

21st Century Leaders . Midwinter Rhythm . Ingredient Focus Norway Spruce



elysia  
naturalskincare

Winter Newsletter 2005



Suppliers of Dr.Hauschka Skin Care

## Product Information

Due to EU regulations, we are no longer able to produce the Dr.Hauschka supplements **Inner Cosmetic** and **Delicious Siliceous**. We will continue to sell both products until our stocks in the UK run out, but encourage you to buy them whilst they are still available.

# Dear Reader,

The season of goodwill is nearly upon us and we at Elysia hope that you, like us, are in a giving and sharing mood!

We have been working very hard throughout the year on a very special charity project, which you will be able to read about in detail in this newsletter. Needless to say, we hope you all support this cause and buy our beautiful gift set - the **Dr.Hauschka Limited Edition Beauty Box** - for your friends and loved ones this Christmas... and why not get one for yourself too as a pre-Christmas pampering treat! The **Limited Edition Beauty Box** is available in two different designs, featuring stunning artwork provided by two very well-known celebrities. The tin also makes a wonderful memento after you have emptied it of its sumptuous Dr.Hauschka products. It's a must under every Christmas tree this year!

Those of you with a busy social calendar this festive season will be delighted by our make-up feature. As promised in the last newsletter, Make-up Artist Alexandra Byrne, has created 2 fabulous looks, showing you how best to use your Dr.Hauschka cosmetics for up-to-the minute daytime and evening make-up.

If you're not a natural with wrapping paper and ribbons, you'll be delighted by our **Gift Wrap Service**. We present your items beautifully in a Dr.Hauschka Gift Box and we can also include your own special message\*.

We will even send it directly to the recipient on your behalf if required. If you have any queries about the Dr.Hauschka Gift Wrap Service, Dr.Hauschka products, or any general questions about your skin, don't hesitate to contact our Customer Service team on 01386 792 622.

You can't have failed to notice that the nights are drawing in and are getting colder. Have you had to switch on the central heating and dig your woolly jumpers out from the bottom of the wardrobe yet? If so, you will find our seasonal skin care feature invaluable in maintaining soft, supple, hydrated skin throughout the winter months. And what better way to evoke the feeling of being outside, in a crisp, snowy forest (from the comfort of a long, warm bath!), than with Dr.Hauschka **Spruce Bath**. Find out all about its many benefits in our winter ingredient focus on Norway Spruce.

Finally, as 2005 draws to a close, we would like to take this opportunity to thank you for your custom this year and we look forward to another exciting year, providing you with wonderful products and strengthening our relationships with you. **Merry Christmas from all of us at Elysia Natural Skin Care and best wishes for 2006!**

## Last Posting Dates

To ensure your order reaches you before Christmas, please place it with us no later than the dates shown in the table below.

Parcel Delivery	Last Posting Date
Standard Delivery	Mon 19th Dec 2005 †
Express Delivery	Wed 21st Dec 2005 †

† These dates are advised by Royal Mail

## Christmas Break

We will be open to take orders until **1pm on Thursday 22nd December 2005**. Elysia will then be closed for the Christmas holiday. We will re-open for business 9am, Tuesday 3rd January 2006, refreshed, ready and eager to send out your orders!

## Gift Wrap

We can wrap all your gifts for you in our Dr.Hauschka Gift Boxes and Bags. There are 2 sizes (which option used will be dependent on the size of your order). Please be sure to specify if the parcel and invoice are to go to separate addresses. We can also include a personal message\*.

*Gift Wrap is free on all orders\*\* when requested (Quote Code "NGW").*

\* Maximum message limit of 175 characters

\*\* This offer is only available for a limited period. Elysia Natural Skin Care reserve the right to withdraw this offer at any point without notice.

*Hope springs eternal*

# 21st Century Leaders



The headlines used in mainstream media today so often focus on conflict and despair, which are both so heart rending and cause for concern, that we are left feeling that no matter what we do, we are unable to make a real difference and help alleviate suffering. There are however many positive initiatives taken individually and collectively in the world today, which never reach our attention. These show that we can have a real effect around where we are and at other times we may be able to connect with larger initiatives and thereby make a difference. Individual empowerment, awareness and hope really are so important; they are positive forces that really count in the world!

