

As seen in the media...

22/11/2018

Metropol Magazine featured our Lantern Diffuser Set




metropol

As seen in the media...

30/11/2018

Studio 10 – Dino Land, Dolphin Reef Diffuser & Lavender Oil

**Young Living Australia & New Zealand**...

Published by Candice Barcham YL [?] · 30 November at 11:30 · 🌐


If you missed our exciting Studio 10 audience giveaway, don't worry you can watch the replay here!

Every audience member received a Dino Land Diffuser or a Dolphin Reef Diffuser, with our Lavender Essential Oil. 🦖🐬

Find out more about our amazing kids diffusers:

> AU: <https://goo.gl/TJoo36>

> NZ: <https://goo.gl/78TaAu>... See more



YOUNGLIVING.COM

Studio 10 Giveaway

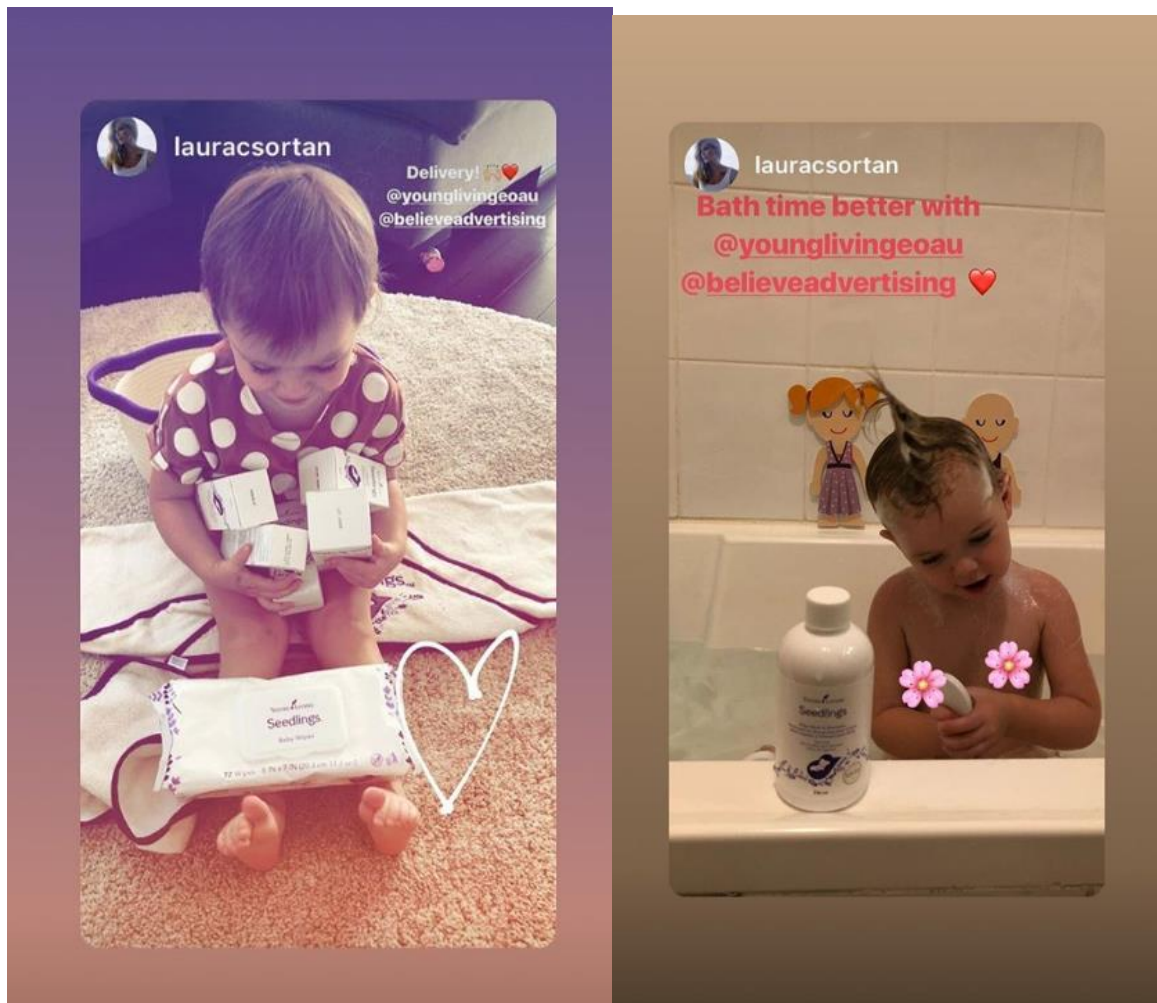
Shop Now

As seen in the media...

23/11/2018

Seedlings Celebrity Endorsement

Laura Csortsan is an Australian model, actress and television presenter and her daughter Layla Rose will be promoting the Seedlings line.





As seen in the media...

23/11/2018

Sunrise on Channel 7

Get Excited - It's Competition Time!

Enter [Sunrise, Channel 7](#)'s competition for your chance to [#WIN](#) 1 of 5, Dino Land Diffusers and a Lavender Oil. To enter just subscribe to the sunrise competitions newsletter.

Not subscribed to receive it yet?

Subscribe here: <https://goo.gl/dEs2tF>

Already subscribed? Enter now with your code word: <https://au.news.yahoo.com/sunrise/win/>

A promotional graphic for a competition on Sunrise Channel 7. The top section features the 'sunrise' logo with a rainbow, a woman in a red top, and a man in a blue suit. Below this, a purple banner with the word 'WIN' in white text is followed by the text 'A DINO LAND DIFFUSER & A LAVENDER ESSENTIAL OIL!'. The bottom section shows a 'Dino Land Diffuser' with a volcano, a Triceratops, and a T-Rex, next to a small bottle of Young Living Lavender Essential Oil. To the right of the diffuser, the Young Living logo is displayed above a purple banner that says 'ENTER NOW!'. Below this banner, the text 'COMPETITION OPENS FRIDAY 23 NOVEMBER!' is written.

WIN

A DINO LAND DIFFUSER & A LAVENDER ESSENTIAL OIL!

YOUNG LIVING
ESSENTIAL OILS

ENTER NOW!

COMPETITION
OPENS FRIDAY
23 NOVEMBER!

As seen in the media...

Harper's Bazaar, December 2018 Issue

Isabel Lucas loves Young Living essential oils, and always travels with Frankincense, Sandalwood and Lavender oils.

Shine on!
Party dresses
Tie-dye to die for
Gatsby gowns

MICHELLE OBAMA
by OPRAH

Animal magnetism

Why conservation counts

GEMMA WARD
THE SEQUEL
Meditation
motherhood
meerkats

WOMAN OF THE YEAR
Our fearless
females save
the world

The A-List

MY STYLE
is eclectic, vintage and ethical. I appreciate Australian designers who adhere to ethical and sustainable practices. I LOVE Manning Gamell, Serenika, Kim Wilson (of Kim), Virgin Bar and Bianca Spender. I also like Stella McCartney. I recently saw a Lee Mathews show [recent 2019] that explored eco-fashion concepts — their sweaters were made from recycled fishing nets, and they created a closed-loop system of recycling synthetics. I was in love with that.

