile, Rosalina

**6. Relaxation Blend:** Promotes Peaceful, Relaxed States, in such a busy world, it is important to have time out to relax, but it is rare that we actually get to REALLY relax and unwind. Take time out, play soft music, shut your eyes and relax with this blissful blend. **Contains:** Lavander, Pogostemon Cablin Oil, Citrus Reticulata Peel Oil, Origanum Majorana Leaf Oil, Simmondsia Chinensis Seed Oil, Pelargonium Roseum Leaf Oil, Anthemis Nobilis Flower Oil

**7. Relief Plus Blend:** A powerful invigorating essential oil blend that can be used to relieve sore and aching muscles when used diluted. Ideal for use in sports massage applications. This blend will help soothe aching muscles. You can also try it in a bath for gentle relief. This Amazing Blend **Contains:** Arnica Montana, Hypericum\*, White Camphor, Capsicum, Cajuput, Peppermint\*, Eucalyptus Radiata\* and pure Wintergreen\* Oils.

**8. Serenity Blend:** A relaxing, woody aroma that soothes the spirit. **Contains:** Cedarwood, Pink Grapefruit, Sweet Orange, Frankincense and Bulgarian Rose Absolute

**9. Sinus Relief Blend:** Cool, fresh and crisp . Give it a try for that blocked nose in the winter months! **Contains:** Eucalyptus, Peppermint, Menthol, Rosemary, Lavender and fir needles

**10. Sleep Blend:** Reputed to encourage a good night sleep. These essential ingredients help deep relaxation, this blend is ideal for bedtime and vaporising. **Contains:** Lavender\*, Lemon Peel Oil\*, Origanum Majorana Leaf Oil\*, Simmondsia Chinensis Seed Oil\* (Jojoba Oil), and Roman Chamomile Oil\*. (\*ACO)

**11. Stress Relief Blend:** Promotes reduced stress levels, has been formulated to relieve symptoms of stress caused by everyday challenges. - Add a few drops to an oil burner, diffuser or put on an eye pillow, relax and let go. **Contains:** Sweet Orange Oil, Bergamot Oil, Lavandula Angustifolia Oil and Wild Ylang Ylang Oil\*

**12. Vitality Blend:** Strong and lemony, this energetic blend will stimulate the senses. It is an excellent choice for hand wash or natural cleaning products. **Contains:** Lemongrass, Eucalyptus Peppermint, Lime, Lemon Myrtle

**13. Meditation Blend:** Formulated to encourage inner peace and stillness and to help reduce the stresses of everyday life. **Contains:** Orange Sweet, Patchouli, Frankincense, Clary Sage, Ylang Ylang and Thyme

**14. Spirit Guide Blend:** Heighten clarity, and invigorate your spirit! This joyful blend of essential oils works to balance hormones and emotions, it acts to balance and impart a cleansing effect, clearing the head of negative thoughts & feelings. **Contains:** Blended with Essential Oils known to increase and attract Spirit Guide communication such as Labdanum, Frankincense, Sandalwood, Verbena and Cardamom with the floral notes of Rose Geranium.

**15. Uplifting Blend:** Reassurance a clear, fresh blend that calms the mind and allays frustrations. Can be used in an oil burner, diffuser or vaporiser. **Contains:** Sweet Orange, Mandarin, Cedarwood Atlas, Patchouli, Ylang Ylang 1st Grade and Violet Leaf Absolute

**16. Wellbeing Blend:** A light, bright blend to encourage the spirit and instil a sense of wellbeing. This is the perfect blend for a spa like experience. **Contains:** Orange Sweet, Lavender Maillette, Marjoram, Bergamot, Neroli\* (\*ACO)

**17. White Sage Oil:** This spray is inspired by the smudging ceremony that is a custom of Native American and other indigenous cultures. However, not everyone likes smoke or is able to burn a sage, and that's exactly why we created this spray.