At Dr.Hauschka we try to take positive action and connect with other positive initiatives – one's that carry hope in an often-troubled world. But, how do we try to make a difference?

Since 2001, WALA, the manufacturer of Dr.Hauschka products has supported a project in Burkina Faso financially and in word and deed for the production of organic Shea butter. Consequently, there are now several villages that have established organic production and obtained certification to this effect. This natural ingredient is used in many Dr.Hauschka Skin Care products. The complete cultivation, harvesting, production and organisational activities (including those of quality and finance) are undertaken by village co-operatives that are run entirely by women. WALA helps these co-operatives by providing expertise and support, by paying above average prices for their production and by giving long-term purchase guarantees. The sale of the butter is an important source of income (the butter yields up to seven times higher revenue, compared to selling the nuts) and stability for the village families, which they use to send all their children to school and pay the fees. It's also used to purchase essential food and medication.





Similar projects are supported in Georgia, Romania and in Bulgaria for the biodynamic cultivation of Roses, from which high quality essential Rose oil is extracted. It should be noted that approximately 5 tonnes of Rose petals are required to produce 1kg of essential Rose oil.

At Elysia Natural Skin Care, we are now connecting Dr.Hauschka with another initiative of quite a different nature that deserves our full support.

21st Century Leaders is an ethical trade organisation – a wholly owned subsidiary of Trade plus Aid (British Charity Reg. No. 1061376). It was launched as a new and hopeful initiative on the 10th anniversary of Trade plus Aid and is led by Charlotte di Vita, its Director and Founder, who received an MBE for her charitable work in 1998. She was inaugurated as a Goodwill Ambassador for the Nelson Mandela Children's Fund in 2003 and received the Woman of the Year Award in the same year. Together with project co-ordinator, Mathew Hayden, they set up the Trade plus Aid Nutritional Outreach Programme to serve deprived communities around Johannesburg in South Africa. In 2004 a total of 650,000 meals and food parcels were distributed. For many of the recipients, this was the only nutritious daily meal they received.

The aim of the 21st Century Leaders project is to raise funds to tackle key global development issues that include the alleviation of poverty; action against child abuse; environmental conservation; creating fair and sustainable employment in developing countries.

#### How does it intend to achieve this action?

The concept is simple! 21st Century Leaders has introduced a unique charity artwork project that gathers artwork from leaders and celebrities in many fields; a few examples include:

**Film** – *Nicole Kidman, George Clooney, Ewan McGregor*

**Music** – *David Bowie, Phil Collins, Chris Martin, Dame Kiri Te Kanawa*

**Literature** – *John le Carre, Sir Tom Stoppard*

**Royalty** – *The King of Spain*

**Nobel Peace Laureate** – *Archbishop Desmond Tutu*

**Business** – *Sir Richard Branson*

**Fashion** – *Giorgio Armani, Jerry Hall, Claudia Schiffer*

**Sport** – *Sir Steve Redgrave, Martina Navratilova*

In other words, artwork created by leaders and celebrities from many walks of life. Each ambassador donates a symbol of hope, a simple self-image and provides a message of hope for the future. If you wish to find out more or see the contributions to date, which are indeed already extensive, go to: [www.centuryleaders.com](http://www.centuryleaders.com)

These artworks are used to create products under fair working conditions, which have to be approved by the leader who produced the artwork. The goods are then sold nationally and internationally. The contributing leader decides which 'charity' they will support with the proceeds generated by sales of the products. 100% of the net profits are contributed. 21st Century Leaders then asks their charity partners to submit proposals for projects that require support. These include some of the world's most reputable charities: UNICEF, Nelson Mandela Children's Fund, Save the Children, Adopt-A-Minefield,

City at Peace, Anti-Slavery International, LifeLine, Trade plus Aid and Water Aid.

Here at Elysia Natural Skin Care we have decided to support this worthwhile project by offering two **Limited Edition Beauty Boxes**, each containing six specially selected Dr.Hauschka products. Two items of artwork will be used for the packaging and promotion. The first has been created by Minnie Driver whose message of hope is: "Poverty is the most preventable cause of death in our world; trade is the cornerstone of the fight against it – conscious consumers can change the world!!" The second is from Lady Shakira Caine: "Smile today. Life is not a rehearsal."