MY MOST WORN PIECE is a red T-shirt with a black horse head that sort of grew up with me. It's very well worn.

DRESSING DEPENDS ON MY MOOD. Recently, I've tended to lean towards black and no print. I have some thick lined silk pants from Virgin Bar that I adore and dress up or down (with an old tee) depending on the occasion. I'm moving away from long, flowing skirts, under it's a black colour. A skirt or pants reflecting my mood is more important than a specific style. I like well fitted tops best — vintage patterns or single colours.

BEAUTY
to me, is radiating health, and feeling well and vibrant. It's being in touch with self and nature.

I love a good NATURAL SKINCARE routine. I'm using OCM at the moment.

MY FAVOURITE FRAGRANCE is called Blue, a perfume oil. My girlfriend Casper makes it and it is divine. It's all natural oils.

FOR ACCESSORIES AND JEWELLERY
I like Papaleo for their stunning great pieces, and Temple of the Sun. My best friend is obsessed with Maria Maria, and I quite adore her understated, delicate style.

BAG-WISE, I've had my eye on some of the Matt and Nat designs. I like their practical but cool vegan bags.

I HEARD (her remake all Natalie Portman's shoes to a complete leather-free vegan line. I would choose some of them! I do love Dior. My two grandmothers gifted me a diamond ring and a pearl ring. They remind me of them. One I knew very well, before she passed on earlier this year. My favourite TRAVEL COMPANION is my compass. I've got a nearly new one in my pocket.

I love the Young Living essential oil and always travel with the Frankincense, sandalwood and lavender oils. They are beautiful on the skin.

Stella McCartney
Lee Mathews
Papaleo Jewellery
Temple of the Sun
Maria Maria

Young Living
ESSENTIAL OILS

BAZAAR Harper's

"I love the Young Living essential oils
and always travel with the Frankincense,
Sandalwood and Lavender oils.
They are beautiful on the skin."

As seen in the media...

Prevention Magazine, December 2018 Issue

Check out [Prevention Magazine Australia](#) this month!

Golden Logie winner, Rebecca Gibney is on the cover and our ad "6 Reasons to Drink NingXia Red" is featured in the magazine.

Prevention AUSTRALIA
POWERING YOUR HEALTHIEST LIFE
FLATTEN your BELLY in 5 days
AGE PROOF YOUR BODY
Smart ways to stay sharp
Aaahhh! THE NATURAL WAY TO EASE TUMMY TROUBLE

6 REASONS TO DRINK NINGXIA RED

- 1 RICH IN NUTRIENTS & ANTIOXIDANTS**
Your daily energy boost including an array of antioxidants, beta-carotene, lycopene and d-limonene.
- 2 GOJI BERRY GOODNESS**
Also known as as NingXia wolfberries, goji berries provide energy without harmful side effects.
- 3 INFUSED WITH ESSENTIAL OILS**
Infused with a sweet citrus taste and d-limonene from Young Living Orange, Yuzu, Lemon & Tangerine essential oils!
- 4 FRUIT JUICE BENEFITS**
Packed with blueberry, plum, aronia, cherry, grapeseed and pomegranate juices for delicious flavour and vibrant colour.
- 5 NATURALLY SWEETENED**
Sweetened with Stevia extract, a zero-calorie sweetener with only 2 grams of sugar per serving!
- 6 GREAT FOR KIDS TOO!**
Effectively energises, fortifies and revitalises the body to support good overall health.

WWW.YOUNGLIVING.COM.AU

ACCESS WHOLESALE PRICES BY JOINING YOUNG LIVING. CALL 1300 28 9538 FOR DETAILS.

Prevention

As seen in the media...

9/11/2018

West Weekend Magazine

We're beaming with pride over [Kristen Pavez](#)'s featured article in [West Weekend](#) Magazine! Our amazing Silver Member, Kristen enjoys teaching others how to make healthy food!

Read the Full Article: <https://goo.gl/2K2aSf>



Raw nerve



Katherine Fleming | The West Australian
Friday, 9 November 2018 7:17PM

Katherine Fleming



Kristen Pavez teaches others how to make healthy food. Picture: Iain Gillespie

There is delicious irony in the fact that it was chocolate that started Kristen Pavez on her journey from corporate office worker to healthy eating guru.

Although Kristen's diet was healthy, she had a weakness for the sweet stuff. It was an addiction. After she became the mother of two young boys, she put on weight she really wanted to lose, but just couldn't kick the Cadburys.

Then one day, someone offered her raw chocolate, then such a hippy-dippy-tie-dyed-kumbaya concept that it was almost taboo.

"I found I could eat a bit and feel satiated because it's so nutrient rich," Kristen remembers. "I always say the raw chocolate is what saved my life. It was the domino that fell, then I started to change the rest of our diet accordingly."

For someone who did a degree in business law, moved into banking recruitment, then made and sold raw chocolate and did a stint as a Thermomix rep, Kristen admits she took a roundabout way of getting to her dream job.

WEST
WEEKEND



As seen in the media...

1/10/2018

Noosa Style Magazine

Spring Issue

THANK YOU for the feature [Noosa Style](#) magazine! Find out why Hollywood Stars love Young Living Essential Oils!



Hollywood Stars Reveal their Secret Beauty Weapon... YOUNG LIVING

The latest beauty trend to take Hollywood by storm is Young Living's Essential Oils, whose famous "Seed to Soul" Process has attracted such as Gisele Bündchen, Jenna Dewan Tatum, Kristin Cavallari and Gwyneth Paltrow recommending the world-renowned company to their family and friends. Infused with 100% pure essential oil blends, the Young Living range contains the optimal levels of specific, naturally occurring ingredients to maximise its benefits, such as increased energy, enhanced physical wellness and restored balance.

Hollywood style icon, Gwyneth Paltrow swears by the calming effects of Young Living's essential oils signature blends Thieves, Joy and Inspiration, while supermodel Gisele Bündchen holds the Young Living Essential Oils range as one of her favourite natural alternatives to chemical-based beauty products. Hollywood TV personality Kristin Cavallari enjoys cleansing and toning with Young Living's essential oils as they are chemical free, while Jenna Dewan loves to use Young Living's essential oils both topically and



aromatically. Whether you use oils aromatically, for personal care or for household solutions, every aspect of daily life can benefit from the incorporation of essential oils that are found in the company's product collection.

They have also introduced its new range of culinary oils, announcing Chef-to-the-Stars, Kate McQuinn, a Young Living brand ambassador, using a new technique demonstrated through the company's essential oils. Kate has cooked for Miranda Hart, Gwyneth Paltrow, Offspring, Ryan, Today, Farmhouse, and Seed to Soul, and she is proud to deliver the company's quality and

is recognized for Young Living has set the authenticity by carefully monitoring the j

For more information and stockists v

Noosa Style

Spring
Issue 18
\$5.99 inc GST
ISSUE 18



www.NoosaSTYLEmagazine.com.au



Noosa Style
local art publishers since 1979



As seen in the media...