**18. Zen Garden:** Awaken your senses with this sweet yet refreshing blend. The essential oils in this blend may help assist with headache, brain fog, and keeping the calm whilst staying alert. **Contains:** Sweet Marjoram, Peppermint, Cananga odorata (Ylang Ylang), Lavandula angustifolia oil and Cupressus Sempervirens oil (Cypress)



# Mind / Body

## Essential Oils

With the rise of pure essential oils and clinical aromatherapy, more and more people are opening up to the many ways that these medicinal plant essences can enhance our lives and well-being.

Scientifically, our culture is catching up with the idea that scent and high-frequency essences can profoundly affect our well-being on an emotional and energetic level.

Even in traditionally mainstream hospitals and clinics, we are seeing essential oils being integrated into the prescribed care with proven effect on patients and staff alike.

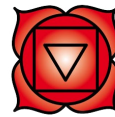
Certainly, the fact that a chakra is described as a vortex of concentrated energy in a particular body area does not sit wrong with the relatively new scientific consensus that everything, including our body, is made up of energy vibrating at different frequencies. Chakra energy has already been recognised by progressive medical experts.

One holistic healer, who has become very well-known for his work with the Energy is Les Jhonson. As a medical intuitive, his work does not easily fall under the umbrella of science but if you visit his clinic you will find compelling accounts of Chakra related healings that have had incredible results on disorders that have been resolved without the use of conventional methods.

What Les has observed over many years is that illness in the body can be identified with patterns of emotional, psychological, and physical stress. He states that each illness and each body organ has its own frequency or vibrational pattern. He has accumulated sufficient experience with different medical cases over many years to create a fixed body-map of illnesses as they each relate to one of the 7 main chakra centers of the body.

To give a simple example of how it works... if someone has repressed emotions of neglect and abandonment in childhood, the energy flow in their heart chakra can become blocked. This can manifest in later life as a medical problem such as lung or heart disease. Or someone with disease in their oesophagus may have a critical underlying issue around not being able to communicate the truth, and this will be reflected in a lack of throat chakra flow. Essential oils work to nurture deep within the mind and body. Pure essential oils support holistic healing with therapeutic aromas that are calming to the mind and the emotions.

**Here are the seven main chakra centers and some of the associated essential oils:**



**Balance the Base Chakra:** The base chakra (located at the base of the spine) relates to the core of life's physical and practical aspects affecting our fundamental sense of security, trust and basic survival instincts. The balance and grounding blends are focused on grounding, protecting and strengthening our ego energy for a more balanced, functional self definition.

**Balance Blend Contains:** Sweet Orange\*, Cedarwood\*, Lime\*, Bergamot, Frankincense\*, Ylang Ylang\*, Geranium\* (\*Certified Organic)

**Grounding Blend:** A relaxing, woody aroma that soothes and grounds the spirit. **Contains:** Cedarwood, Pink Grapefruit, Sweet Orange, Frankincense and Bulgarian Rose Absolute

**Keys:** Creating strength, grounding, protecting and fortifying. It supports the flow of vital energy through the body. Healthy base energy grounds us in the present and helps us to function efficiently.



**The Navel Chakra** (lower abdomen) is the centre of free moving watery elements of the body, which influences our reproductive and creative energies. The **Sensuality and Creativity Blends** supports creative flow and helps to balance emotional tides, working with the chakra centre to affect sensations, feelings, sexual development, fertility and appetite. These are indulgent blends designed to create happy affectionate moods.

**Sensuality Blend Contains:** Sweet Orange\*, Cedarwood Atlas\*, Lavender Bulgarian\*, Palmarosa\*, Rose Otto\* and Vanilla Bean Extract\* (\*ACO)

**Creativity Blend** is a sweet and sensual blend of oils that will heighten your senses and set the mood for romance to enhance sexual sensuality. **Contains:** Lavender, Sweet Orange Oil, Patchouli, Ylang Ylang, Cedarwood, Jojoba & Sweet Jasmine.