We hope you will enter into the spirit of this promotion and support it.

Each of the two **Limited Edition Beauty Boxes** contain the following products along with an organic face cloth – a full-sized nourishing **Lip Balm** and trial versions of **Lavender Bath, Quince Body Moisturiser, Daily Revitalising Eye Cream, Rejuvenating Mask** and **Toned Day Cream**, to ensure that exquisite Dr.Hauschka experience!

An amount of £4 from the sale of each Beauty Box will go directly to the charities linked with 21st Century Leaders.

So if you feel connected with this worthwhile project, purchase one of the **Limited Edition Beauty Boxes** and enjoy the high quality and performance of Dr.Hauschka products at the same time!



**And, of course, in some way we're all leaders every time we take initiative and make a choice!**





# Midwinter's Rhythm

The sky seems to close in, to be weighed down, less light gets through and the grey black clouds that threaten rain linger overhead. The following day the mist rolls in and swirls over the hillside, enveloping the hedgerows. Later in the week it's much colder and the driving wind cuts through with a sharp edge. The early morning frost lays crisp and pristine and without the full sun breaking through, it remains all day. The trees are now stripped bare and summer's full colour palette has withdrawn, while the recurring plant life has retreated below the earth's surface, seeking the warmth that lies hidden. Our winter is so evident in the ever-changing weather and in the landscape! And yet at the midpoint of the winter solstice, when the day is shortest, the quality of light weakest and all warmth seems dormant, something incredible happens! At this turning point, Christmas can be such a magical time! After the contraction, there's an expansion; the sun slowly rises higher in the sky, the days lengthen and the temperature gradually rises again. And although severe weather still occurs, the promise held back, evident in the tree bud that took the place of last year's leaf growth can now begin to be fulfilled once more. The life that slumbered awakens!

So how does the midpoint of winter equate to the health of our skin? It's at the point of its own healthy in-breath and out-breath, which is ever changing, ever moving – that point where healthy circulation and elimination of wastes meets healthy cellular renewal; the point, when attained that is so evident in the healthy and radiant complexion. That point, where inner beauty is perfectly timed!

What, therefore, are the tendencies for our skin in winter and what can we do to help its healthy condition?

Our metabolic skin processes naturally reduce in winter. And there's no doubt that the winter elements can take their toll on our skin. We tense up with the cold and screw our faces in the icy blast or the slanting rain.

Our circulation can be more sluggish which may affect elimination; fewer nutrients may feed our skin. When it's cold outside less blood reaches our skin's surface and this can bring a tendency to dryness and for our complexion to be dull, almost lifeless. And if you spend a lot of time inside, you can add the effects of central heating and air-conditioning.

So what can we do in winter to help maintain our warmth and circulation to achieve a healthy skin condition? Sufficient exercise, a healthy diet and lifestyle certainly play their parts! And Dr.Hauschka holistic skin care also offers many helpful products to nurture and care for your skin at this time.

**Rose Day Cream** provides extra protection in winter against the rigours of wind and cold and its remarkable qualities serve to nurture and protect the skin's outermost layer and the Acid-Mantle, which is invaluable at this time of year. It is wonderful for all dry skin conditions in very cold weather. It incorporates Rose wax to protect your skin and prevent it from drying out and Beeswax to soothe and soften your skin and preserve its moisture. And if you wish to present a healthy glow to the world in winter, what better way than to add a few drops of **Translucent Bronze Concentrate** to **Rose Day Cream**. This will provide a really pleasing and subtle hint of natural colour

and a vital and healthy looking complexion. For additional support in winter **Firming Mask** is an ideal treatment, as it hydrates and acts to improve the skin's elasticity and revitalise its tone. It works intrinsically to strengthen and invigorate the skin. **Firming Mask** can be used as an intensive 28-day treatment to cover the skin's whole cycle of cellular renewal and that can certainly be helpful at this time of year. Use **Firming Mask** beneath **Rose Day Cream** and be assured that you're ready to meet the winter elements and the drying effects of the indoor environment.