1/10/2018

Weight Watchers Magazine & Online

Spring Issue; Subscription Bonus

THANK YOU to [WW AUNZ](#) Magazine for featuring us in their October issue! The issue includes a fantastic subscription bonus! If you purchase 12 Issues of the magazine you'll receive a 3-pack of Young Living Essential Oils or if you purchase 24 Issues, you'll receive a Grapefruit Essential Oil & Diffuser!

Find out more: <https://goo.gl/ntCQd9>



Subscription	Free Young Living Product	RRP	Special Price	Shop Now
12 Mth Magazine Subscription + 3 Free Young Living Essential Oils	3 Free Young Living Essential Oils (Lavender, Orange & Peppermint oil)	\$60	\$65	SHOP NOW
24 Mth Magazine Subscription + Free Young Living Diffuser & Essential Oil	Free Young Living Diffuser & Grapefruit Essential Oil	\$94.40	\$111.00	SHOP NOW

As seen in the media...

Eye Magazine

Winter Issue

Find out why [Eye Magazine](#), Winter issue featured The Desert Mist™ Diffuser which has 11 different light settings and our high quality essential oils.

Grab the winter issue here:

<https://goo.gl/9gGWGS>

Young Living's Desert Mist Ultrasonic Diffuser

Young Living's Desert Mist Ultrasonic Diffuser functions as a humidifier, atomiser, and aroma diffuser in one simple-to-use product. Inspired by the design of a stylish Moroccan trellis, the diffuser brings an exotic and modern look to any space while helping support a natural environment. Young Living has a vast range of essential oils to complement the Desert Mist Diffuser with two of the most popular this season being: Citrus Fresh offering uplifting, refreshing aroma. If you're after something more floral, you can't go past Young Living's Lavender oil its scent is a wonderful blend of fresh, floral, clean, and calm. This dynamic aroma that has made the flower a classic for perfumes, soaps, fresheners, and beauty products. As one of Young Living's most popular products, Lavender oil is a great beginner oil and a must for every home. Lavender essential oil highly versatile – from skin care products to relaxing routines, this oil can infuse many areas of your life. Diffuser \$138.15 Citrus Fresh \$33.95 Lavender oil \$51.65 15 ml
youngliving.co.nz

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youngliving.co.nz

The Leica SOFORT "Limoland" by Jean Pigozzi

Leica Camera AG present the first special edition of their versatile instant camera, the Leica SOFORT. The camera's front and rear panels are embellished with the vibrant graphics of "Mr Limon" – the logo of the Limoland fashion label established by French-Italian photographer, entrepreneur and art collector Jean Pigozzi in 2007.

The Leica SOFORT not only offers a range of shooting modes (Automatic, Party & People, Sport & Action and Macro), but also features creative programmes for multiple and timed exposures. What particularly appeals to Jean Pigozzi is having the choice between colour or black and white film, and of course the camera's self-portrait function.

leica-camera.com



As seen in the media...

1/8/18

Vacations & Travel Magazine



YOUNG LIVING BON VOYAGE TRAVEL KIT

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

As seen in the media...

1/8/18

Nature & Health Magazine

August *is the month to...*

Quit fidgeting
Are you a fidgeter? Always picking at your nails or twirling your hair? Here's a fun and easy way to relieve your pent-up stress – the Fidget Widget Cube. Each side of the cube has a different activity to hold your attention, taking you away from distracting fidgeting. www.yellowoctopus.com.au

Style up
This gorgeous tan vegan leather cushion is handmade in Noosa, NSW and filled with a PET insert made from recycled water bottles. www.ashandearth.com.au

Be fair
These fun Fairtrade cotton pom-pom earrings are hand-made by home-based workers in Nepal the makers. Surya started the business directly after the 2015 Nepal earthquake to provide much-needed employment. www.surya.com.au

Shine your shoes
Many conventional shoe polishes contain toxic fragrances and non-biodegradable plasticisers. Switch to Miss Glass Home's all-natural polishes, based on organic waxes and natural turpentine. www.missglasshome.com

Pamper yourself
This amazing coconut oil and oatmeal soap is handmade by a small company in Thailand, and packed in handmade and hand-coloured paper. www.lansnow.com

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

Dream pretty
This super-soft 100% GOTS-certified organic cotton sleep tee helps dreams come true, with all profits donated to The Pyjama Foundation, which transforms the lives of children in care through learning. www.kennedyandwarner.com

80,000 The number of minutes the average person spends of his or her life kissing.

Let your little light shine
Recycling paper into modern designs is Oxfam producer partner Mai Handcraft's signature, as a significant advocate for environmental sustainability, they collect waste materials to incorporate into their products, like this cute tealight holder. www.oxfam.org.au

Dry clothes smarter
Yes, we love clothes dried in sunshine – but in winter that's not always possible. Enter these clever all-natural Young Living Dryer Balls, to leave clothes fluffy and scented with essential oils. www.youngliving.com.au

Soak in a bath
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As seen in the media...

1/8/18

SLIM Magazine

ing Scrub
ial scrub
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com



Get Savvy with Minerals

A woman should never have to compromise quality for beauty. Devoid of cheap fillers and synthetics, Savvy Minerals by Young Living products have been carefully crafted using pristine ingredients, so you can feel good about what you're putting on your skin. Ingredients include essential oils, Aspen bark extract, Mica minerals, high-quality minerals and non-nano ingredients. **Young Living Savvy Minerals blush RRP \$52.55, bronzer RRP \$52.55, eyeliner RRP \$33.95, eyeshadow RRP \$32.90, foundation RRP \$78.90, lip gloss RRP \$52, lipstick RRP \$49.05, misting spray \$32.30.**

youngliving.com.au



Combat the Cooler Weather with La Mav DNA Phyto-Guard Pink Clay Mask.

RRP \$34.95. Now is the time to change up your skincare regimen with regular mask treatments. This antioxidant-rich certified organic mask re-hydrates the skin, while gently exfoliating to reveal a radiant

As seen in the media...

1/7/18

Prevention Magazine

Prevention Profiled

Flower essences that provide simply natural pain relief

Simply Flower Power Pain Relief & Moisturising Cream (homeopathic) may assist the whole family with mild pain relief. Made by the creator of Nature's Remedy First Aid Cream. The flower essences enhance the body's self-healing powers. It's fast-acting, non-greasy, very lightly scented and is vegan and cruelty-free. Why not try this much loved cream today! Available in health food stores, or call (03) 5976 2444. Visit simplyflowerpower.com.au. Samples available by request.

Stay strong

Know Your Bones is an online self-assessment tool introduced by Osteoporosis Australia and the Garvan Institute of Medical Research. Simply visit knowyourbones.org.au and complete the questions to generate a report showing your results and any risks. Be proactive for your bone health today.

One just for the kids

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

Feel-good fragrances for her and him

A different approach to fragrances, Melissa Allen Mood Essentials™ is a range of 100 per cent natural unisex feel-good fragrances, combining perfume and 100 per cent natural essential oils. Working twice as hard, with Melissa Allen Mood Essentials™ fragrances you will not only smell great but also have the additional benefits of feeling fabulous! These unisex fragrances are available online at mamessentials.com.