**Keys:** Aspect to navel chakra energy is emotional balance. We can use the sensuality or creativity blends to help balance emotions and encourage genuine responses that enhance our vitality and allow us to be fully present. Can be especially useful for supporting people with eating disorders, addictions or inhibited sexuality.



**The Solar Plexus Chakra** (below base of the chest bone) is the power centre where we develop our autonomy, sense of self and intellect. **Tranquillity**

A sweet scented blend that has a relaxing effect on the body and the mind. The perfect combination of oils to renew and restore balance to your life and support the associated centre to balance energies involved with personal freedom, mental awareness and self-possession. It is especially useful during the recovery from shock or stress.

**Tranquillity Blend Contains:** Sweet Orange\*, Lavender Maillette\*, Marjoram Sweet\*, Bergamot\* and Neroli\* (\*Certified Organic Blend)

**Affirmation** is a bright and uplifting blend that provides an immediate boost of energy, positivity and strength of conviction to manifest.

**Affirmation Blend Contains:** Grapefruit Pink, Lavandin Grosso, Lime, Lotus Pink Absolute, Rose Absolute Bulgaria

**KEYS:** The solar plexus chakra governs our inner resources for determination and clear thinking. It creates a strong force for personal fulfilment and self-protection.



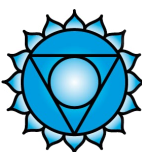
**The Heart Chakra** creates balance in our lives. When we move into our heart energy, we gain the capacity to feel love and compassion towards ourselves, then genuinely towards others.

**Harmony** supports us in our quest for a more peaceful and harmonious life of love and acceptance. It may be especially useful for people working through grief and loss.

**Harmony Blend Contains:** Orange Sweet, French Lavender, Geranium, Ylang Ylang and Roman Chamomile\* (\*Certified Organic Oils)

**Romance** helps to open healthy energy in the heart chakra, creating a flow of loving energy that permeates our life experience. Tends to calm and balance the mood, relieve inhibiting tensions and harmonise the senses. A feminine, indulgent aroma with romantic properties.

**Romance Blend Contains:** Sweet Orange, Cedarwood, Bulgarian Lavender\*, Palmarosa\*, Bulgarian Rose Absolute and Vanilla Bean Extract



**The Throat Chakra:** Effective communication is governed by the throat chakra along with our personal truth and the expression of our inner purpose.

The power of our voice can be nourished by using the Throat Chakra Blend to support the connection between our inner truth and our manifested expression.

**Inspiration** is a strong, clear aroma that sharpens the mind, empowering you to take action.

**Inspiration Blend Contains:** Mandarin, Eucalyptus, Lemongrass, Cardamom and Organic Peppermint

Doors are opened and pathways are cleared when we are able to communicate our intent calmly and more effectively.

**Communication Blends Contains:** Orange Sweet, Mandarin, Cedarwood Atlas, Patchouli, Ylang Ylang and Violet Leaf Absolute essential oils.



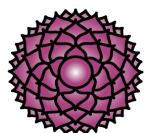
**The Brow Chakra**, also known as the third eye, pertains to our perceptual abilities and inner vision. The **Clarity Blend** has been finely crafted to support the associated energies of intuition, perception, memory and fearlessness.

**Clarity Blend** Promotes Enhanced Mental Focus. A refreshing and stimulating blend to keep you mentally alert and focused throughout the day.

**Clarity Blend Contains:** Grapefruit Oil, Bergamot Oil, Basil Oil, and Lemon Cold Pressed Oils

**KEYS:** A healthy energy in the brow chakra allows us to maintain a connection with our intuitive mind with calm and clarity. Working with the Brow Chakra Oils may be especially helpful for balancing mental disquiet.