Winter's low temperatures and high winds combined with the indoor climate can really effect the condition of the sensitive skin of the lips. **Lip Balm** is a rich treatment that nourishes and provides intensive care for dry, severely chapped or cracked lips. It works by feeding the lips with essential oils and waxes, which restores their healthy condition, when they most need it. But as we know, prevention is better than cure, so why not apply **Lip Balm** for that extra protection before you go out into the elements? **Lip Balm** also provides a wonderful base for your Dr.Hauschka lipstick or can be used as a gloss. Similarly, the sensitive skin of your eyelids and eye contour areas can also be affected at this time of year. It therefore makes good sense to take extra protection by applying **Eye Contour Day Balm** before venturing outside or if you spend time indoors in dry or smoky atmospheres. This balm moisturises, protects and works to improve skin tone and elasticity, which is particularly helpful for the eyelids, as they do not have sebaceous glands.

And if you feel particularly cold, lethargic or exhausted in winter, **Rosemary Bath** is a marvellous product that will really warm you and enliven you when you most need it. Its invigorating action will work to warm you by stimulating your circulation. As with all the Dr.Hauschka bath products the essential oil incorporated is of the highest quality. **Rosemary Bath** is designed to disperse easily so there will be no concentrated floating oil droplets to cause skin irritation; it also seems to soften the water and leaves no oily residue around the bath. All you have to do is to add the preparation, blend in with long sweeping hand movements, get in and settle back in the water, but please don't forget to shut the bathroom door, if you haven't already done so, to obtain full benefit.

When the weather's really cold in winter it's very easy to suffer with cold hands and feet! If this is so, **Rosemary Body Oil** can be very helpful as it helps to support the body's heat regulation. Rosemary warms a person from within; it's therefore very helpful to improve sluggish circulation. This fragrant body oil should be applied when the skin is moist, after a bath or shower. And if you find it difficult to get going in the morning, particularly on a cold winter's day, you'll find its wonderfully invigorating effect is just the thing. Just see how it restores vitality to dull lifeless skin! You'll also find **Rosemary Body Oil** helpful for treating cellulite problems.

**So if you long for special protection and helpful therapeutic winter skin care – look no further, as these products may be just what you need!**



# Ingredient focus – Norway Spruce

You walk into the bathroom and close the door, into a space where Dr.Hauschka **Spruce Bath** has infused into the warm bath water and permeates the room. The first impulse is to take a deep breath. You could almost be high in the mountains! Despite the warmth, there's a sense of clarity! You settle into the water – there's a refreshing gentleness about it; it's subtle, not invasive, it meets you where you are! It has a balancing aroma – a slight astringency - the pine needles, of course, but the longer you linger the sweeter it gets. It seems to breathe in and out – you are so warm, any tension melts away and you relax; you know everything's going to be all right.

**Spruce Bath** is also helpful for calming and settling small children at the end of the day, especially if they are fractious or overexcited. Medicinally, the warmth giving essential oils and resins of Norway Spruce have been used to treat aching limbs, rheumatism and gout; by athletes after sports and by the bedridden, as they increase the blood supply to the skin's surface and bring relief. They're also valued for treating coughs and colds as they warm the respiratory organs and help clear the airways.

Despite its name, the Norway Spruce probably originated in the European Alps and in the Balkan and Carpathian Mountains.

It was first evident in Scandinavia about 2500 years ago and was introduced into Britain during the 15th Century.

Today, there are vast, densely packed, planted Norway Spruce forests growing in the cooler zones in the northern hemisphere throughout Europe, Scandinavia, Russia, Canada, USA, Alaska and in the southern hemisphere in Tasmania and New Zealand. In Germany they occupy about 36% of the forested area.

Timber from Norway Spruce is used for construction materials, pulp, furniture and musical instruments, but more of this later. In the days of sail, the trunks were favoured as ship's masts as they were so straight and long. The present forests are cultivated on an industrial scale because the trees grow rapidly, make few demands and can be readily harvested. However, cultivation on this scale has its problems. At ground level, the constantly falling needles decay slowly and acidify the soil; due to this and the lack of sunlight few other plants grow beneath, as the conditions are not conducive to vibrant life. Monocultures such as these are also sensitive to environmental influences and subject to significant pest attack. As the trees are shallow-rooted, they can be blown down in great numbers during high winds and storms. Neither are they well adapted to survive forest fires.