One just for the kids

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As seen in the media...

1/7/18

Pindara Magazine

HEALTH + BEAUTY + BABY

Your guide to hot new trends for the cooler months



Radiant in a Box

Looking for something special for mum or yourself? Young Living's Radiant in a Box is a beautiful gift that comes with a box of essential oils and a diffuser. It's the perfect way to show your love and support for mum's health and beauty.

www.youngliving.com.au



Embrace Life's Blessings

Embrace Life's Blessings is a beautiful essential oil blend that supports your health and well-being. It's the perfect way to show your love and support for mum's health and beauty.

www.youngliving.com.au



Arita Organics

Arita Organics is a beautiful essential oil blend that supports your health and well-being. It's the perfect way to show your love and support for mum's health and beauty.

www.youngliving.com.au



A Mint Gistaway for Your Skin

A Mint Gistaway for Your Skin is a beautiful essential oil blend that supports your health and well-being. It's the perfect way to show your love and support for mum's health and beauty.

www.youngliving.com.au



High Tech Diffuser

High Tech Diffuser is a beautiful essential oil blend that supports your health and well-being. It's the perfect way to show your love and support for mum's health and beauty.

www.youngliving.com.au



Smoothie Bombs

Smoothie Bombs are a beautiful essential oil blend that supports your health and well-being. It's the perfect way to show your love and support for mum's health and beauty.

www.youngliving.com.au

As seen in the media...



Embrace Life's Blessings

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

www.youngliving.com.au



A Mini Getaway for Your Skin

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

www.youngliving.com.au



High-tech Diffuser

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

www.youngliving.com.au

1/7/18

East Life Magazine

As seen in the media...

Beauty | COUNTER



ESSENTIAL OILS FOR BABY CARE

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

GO BEYOND CLEAN – PURIFY YOUR SKIN

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



EYEING UP NEW CONCEALER

Tired looking eyes can receive a real boost from Natio's new Under Eye Cushion Concealer (7ml, RRP \$21.50). The innovative cushion applicator concealer offers a lightweight and velvet-soft formula to even out the complexion, blur imperfections and conceal any hint of under-eye darkness or puffiness. Formulated with anti-oxidant pomegranate, kakadu plum and vitamin E to moisturise, this cosmetic 'must-have' blends easily into skin to revitalise your complexion. Available at pharmacies and some department stores nationwide from July 5.

BEAUTY BALM DEFINES NATURAL BEAUTY

Redefining the concept of 'natural beauty', Weleda introduces Beauty Balm, a tinted day cream designed to conceal minor blemishes and correct tone. The multi-tasking, plant-based formula hydrates, mattifies, refines the appearance of the skin and strengthens skin's natural protective barrier. Dermatologically tested and NATRUE certified natural, Weleda Beauty Balm is suitable for all skin types. Available in two shades, Nude and Bronze (both RRP \$28.90) from selected Farmers stores.

WELEDA



As seen in the media...

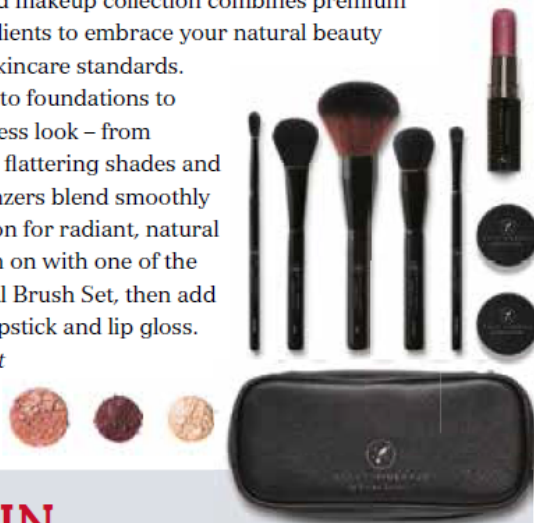


SAVVY MINERALS MAKEUP

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

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

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



Enter to WIN

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

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

As seen in the media...

NEXT

MAGAZINE



GADGET GUY

Noel Leeming's tech expert Stephen O'Loughlin answers your questions on living smarter.

Q: I'd like to be able to turn on my heat pump and lights before I get home – what technology do I need?

A: I'd recommend the Zigbee 4 Series of heat pumps, which allow you to easily control the time your heat pump comes on and the temperature of your home via your smartphone. They also have a seven-day programmable timer that lets you set your heat pump to turn on early in the morning on weekdays and later during the weekend. For lighting, the Philips Hue lights are the perfect solution. You can control them remotely via your smartphone from wherever you are, and set timers so they're on when you get home. It even works with Amazon Alexa, giving you a full smart home experience.



THE PHILIPS HUE APP IS FREE FOR APPLE AND ANDROID.

For stockists, see page 108

MAKING SCENTS

Young Living has released its latest collection of essential oils for your skin, bath, body and home. Infused with 100% pure oils, the range contains optimal levels of natural ingredients and also includes cleaning solutions and oral care. youngliving.com



SOUTHERN BELLE

Adairs has a new store in Westfield Riccarton, Christchurch – the first in the South Island. In it, you'll find everything from basic linen staples to exclusive designer pieces we're showcasing this soft pink throw and these fringed cushions.



Adairs Malmo Linen Throw, \$140, and Axis Cushions, \$70 each.

TV... what TV?

TVs that turn into artworks? Sounds like an interior designer's dream! The Frame is the latest development in Samsung's chessboard-like Ambient. Made across the 2018 QLED TV range. Choose from one of the pre-installed artworks or upload your own photos. Available at Noel Leeming.



Home WHAT'S NEW

BY MONIQUE MCKENZIE



Only natural

In a world in which we quickly cast off our trend in favour of the next, we're starting to look for authenticity via grounded tones, textural finishes and earthy greys. Take note of the current trend of wicker furniture and opt for simplified interiors with a rustic, homely vibe. Layer deep greys, rusty browns and terracotta with texture, timber, plants and artisan products such as ceramics, woven baskets and tasselled placemats. Textile fabrics such as chunky handmade knits, woven lampshades, baskets and knobbly rugs soothe us while we take the journey back to nature. Try Resene Good As Gold, Resene Thistle or Resene Clay Creek, to enhance timber with wood stains in Resene Natural or Resene Fitch Black.



PAGE 100 / WEEK 101

As seen in the media...

OHbaby!



Ginn leads biodegradable toothbrush in orange, \$6.49, and travel cool mint toothpaste, \$1.99 from ginnatural.co.nz, New World, health stores, pharmacies and dental clinics. Black & Blue organic cotton bodybush in eucalyptus, \$14.95, also from ginnatural.co.nz.
Sulyn super soft baby body lotion, RRP\$5.50, naturalbiologic.com.co.nz. Itchy Baby Co natural oatmeal baby bath soak with goats milk & organic coconut, AU\$16, itchybaby.co.nz; NUK Rest Baby soap in orange, RRP\$6.99 for two or \$9.99 for five from selected baby stores and pharmacies; Itchy Baby Co natural oatmeal moisturiser with organic coconut, AU\$21, [youngliving.com](http://itchybaby.co.nz.
Young Living Seedlings baby oil, 5ml, RRP$43.10, <a href=).