**Intuition Blend Contains:** Orange Sweet\*, Bulgarian Lavender\*, Bergamot\*, Petitgrain\*, Sage\*, Ylang Ylang\* (\*Denotes Certified Organic) A clear, fresh blend that calms the mind and allays frustrations



**At the Crown Chakra** we find the centre of empathy, unity and universal consciousness. Made with pristine, organic essential oils the Crown Chakra

Oils can be used to work with the energy that allows wisdom, inspiration and blissful meditation to manifest in our life. It may be especially useful for people dealing with sadness and confusion.

**Energy Blend Contains:** Mandarin, Lemongrass, Bergamot, Nutmeg and Basil CT Linalool\*

This blend will help amplify the awareness of your senses at any time of the day.

**Divine Consciousness** - The Vision Blend supports our connection to the unified energy flow that is present in all things. When we are ready to acknowledge the infinite nature of our reality, we may begin to fulfil our energetic potential and fully realise holistic wellbeing.

**Vision Blend Contains:** Orange Sweet\*, Cedarwood Atlas\*, Ylang Ylang 1st Grade\*, Persian Lime\* and Neroli\* (\*Denotes Certified Organic)



# YOUR BODY ON DEHYDRATION

**Do you have your water bottle close by? You'll want to top it up after reading what the lack of H<sub>2</sub>O can do**

Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water, see how it effects the body if you don't get enough water...

## **BRAIN**

Research shows dehydration slam dunks your ability to think, concentrate and problem solve.

## **MOOD**

Even mild dehydration can lead to crankiness and irritability. Watch out!

## **BLOOD**

As your body loses water, your blood thickens, this slows the delivery of oxygen and nutrients to the cells and may cause dizziness.

## **HEART**

Research shows that mild dehydration of only 2 per cent (when you just feel thirsty) can impair heart function as much as smoking one cigarette.

## **LIVER**

This organ is less able to release glycogen's for energy and muscle function. Your body mistakes this as a lack of food Hello Hunger!

## **KIDNEYS**

Acid wastes in the body can build up and contribute to formation of kidney stones and urinary tract infections.

## **GUT**

As digested food passes into your colon, the body draws out water, leading to harder stools and so constipation can arise. So water is vitally important for this process.

## **JOINTS**

Your body draws liquid from the synovial fluid that lubricates joints, which make you feel stiffer.

## **MUSCLES**

Levels of electrolytes such as potassium, calcium and sodium drop, which may cause muscle to cramp. OUCH!

**Your body is made up of more than 60% water, which is needed for muscle contraction, temperature control, digestion and metabolism, so make sure you're getting plenty of water every day!**





# MORE THAN JUST A WATER

## **W***e've long been told about water and its benefits to our health.*

We've all heard time and time again "drink eight glasses of water a day" even if we don't feel thirsty. Water is more than just a cool, refreshing drink. It is no less than the very makeup of who we are, without it we couldn't exist.

Did you know that Oxygenated water makes up approximately? 70% of our Bodies Mass (80% for newborns) 75% of our Muscle Structure, 90% of our Blood and 75% of our Brain and is the vital ingredient in the digestion of food and metabolism of our bodies, it Flushes Toxins, impurities and waste out of our system, Transports cells which are used to fight disease through the bloodstream, Replenishes the bodies natural fluids, which are depleted by caffeine, alcohol and other diuretics. Is a critical part of the body's cooling system, preventing it from over heating even in high energy activities at the hottest times of the year. Water helps to suppress appetite for dieters, Increases the body's resistance to stress and fatigue, and Reduces dryness and oiliness in the skin, keeping it smooth and supple.

### **THE BENEFITS OF WATER FOR HUMANS**

Water acts as a lubricant that surrounds the joints and allows them to move smoothly and painlessly. Blood is more than 80% water. Bones consist of more than 80% water and water keeps the body temperature stable, cooling and heating through perspiration. Water makes up 65% of our body weight, it is a major component of the tissues and cells of our body, which we need to keep them in good condition.