This is a far cry from the mighty giants, with their imposing high vaulted crowns that grow naturally in the high mountain regions and live healthily for 200 hundred years, with some specimens known to live between 300-400 hundred years. If you wander close by you'll notice they emit a distinctive resinous and incense like perfume that fills the air. The finest

specimens are conical in shape with great drooping branches and can grow up to a height of 50 metres. The cones are slim, pendulous and elongated and packed with seeds that wait until late in the year to disperse. In the high mountains the wood grows more slowly and is much firmer and more durable than the fast growing plantation trees. This is one of the profound secrets of the great violinmakers such as Stradivarius, Amati and Bergonzi who knew of its remarkable resonant qualities. They used to wander the mountains for weeks, knocking on trees until they found just the right specimen. In winter, when covered in a white canopy of snow, it's easy to behold its majesty. And, of course, we shouldn't forget that many Norway Spruce trees are used for adornment at Christmas time. The Spruce raw materials used in Dr.Hauschka **Spruce Bath** are wild harvested.



ORDERS / HELPLINE / STOCKISTS  
01386 792 622

[www.drhauschka.co.uk](http://www.drhauschka.co.uk)



# Make-up Trends

Winter 05

## Introduction to Alexandra Byrne



" My first make-up kit was assembled by the age of six with anything I could get my hands on. I was obsessed with Saturday nights because they were my opportunity to make up the babysitter and everyone else who sat still for a moment!

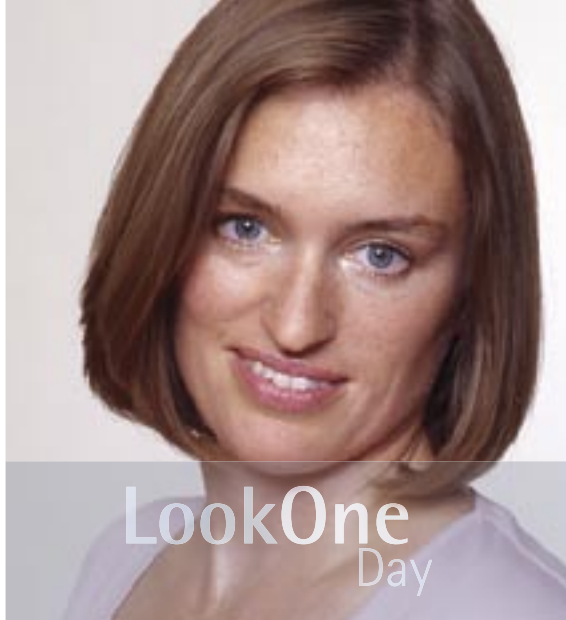
After completing a 'formal' university education I enrolled for private tuition with a Make-up Artist who was the primary training instructor for Chanel and Christian Dior cosmetics. This led to a Retail Artist position with MAC Cosmetics. After two and a half years of extensive training in MAC School I moved to New York, where I first became aware of Dr.Hauschka products. Before long, I regularly assisted Francois Nars and Stephane Marais for fashion shows and photo shoots.

In 1996, I opted for London and soon found myself working all around Europe at shows such as Chanel, Prada and Dior Couture.

Eventually I became so busy with my own work that I had to stop assisting.

I often find that people are restricted by products they can't use due to allergies or intolerances; no one ever includes Dr.Hauschka products on their list! I love seeing people's eyes light up when they see it displayed in my kit, it is a welcomed luxury to have their make-up applied with such safe, effective products.

For this reason, I always take a number of Dr.Hauschka products on every job. I will ensure I have **Cleansing Milk** and **Facial Toner**, as well as the range of moisturisers. I will also often apply **Lip Balm** and **Daily Revitalizing Eye Cream** before putting make-up on. For the make-up itself, I take a variety of the Lipsticks, Eyeliners, Eyeshadow Duos, the Translucent Make-up range and both the Translucent Face Powders. The black **Liquid Eyeliner** is one of my favourite products. It gives perfect results as it is both delicate and accurate, providing a subtle yet effective eye line. "