As seen in the media...

25/5/18



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

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

to enter Head to myweeklypreview.com.au and click on the win tab. Full te

As seen in the media...

15/5/18



One just for the kids

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

The image shows the Young Living Dino Land Ultrasonic Diffuser. It is a dark brown, textured plastic device shaped like a prehistoric landscape. It features a central volcano with a red and orange flame-like top. To the left of the volcano is a green Triceratops head, and to the right is a green Tyrannosaurus rex head. A small Pterodactyl figure is perched on the volcano's rim. The entire device is set against a plain white background.



As seen in the media...

15/5/18



As seen in the media...



11/5/18



As seen in the media...

Gift guide

Virgo

AUGUST 24 – SEPTEMBER 23

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

CHOOSE FROM

1. Vitamix Ascent A2300i High-Performance Blender \$395. It cleans itself! Just add water and some dishwashing liquid. vitamix.com/au/en_gb
2. Donation to Breast Cancer Research. Get Mum a gift that gives back. breastcancertrials.org.au
3. Nike Yoga Mat 3mm VIVID Pink \$29. Work out in comfort and style with this slip-free mat. bigw.com.au

Celeb mum match
Salma Hayek
September 2

Libra

SEPTEMBER 24 – OCTOBER 23

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

CHOOSE FROM

1. Desert Mint Essential Oil Diffuser \$138.15. A three-in-one humidifier, atomiser and aroma diffuser. youngliving.com.au
2. Oudo Purple Bluetooth Speaker \$17.88. Mum can play her favourite tunes in any room with this portable Bluetooth speaker. officeworks.com.au
3. Circa Home Coconut & Watermelon Candle \$32.95. This candle will make your home smell like a summertime dessert. circahome.com.au

Celeb mum match
Kate Winslet
October 5

10/5/18



As seen in the media...

Mother's Day magic

Mothers are said to hold their children's hands for a moment and their hearts for a lifetime so, although we wholeheartedly support the notion of honouring our mother's daily, if you've slipped, then why not pay homage with a thoughtful Mother's Day gift.

We've put together a selection of gifts that will knock the socks off your mum and the irony isn't lost on us; they're beautiful gifts for some of the most beautiful ladies in our lives.

1. JURLIQUE ROSE HAND CREAM
2. DESIGNER BRANDS BLUSH UP COMPLEXION PALETTE
3. KAT GEE SUNSET TRIP NECKLACE
4. WE-AR FEATHER CASHMERE SCARF
5. YOUNG LIVING MASSAGE OIL
6. KAREN MURRELL COSMETICS SET

https://issuu.com/metropublishinggrouppltd/docs/metropol_may_10th_complete_issue_fo

23/4/18

Woman's Day

As seen in the media...

Healthy living
Health Editor Penny Lewis

Chef TO THE STARS

Food secrets of the rich and famous

WHAT ARE THE DIET SECRETS OF THE SWEET A-LISTERS? Celebrity personal chef Kate McAloon was in Auckland recently and shared her kitchen-confidential tips with *Woman's Day*.

Kate, 59, has been dishing up meals for Courteney Cox, Gwyneth Paltrow, Steven Spielberg, Dwayne "The Rock" Johnson and Miranda Kerr. In fact, she became such good pals with Aussie model Miranda's mother Therese, she stayed with her when she moved to Australia from the US. They still catch up regularly.

WHAT'S THE TOP FOOD TO MAINTAIN HEALTH?

Kate says anything green – except pasta or grains! The chef was infamously misquoted a few years ago when she implied that Gwyneth doesn't eat anything except grass. "She does eat!" laughs Kate.

WHAT ARE THE STAPLE INGREDIENTS YOU ALWAYS HAVE?

Green, good oil (preferably Hainuayan), culinary oils and fresh fruit and vegetables, preferably organic, from farmers' markets.

OTHER FAVES...

Champagne, butter and cheese. What else is best but a wedge of butter and cheese?

WHAT'S THE NUMBER ONE TIP FOR HOW TO EAT LIKE A CELEBRITY?

The key is to add flavour without adding calories. "I do this by using fresh herbs and culinary oils," says Kate. "I'm an ambassador for Young Living – a US-based essential oils company – and I use its culinary oils in my cooking. If you don't have a lemon tree at home or lemons are horrendously expensive at the supermarket, adding a drop or two of lemon essential oil will do the trick." A 15ml bottle costs \$25 and will yield 250-300 drops. Young Living oils are sold online at youngliving.co.nz.

Blondies

"I created these blondies while cooking for Gwyneth Paltrow and her family during the filming of the first Ironman movie in Los Angeles. Gwyneth loved them so much, she featured the recipe on her lifestyle website Goop."
MAKES 12 LARGE OR 24 SMALL PREPARATION 15 MINUTES COOKING 30-35 MINUTES

Top tip

For a healthy alternative, use ghee or coconut oil instead of butter, then substitute ½ cup rice flour, ¼ cup coconut flour and 1 cup almond meal for the 1½ cups plain flour. Alternative flours take less time to bake, so check and cover sooner. I have also made these with alternative sweeteners including coconut sugar, honey or rice syrup, but they work better with organic white and brown sugar. Healthy white chocolate chips and marshmallows are harder to find, but check health-food stores and online.

Ingredients:

- 1 cup butter, at room temperature
- ¾ cup organic white sugar
- ¾ cup brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract or essence
- 1-2 drops culinary lavender oil (optional)
- 1¼ cups organic plain flour
- ½ teaspoon baking powder
- ¼ teaspoon sea salt
- 1 cup shredded or desiccated coconut
- ¾ cup white chocolate chips
- ¾ cup small marshmallows (or large, cut into pieces)

Instructions:

- Preheat oven to 180°C. Line a 23cm x 30cm baking pan with baking paper.
- Using an electric mixer, combine butter and sugars together until creamy. Add eggs, vanilla and lavender oil, mixing well.
- In a separate bowl, mix together flour, baking powder and salt. Add flour mixture to the batter slowly, then stir well. Add coconut, chocolate chips and marshmallows, blending together.
- Spread mixture into the prepared baking pan and cook for approximately 15 minutes, then check and cover loosely with baking paper so the top does not burn. Continue baking for 12-15 minutes longer. They should still be a little soft and chewy inside when done.
- Remove from oven and cool before cutting. Blondies will keep for up to five days in an airtight container or freeze for up to a month.

Buy the book

Recipe from *The Flavour of Joy* by Kate McAloon (InHouse Publishing, rrp \$57). Available from theflavourofjoy.com.

COURTENEY COX

Fave healthy foods: Roasted vegetables and mocktails (non-alcoholic margaritas). **Fave treats:** Hummus, margaritas and guacamole. She and Jennifer Aniston are said to have indulged in the Mexican specialties after Jen split from Brad Pitt.

MIRANDA KERR

Fave healthy foods: Salmon, roast chicken, quinoa and greens. **Fave treats:** Chia puddings, cream and chocolate.