**OXYGENATE...** This Swiss formulation is effective against bacteria, algae, viruses & fungi in drinking water and on produce. It is stabilised hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) and silver salts which provide an extremely effective disinfectant. Through the natural process of oxidation, bacteria and viruses are totally eliminated, leaving only water (H<sub>2</sub>O) and oxygen (O) behind. Oxygenate has no odour and does not react with organic compounds or form potentially harmful by-products like many competing disinfectants.

**SIZE 50ml - RRP \$**

### **THE BENEFITS OF WATER FOR YOUR PETS**

You've seen it. Even probably done it. Drinking bottled water, or filtered water from the refrigerator while your cat, dog or other pet's water bowl is filled from the tap. Why should our furry (or scaly) companions drink lower quality water than us?

We all know that public water systems can contain certain levels of bacteria, that's why we're drinking "Oxygenated" water. Still, many continue to fill pet bowls with tap water. Animals, like humans, need water to survive. And, like humans, animals are about 80% water. Most animal experts will tell you that pets should be given the same quality water as humans: either bottled and/or filtered.

Municipal water can contain many harmful things, even parasites. they don't discriminate between pets and people! One of these parasites is Giardia, a single-celled organism that ends up living in the mucous lining of our intestines. This parasite can cause diarrhoea in animals as well as humans. If a puppy or kitten is suffering malnutrition, the effects of Giardia can be worse. Giving pets Oxygenated water will help to remove a potential sickness causing organism or heavy metals from being ingested.

Cats and dogs, the two most common pets, need fresh water too and plenty of it. Cats are very finicky about their water; they like it fresh. The longer the water sits, the more oxygen it loses. Giving your pet Oxygenate in their water supply will replenish the levels of oxygen in the water as well as eliminating the harmful substances found in most water supplies today. So, clean the bowl often and keep it filled with fresh, Oxygenated Water. You will find that your pets will drink more water and; drinking more water can also reduce urinary tract disorders in cats and dogs. With water being a crucial part of a pet's health, it is no wonder that many pet supply manufacturers offer water fountains, water filters, special bowls, special dispensers and more. When it comes down to it, a stainless steel or glass bowl filled with fresh oxygenated water from a home filtration system with a few drops of Oxygenate in it works just as well as any fancy watering system.



# 8 REASONS TO TAKE NOURISHME TODAY!

## 1. RICH IN NUTRIENTS & ANTIOXIDANTS:

Your daily energy boost including an array of red algae, spirulina and marine phytoplankton containing high levels of antioxidants and anti-inflammatory micronutrients to fuel metabolism, increase endurance and improve strength.

## 2. AMINO ACIDS & POLYSACCHARIDES:

The building blocks of proteins and healthy sugars needed for cell membrane function and structure.

## 3. NONI BERRY GOODNESS:

High in polysaccharides, amino acids, anti-oxidants, anti-inflammatory agents, and digestive enzymes.

## 4. OLIVE LEAF EXTRACT:

Helps to maintain a normal healthy cardiovascular system, assists in the maintenance of normal heart function, has powerful antioxidant and free radical scavenging properties, is traditionally used to help relieve fevers and has mild astringent properties.

**Good nutrition will enhance the structure and the function of all of the organs in your body.**

## 5. FRUIT JUICE BENEFITS:

Packed with bilberry, morinda citrifolia, aloe vera, concentrated apple and grapeseed juices, for delicious flavour and colour.

## 6. MICRONUTRIENTS:

Super-foods supply all the essential vitamins (ABCDE), co-enzymes (6,7,8,9,10), essential amino acids (14), and over 200 trace minerals.

## 7. INFUSED WITH ESSENTIAL OILS

Infused with frankincense and Damascus Rose essential oils to support the immune system, reduces inflammation, fight infection and disease, purify the blood, prevent toxicity, relieve anxiety, regulate hormones and boost the libido.

## 8. GREAT FOR KIDS TOO!

Effectively energises, fortifies and revitalises the body to support good overall health & wellbeing.