## Look One Day

### To get this look:

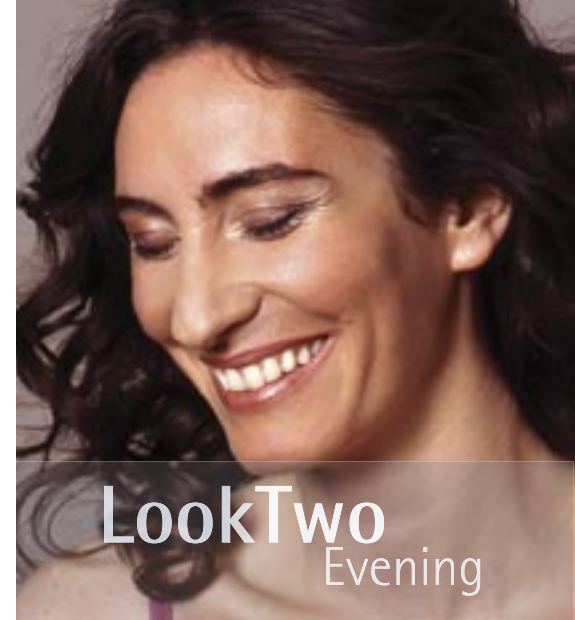
**Cover Stick 01** was applied to the T-zone area to highlight and cover any blemishes. If necessary, use **Dr.Hauschka Translucent Make-up** to leave skin looking flawless.

**Novum Eyeshadow 01 Golden Sand** was applied to the eyelids to create a shimmering base. This was followed by **Novum Eyeshadow 02 Golden Earth** on the outer corners of the eye area and along the socket line.

**Shimmering Ivory** from Dr.Hauschka **Eyeshadow Duo 05** was used along the bottom of eyebrow to highlight and define the shape of the brow. **Smoky Grey Brown** from **Eyeshadow Duo 05** was then used on the eyebrows to define the shape of the brows. The eyes were completed with **Dark Brown Mascara**.

**Lipstick 03** was blended slightly below the cheekbones to add depth and definition and the cheeks were finished with a mixture of **Rouge Powder 01** and **Rouge Powder 03** along the cheekbones.

Natural lips were created using **Lipstick 03**, with a touch of **Novum Eyeshadow 01 Golden Sand** along the centre bow of the top lip to add a subtle, shimmering highlight.



## Look Two Evening

### To get this look:

**Cover Stick 02** was used to cover any blemishes, then **Translucent Make-up 01** was applied as a base all over the face.

For the eyes, **Novum Lipstick 04 Nature Shimmer** was mixed on the back of the hand with a little **Liquid Eyeliner Black** to create a deep shimmering base for the eyes. This was blended onto the eyelids with fingers.

Both shadows from **Eyeshadow Duo 04** were then pressed onto the eyelids, again using the fingers to soften and blend the colours – **Delicate Peach** on the inner corner of the eyelid and **Warm Chestnut Brown** on the outer corners.

The eyes were finished with a line of **Liquid Eyeliner Black** on the outer corner of the eye and lashings of **Black Mascara**.

**Lipstick 03** was blended beneath the cheekbones to create definition and depth, followed by **Rouge Powder 01** to give a healthy glow to the cheeks.

To finish the look, the lips were lightly coated in **Novum Lipstick 04 Nature Shimmer**.

## Newly Approved Outlets

Culpeper  
8 The Market  
Covent Garden  
London  
WC2E 8RB  
Tel: 0207 379 6698

Culpeper  
7 New Inn Hall Street  
Oxford  
Oxfordshire  
OX1 2DH  
Tel: 01865 249 754

Culpeper  
28 Milsom Street  
Bath  
BA1 1DG  
Tel: 01225 425 875

Culpeper  
43 Low Peter Gate  
York  
YO1 7HT  
Tel: 01904 651 654

Culpeper  
25 Swan Lane  
Guildford  
Surrey  
GU1 4EQ  
Tel: 01483 560 008

Culpeper  
25 The Maltings  
Salisbury  
Wilts  
SP1 1BD  
Tel: 01722 326 159

D R Evans Pharmacy  
15 Elgin Crescent  
London  
W11 2JA  
Tel: 0207 727 6882

Farmacia Urban Healing  
Harrods Pharmacy  
87-135 Brompton Road  
Knightsbridge  
London  
SW1X 8XL  
Tel: 0207 225 5954

Fenwick Ltd  
Brent Cross Shopping  
Centre  
Prince Charles Drive  
London  
NW4 3FN  
Tel: 0208 202 8200