GWYNETH PALTROW

Fave healthy foods: Tuna and roast chicken. **Fave treats:** Blondies – like a brownie but flavoured with white chocolate. See recipe left.

Online link:

https://static.youngliving.com/en-AU/IMAGES/NZ_Woman'sDay_230418.jpg

15/4/18

Landline Television Episode featuring Young Living

As seen in the media...



Landline
15/4/2018

REGIONAL AUSTRALIA

A morale-boosting cricket match on the bone-dry river bed of the once mighty Darling; The boom in Australia's native essential oils; Long-haired, long-horned Scottish Highland cattle thriving in Tasmania. #Landline

Broadcast 12:30pm Sun 15 Apr 2018. Published 1 week ago, available until 1:30pm on 15 May 2018.

57 minutes

+ ADD TO WATCH LIST ↗ SHARE

Online link:

<https://iview.abc.net.au/programs/landline/RA1801Q011S00#playing>

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

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

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



As seen in the media...

KORA™
ORGANICS

Online link:

<http://blog.koraorganics.com/the-joy-of-culinary-oils/>

4th April 2018, Chef Kate

THE JOY OF CULINARY OILS

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

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

KORA: What are culinary oils?

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

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

KORA: How do we use them?

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

I recommend the "toothpick" method to add stronger oils such as basil, dill, lavender, marjoram, oregano, German chamomile, rose, rosemary, and thyme to a recipe. Drop a clean toothpick into the bottle to achieve a tiny amount, before adding directly to your ingredients. *Remember not to double-dip!*

There are several ways of incorporating them:

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

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

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



As seen in the media...

1/3/18

Online link:

<http://www.newshub.co.nz/home/shows/2018/02/what-is-takes-to-cook-for-hollywood-s-hottest.html>

Newshub.
10 April 2018

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What is takes to cook for Hollywood's hottest

01/03/2018

Like 67



Cooking for anyone can be a lot of pressure... but what about cooking for some of the biggest celebrities in the world such as Dwayne the Rock Johnson, Orlando Bloom and Miranda Kerr?

Chef to the stars Kate McAloon spoke to Duncan Garner.

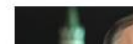
Watch the video for the full interview.



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Commonwealth behind opening wardrobe malfi



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Eat Like a Celebrity

By MINDFOOD | FEBRUARY 23, 2018



Five minutes with Chef to The Stars, Kate McAloon.

We caught up with the chef Hollywood's celebrities choose – Chef Kate McAloon – to discuss what it's like cooking for the stars, her favourite dishes and her Australia-New Zealand tour.

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

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

I cooked for my first celebrity clients, Megan Mullally (*Will and Grace*) and her husband Nick Offerman (*Parks and Recreation*) in 2005 on the island of Kauai, Hawaii when they were on holiday. Megan and Nick asked me to come to Los Angeles to cook for them because their current personal chef was leaving to open her own restaurant. I packed up and headed to L.A. which led me to cook for my star-studded client list and enjoy many cooking adventures with the rich and famous. I really feel I was 'given' my celebrity clients for a reason, and if it helps to reach others on their path to healthy eating and living a joyful life, so be it! Now it's my turn to give back by sharing some of the knowledge I have gleaned from my years of cooking.

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

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

Online link:

<https://www.mindfood.com/article/celeb-chef-kate-mcaloon/>



As seen in the media...

19/2/18

As seen in the media...



Online link:

<https://www.bridesdiary.com.au/blogs/posts/595/young-living-essential-oils>

Young Living Essential Oils

These pure essential oils will help you prepare for your wedding, achieve that bridal 'glow', and make the stress of planning drift away!



Essential oils are truly precious and a centuries-old beauty secret, even our great grandmothers used them to enhance their complexion and boost their mood. You can use them in so many ways – for a massage, relaxing bath, as a special, top-secret ingredient in a meal ([click here](#)) to see how you could incorporate an essential oil into a recipe, as a part of your beauty routine, as a captivating fragrance or as an air-freshener which adds ambience and a delightful aroma to your home. Young Living has a fantastic range of products you can use before and on your wedding day!

During the wedding planning process, many brides and grooms are looking to combat stress, and Young Living has some great essential oil blends to help them feel better and more relaxed. Their [Stress Away Essential Oil](#) which is a unique blend of lime, cedarwood, vanilla, ootiba, copaiba and lavender. You can apply the oil on your wrists, neck, temples or behind your knees for instant relief and diffuse those tensions for up to one hour three times a day, add to your bath, massage into your feet before bedtime or even use as a cooling summer perfume. You can also use the Relaxation Massage Oil which combines tangerine, peppermint, lavender, spearmint, ylang ylang, coriander, bergamot and geranium.



And if you want to awaken the feeling of romance, use the [Sensation](#) blend which is feminine, fragrant, refreshing and uplifting. Mixing together coriander, ylang ylang, bergamot, jasmine and geranium, it encourages feelings of love and affection! Just spritz a few drops on your bedding to set the mood, add a dash of it to your night time moisturiser to nourish and hydrate your skin or wear it as a wedding day perfume!

Choose from a wide range of essential oil singles to target specific beauty goals. [Lavender](#) helps heal skin irritations, geranium balances oil production and makes a great addition to moisturisers, ylang ylang is great for oily or acne-prone skin, lemongrass will tone the skin and enhance its inner glow and clary sage has anti-ageing properties.

Young Living has their own range of beauty products which are infused with essential oils and free from harmful chemicals. Their facial care products include all-natural serums, creams, washes and scrubs designed to leave your skin soft, supple, clean and rejuvenated, while their bath and body care range includes luxurious shower gels, hair products, lotions and soaps. You can also purchase mineral-based foundations, eyeshadows, lipsticks, lip glosses, bronzers, blushers and other items from their exquisite Savvy Minerals make-up range.

Additionally, they offer innovative tools and accessories to boost the effect of their magnificent essential oils. Their diffusers feature spill-proof designs, remote controls, USB ports, ultrasonic technology, LED lights and great child-friendly decorations and accessories include bottle organisers, cosmetic bags, display cases, glass droppers and even the stunning Aroma Dome which lets you create an enclosed area in your home for the concentrated diffusion of essential oils and which is designed to be used with the AromaLuxe Atomizing Diffuser.

We also recommend their wellness range in the lead up to your big day because these products have been developed for total body health. You can purchase healthy snacks, multivitamins, antioxidants, liquid wellness, healthy energy drinks and age-based nutrition.

Visit Young Living

As seen in the media...