**This extraordinary product is literally a blend of the "Who's Who" of today's Top Super Foods creating a truly unique and balanced product.**





Today, more than ever, people are realising how NourishME™ can make a profound difference to their health and well-being. The benefit of NourishME™ extends into so many aspects of our daily lives and is something that can be appreciated by everyone who enjoys the feeling of a healthy body and relaxed state of mind. A healthy body works wonders on emotional conditions and on a physical level, can help chronic and acute health complaints where conventional means may not: fatigue, stress, sugar cravings, frequent coughs and colds, allergies, reflux, indigestion, insomnia, poor circulation, headaches, migraines and arthritis pain are just some of the examples of what can be dramatically improved.

### **BENEFITS OF THE NOURISHME™...**

NourishME™ with Marine Phytoplankton provides a unique blend of phyto-nutrients balanced with a natural composition of ionic sea minerals, berries and fruits. These phyto-nutrients are essential, natural, plant based extracts that promote proper metabolic functions. Many of them exhibit potentially promising benefits to the human physiology.

### **NOURISHME™ AS A WHOLEFOOD HELPS...**

Promote General Nutrition, Nourish the Eyes and the Nerves, Promote Cardiovascular Health and Support a Healthy Heart, Support Normal Cholesterol Levels, Promote Normal Blood Sugar Levels, Support a Healthy Liver Function, Promote Healthy Skin, Provide Nutritional Energy to the Cells, Provide Neurological Support and can Support Good Sleeping Habits.

The main ingredients in NourishME are ionic sea based minerals. These organisms are said to be the origins of organic life. They are the most nutritious organisms on the Planet, they have been stated to be "the future of human nutrition" (Jacques Cousteau). These micro-organisms are commonly known as "algae" or "phyto-plankton" these tiny organisms are rich and nutritious, enough to feed huge mammals, such as whales.

# **THE PLANETS "FIRST" REAL SUPER FOOD**

Through many years of research, Sea Farms are now growing these microorganisms in large quantities. These state of the art facilities allow for the production of something very unique for you to maximise your health and wellbeing.

The micronutrients and the electrolytes in the plankton and algae are exactly what human cell membranes need to carry out their metabolism. Not surprisingly, the composition of human plasma, or fluid surrounding cell membranes, is similar to that of seawater.

Relying solely on land-based food sources may lead to deficiencies in these micronutrients and electrolytes and our metabolism will suffer, leading to practically all diseases. In fact, the causes of many diseases has been simplified to very specific mechanisms, all of which centre on cell membrane function and structure.

Inflammation, oxidation, toxicity, and mitochondrial dysfunction keep cell membranes from doing their job effectively. Good nutrition will enhance the structure and the function of all of the organs in our body.

### **WHAT IS IN NOURISHME THAT MAKES IT WORK?**

NourishME's main components are the ionic sea minerals, like Marine Phyto-Plankton & Australian Red Algae and Spirulina. Morinda Citrifolia (Noni), Organic Manuka Honey, Coenzymes and Essential oils like Rose and Frankincense, Xanthenes, Aloe Vera, Olive Leaf Extract, Ginger and Bilberry.

While some of these nutrients are certainly more important than others, the more logical and scientifically defensible position is to show that a combination of many nutrients, one that approaches the best of these whole foods, is more in line with accepted nutritional standards, with the benefits derived from the synergistic potency and the high content of all the nutrients listed above.

Take 15mls 1/2 times a day in times of stress and under nourishment. Keep refrigerate once opened.





**Be Your Own Boss  
Work Your Own Hours  
Earn Up To \$1000 a Week  
Promoting Hand Made  
Australian Products**

**LJOILS.COM**

**QUALITY WILD CRAFTED & PURE ESSENTIAL OIL FROM AROUND THE WORLD**

**LJOILS Australia™**

Message Service: 0416 129 291  
P. O. Box 2599, Burleigh B. C. Qld. 4220

**WWW.LJOILS.COM**