Fiona Melarkey  
The Gatelodge  
91 Strand Road  
Derry  
N. Ireland  
BT48 7NN  
Tel: 02871 364 080

Hillcrest Pharmacy  
106 Holland Park Avenue  
Holland Park  
London  
W11 4UA  
Tel: 0207 727 6350

Ishieya Beauty Salon  
Garden House Moat Hotel  
Granta Place  
Mill Lane  
Cambridge  
CB2 1RT  
Tel: 01223 306 161  
(Offers Treatments)

John Lewis Partnership  
The Mall  
Cribbs Causeway  
Patchway  
Bristol  
BS34 5QU  
Tel: 0117 959 1100

John Lewis Partnership  
108-113 Broad Street  
Reading  
Berks  
RG1 2BB  
Tel: 0118 957 5955

John Lewis Partnership  
Wood Street  
Kingston upon Thames  
Surrey  
KT1 1TE  
Tel: 0208 547 3000

John Lewis Partnership  
11 Field Walk  
The Centre:MK  
Milton Keynes  
Buckinghamshire  
MK9 3EP  
Tel: 01908 679 171

Mine  
6 The Commons  
Shaftesbury  
Dorset  
SP7 8JU  
Tel: 01747 850 207

Pure Et Simple  
22 Wyllie Mews  
Burton upon Trent  
Staffordshire  
DE14 1BF  
Tel: 01283 845 934  
(Offers Treatments)

Sarah Cook  
The Entrance Lodge  
Chorley Wood House  
Chorley Wood  
Herts  
WD3 5SL  
Tel: 07789 963 874  
(Offers Treatments)

The Natural  
Healthcare Centre  
Long Street  
Newport  
Pembrokeshire  
SA42 0TL  
Tel: 01239 830 050

## Products Mentioned in this Newsletter

Limited Edition Beauty Box	Minnie Driver	£25
Limited Edition Beauty Box	Lady Shakira Caine	£25
Lavender Bath	Trial / 150ml	£3 / £14
Quince Body Moisturiser	Trial / 150ml	£3 / £17
Daily Revitalising Eye Cream	12.5ml	£21
Rejuvenating Mask	Trial / 30ml	£3 / £25
Toned Day Cream	Trial / 30ml	£3 / £21
Rose Day Cream	Trial / 30ml	£3 / £16
Translucent Bronze Concentrate	30ml	£21
Firming Mask	Trial / 30ml	£3 / £31
Lip Balm	4.5ml	£8
Eye Contour Day Balm	10ml	£21
Rosemary Bath	150ml	£14
Rosemary Body Oil	100ml	£16
Spruce Bath	150ml	£14
Cleansing Milk	Trial / 145ml	£3 / £18
Facial Toner	Trial / 100ml	£3 / £18
Lip Balm	4.5ml	£8
Cover Stick 01	4.8g	£9
Cover Stick 02	4.8g	£9
Translucent Make-up 01	Trial / 30ml	£3 / £18
Novum Eyeshadow 01	1.5g	£12
Novum Eyeshadow 02	1.5g	£12
Eyeshadow Duo 05	2 x 1.8g	£18
Dark Brown Mascara	8ml	£14
Lipstick 03	4.5g	£18
Rouge Powder 01	5g	£18
Rouge Powder 03	5g	£18
Novum Lipstick 04	2g	£14
Liquid Eyeliner Black	4ml	£14
Eyeshadow Duo 04	2 x 1.8g	£18
Black Mascara	8ml	£14
Inner Cosmetic	100 capsules	£16
Delicious Siliceous	100g / 300 g	£15 / £37



## Newly Accredited Estheticians

### Dr.Hauschka Treatment

Iecshiesa Tenyue  
Phillipa Martin

Egerton Gardens, Knightsbridge, London  
Egerton Gardens, Knightsbridge, London

Tel: 0870 2255 007  
Tel: 0870 2255 007

### Acne Treatment

Tiina Michaelides  
Suzi Gibson  
Felicity Robertson

Speedwell Therapies, 2 Breary Rise, Bramhope, Leeds  
Etain, 35 Bruntsfield Crescent, Dunbar  
The Elysia Rooms, Bronsbury Villas, London

Tel: 0113 284 3384  
Tel: 01368 860 654  
Tel: 0207 625 5828