NEWCASTLE HERALD



1. Golden Door at Home cookbook \$49.95. A collection of 110 wholesome recipes to help you develop a calm and inspired approach to food and nutrition. goldendoor.com.au/product/golden-door-at-home-cook-book/
2. Young Living - Essential Culinary Oils - Lemon \$23.00. Young Living's natural solutions empower you to dodge harmful chemicals, enrich your life and reclaim your natural radiance. www.youngliving.com.au
3. Australian Manuka honey. \$31.69 for medium strength. With very high antibacterial 'powers', Australian Manuka honey is increasingly being accepted as a natural remedy to aid in healthy digestion, help boost your immune system, and can also be used on wounds and burns. berringa.com
4. Amhara Bamboo Fibre Salad Servers \$5. Lightweight but durable, these resin salad servers are simple and classic in design, complementing any style of tableware. Set of 2. Dishwasher safe. thedesignedit.com.au
5. FreshPaper Bread. Starter pack \$21.95. FreshPaper is a small piece of compostable, recyclable paper infused with a secret combination of organic spices, which has the ability to keep your fruit and vegetables fresh for up to two to four times longer. freshpaper.com.au
6. Honeybee wraps. Set of 3 \$35. Beeswax and cotton or hemp wraps are a versatile food wrap system that keeps food fresh longer without using plastic wrap. A stylish way to carry your food and ensure its freshness without costing the earth. biome.com.au

As seen in the media...

Feb/March 2018 issue

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As seen in the media...

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Pg 98.



As seen in the media...

4/1/18

Home



3 STEPS TO A CHEMICAL-FREE SUMMER CLEAN

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

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

2 BE GENTLE
Use a powerful yet gentle all-purpose cleaner, such as Young Living's Thieves Household Cleaner (\$39.50), to wipe down furniture. With 100 per cent plant and mineral-based ingredients, this biodegradable and ecologically friendly cleaner is a great

way to purify your home without toxic chemicals.

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

More eco-friendly cleaning goods

- 1 Organic Bathroom & Glass Cleaner \$12.95
- 2 Resparkle Bicarb Cream Cleanser 550g \$14.95
- 3 OurEco Floor Wash Bondi Wash \$15




As seen in the media...

20/12/17

NoosaNews

Last-minute gift ideas



Hallmark's Itty Bittys may be small, but they are big fun (RRP\$9.99). The perfect gift for a pop-culture or comic fan. Available at Coles, Kmart, Target, NewsKpress, Lucky Charm.



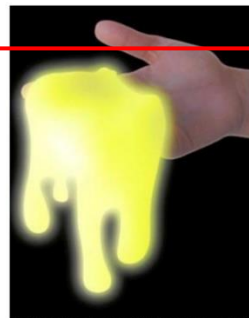
Cancer Council's Pop-up cabana is the perfect addition for a day at the beach or backyard soiree. Available in medium (\$99.95) or family (\$139.95) sizes. PHOTOS: CONTRIBUTED



Lavender Pamper Pack: Lean back on the bath pillow and breathe in the calming floral scent of Lavender Bath & Shower Gel. Then, treat your skin to the moisturising and hydrating benefits of Lavender Hand & Body Lotion. (\$99.40) from youngliving.com.au.



Victa Swift-Start Blower/Vac (RRP \$279) features a cruise control function perfect for tidying large areas. Swift-Start Auto Choke and Soft Start System. Available from Bunnings.



The fidget spinner is out and the latest craze sweeping the Coast is slime. Blue Brown Bag at Cooroy has glow in the dark slime!! This gift is sure to impress any child.

As seen in the media...

20/12/17



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

Simple and luxe essentials

FOR some people, it can be a challenge to get to a place of inner-peace, while at home.

Whether it's kids or the issue of time – it's not impossible.

Here are some simple home essentials that may help:

■ DRYER BALLS

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

A great option are dryer balls.

Young Living general manager of Australia said the Young Living Wool Dryer

balls can reduce time and leave your sheets with relaxing scents.

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

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

■ EYE REST

Stress often leaves people with puffy looking eyes.

One quick fix are under

eye gel patches while kicking up your feet and watching TV.

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

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

■ BATH TIME

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

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

As seen in the media...

19/12/17

HOW TO STEAL SOME ME-TIME

Enjoy every moment of your social get-together

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

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

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

Make a cuppa
There's no better way to unwind than with a hot cuppa. Not only calming, herbal teas are full of antioxidants, too. Pukka Relax, \$7.95, has soothing chamomile, fennel seed and marshmallow root. Visit pukkaherbs.com.au

3 OF THE BEST... anxiety busters

1. For when it's all just too much, roll on, breathe in and relax! This Works Stress Check Breathe In \$29
2. Calming essential oils are rich in medicinal compounds that relax the nervous system. Young Living Essential Oil in Peace & Calming \$74.90
3. Eliminate coffee jitters with a fun caffeine-free alternative. Nutra Organics Mermaid Latte \$19.95

Health



SURE-FIRE CONVERSATION STARTERS

People management specialist **KAREN GATELY** gives her tips on mastering small talk when you're feeling shy

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

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

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

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

TURN PAGE FOR MORE ADVICE





As seen in the media...

27/11/17

Perth



As seen in the media...



herald  food

Chef to the stars

 food
JENNY D'ANGER

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

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

"When I was super busy I'd do brunch in the morning and the Spielberg's in the afternoon," she says.

McAloon has whipped up breakfast, lunch and dinner for a

bunch of famous stars, including Miranda Kerr and Orlando Bloom, and was Courtney Cox's chef for four years.

McAloon's in Australia to spruik her cook book *The Flavour of Joy*, and is giving a series of talks on cooking with oil, in this case Young Living organic essential oils.

Born with a mixing spoon in her mouth and a natural talent for amazing flavours, McAloon uses a range of 35 oils, including cinnamon, celery, lime and ginger, in a swag of her own recipes.

"I like to finish with an oil—you can put it in ahead of time but at the end it adds vibrancy," she says.

"I spray it on, drop it on, and with a roast chicken I put some in the oil, and at the end spray

or brush with more."

Cardamon, and all the citrus flavours are McAloon's favourite. "Cardamon is amazing—I love it in a latte."

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

Her cooking career took off in Hawaii, when McAloon dropped into a real estate office to promote her feng shui services.

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

"I cooked for them for three weeks," McAloon says.

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

Preparing food for finicky stars isn't as tricky as it sounds, McAloon says.

"I can make everything flavoursome," she says.

"And I understand how to make flavoursome vegetarian and vegan."

McAloon is passing on her years of experience at a workshop at the Hilton CCYC, Paget Street on Monday, December 4, 7-9pm. For more info go to flavourofjoy.com. Tix \$55 trybooking.com/KMcAloon.



23/11/17



As seen in the media...

BETTER BEAUTY

for the gents

- 1 Keep his handsome** good looks safe from the sun, Regeneration Age Resisting Day Cream SPF15, \$18.99, Simple, ♥Priceline
- 2 Solve all his dry skin** woes with a multi-purpose moisturising cream, Men Creme, \$7.99, Nivea, ♥Priceline
- 3 Make his good hair** days a regular event, Men Deep Clean Shampoo and Styling Fibre, \$15.99 each, Toni & Guy, ♥Priceline
- 4 Spoil him with a great** new fragrance, Obsessed for Men eau de toilette spray, 125ml, \$99, Calvin Klein, ♥Priceline
- 5 Help him relax** anytime, anywhere, with a blissfully soft eye mask, Sleep Mask, \$45, Slip
- 6 Keep his skin clear** and clean, with Pure Active Intensive 3 in 1 Charcoal Anti-Blackhead, \$12.95, Garnier SkinActive, ♥Priceline
- 7 Give his hands** a dose of TLC, Tough Hands Intensive Skin Repair, \$11.95, DUIT, ♥Priceline
- 8 Pamper his skin** with a refreshing, 100% plant-based aftershave, Shutran Aftershave Lotion, \$42.50, Young Living
- 9 Help his skin feel even better** after showering with a cleansing and hydrated wash, Men's Body Wash, \$13.95, Sukin, ♥Priceline
- 10 Send his senses** to the tropics and help protect his skin, with Moisturising Sun Tan Oil Spray SPF30, \$15.99, Reef, ♥Priceline
- 11 Remove any excuses** he has for not keeping his beard looking trim and terrific, Beard Trimmer, \$79, Braun, ♥Priceline
- 12 Treat him to the works** with a box of head-to-toe products, DMAN Essential Grooming Kit, \$49.95, De Lorenzo

i FOR SHOPPING DETAILS, SEE STOCKISTS PAGE

As seen in the media...



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

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

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

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

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

Of course, I'm preaching to the converted. Gwyneth Paltrow, Kristen Cavallari, Jenna Dewan Tatum and Gisele Bündchen have all promoted the alternative therapy as a must in their daily routines. All of these women have seemingly found the fountain of youth and beauty and I will unashamedly jump on in if it means I can look like Gisele.

She named Young Living Essential Oils lavender oil as one of her favourites.

For me, lavender induces vivid flashbacks to my nan's house, but each to their own.

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

Try adding another sensory element, such as iKou's de-stress salts, to the experience of a hot, steamy bath.

For a daily dose of aromatherapy, Natio's skincare is an accessible option.



WE LOVE

1. IF YOUNG LIVING'S LAVENDER ESSENTIAL OIL IS GOOD ENOUGH FOR GISELE BÜNDCHEN, IT'S GOOD ENOUGH FOR US, SAYS YOUNG LIVING.COM.AU
2. BOLD DE-STRESS AROMATHERAPY BATH SOAK CONTAINS ESSENTIAL OILS INCLUDING GERANIAL, CLEVERISTINE AND PATCHOULI ESTER, INDOLICOLAU
3. ROSEWATER WITH NATIO GENTLE CREAM-GEL FACE CLEANSER HAS A SPOONING SCENT: DEUS, NATIO.COM.AU
4. TAKE A LOAD OFF WITH A SHIRT OF DE-STRESS FRANKINCENSE PURE ESSENTIAL OIL, SUE AROMATHERAPYASSOCIATES.COM.AU

As seen in the media...

03/11/17



This is Miranda Kerr's day on a plate, according to her former chef

bodyandsoul.com.au



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



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

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

McAloon, who also dishes up her farm-to-table feeds for the likes of Gwyneth Paltow, Steven Spielberg, Nick Offerman and Courtney Cox, is known for her "healthy and delicious" menus and tailored approach.

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

Breakfast

Chia pudding.

Mid-morning snack

Hummus with fresh herbs and garlic accompanied by raw vegetable crudité's or rice crackers.

Lunch

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

Afternoon snack

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

Dinner

Tamari and lemon roasted chicken.

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

As seen in the media...

16/10/17



natural beauty: *Gorgeous picks*

Lip service
Don't suffer from cracked lips this spring: we like Young Living's Cinnamon organic and vegan lip balm, enriched with sandalwood oil. www.youngliving.com.au



In-flight friends
Before you board your flight, pack: Clemence Organics Travel Essentials (\$89.95, www.clemenceorganics.com) with Ultimate Lips, Tone + Hydrate Spritz, and Ultimate SOS Balm; Lano Everywhere Multi Cream (\$18.95; David Jones and Priceline) which multi-tasks as a day cream, night cream, hand cream, even lip primer; and Burt's Bees Facial Cleansing Towelettes with Cucumber and Sage (\$9.95; Priceline), a handy way to cleanse skin without having to queue for a plane bathroom.



Road test: B Peel
Sometimes peels cause redness, but as Alex Cosmetics' skincare expert Sue Dann explains, the pure herbs, natural proteins, vitamins and enzymes in B Peel provide a gentle epidermal action to improve dullness, wrinkles, sagging and pigmentation with zero downtime. You'll see a difference after just one treatment, but a course of six is recommended for best results. Available at spas and salons (\$240.00, call Omniderm on 1300 3012 007 or visit www.herbalpeel.com).





3 to avoid ...

Triclosan
A powerful antibacterial preservative used in antiperspirants, hand sanitisers, and toothpaste, this potential endocrine disruptor was recently banned from inclusion in soap by the US Food & Drug Administration. Liezel Barnard, Weleda naturopath, says liquorice root extract and witch hazel are alternatives. Try: Weleda 24-hour Deodorant (\$16.95, www.weleda.com.au)

Sulphates
Foaming agents in shampoo and body wash which can be harsh and drying, and cause dermatitis. Tanya Felli, creator of Ivodore, suggests natural plant-derived surfactants like decyl glucoside instead, which removes dirt and make-up without irritation. Try: Ivodore Unearth Vitamin C Gel Cleanser (\$38.00, www.ivodore.com.au)

Propylene glycol
A petrochemical-derived ingredient, this allows a product to glide onto skin, but can also cause allergies. Saccharide isomerate, an emollient and moisturising complex carbohydrate, is a natural alternative. Try: Natural Instinct Plump & Renew Serum (\$21.95, www.naturalinstinct.com.au)



Star ingredient: Micellar water
Is it a case of water turning into wine? All eyes are on these clever little micelles (oil-like molecules) which attract grease and grime, and so turn plain old H₂O into a multi-tasking cleansing magician without having to turn on a tap! Try: A'kin Micellar Water (\$14.95; David Jones and Priceline).



As seen in the media...

11/10/17

WOLLONDILLY
Advertiser



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

Simple and luxe essentials

FOR some people, it can be a challenge to get to a place of inner-peace, while at home.

Whether it's kids or the issue of time – it's not impossible.

Here are some simple home essentials that may help:

■ DRYER BALLS

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

A great option are dryer balls.

Young Living general manager of Australia said the Young Living Wool Dryer

balls can reduce time and leave your sheets with relaxing scents.

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

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

■ EYE REST

Stress often leaves people with puffy looking eyes.

One quick fix are under

eye gel patches while kicking up your feet and watching TV.

An example is Nerium International's under eye hydrogel patches *EYE-V Moistyre Boost*.

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

■ BATH TIME

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

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

As seen in the media...

11/10/17

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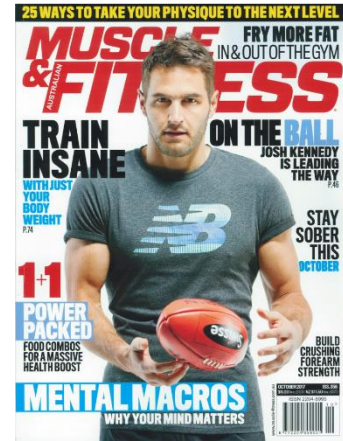
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As seen in the media...

5/10/17



GYM BAG EDGE

KEEP YOUR COOL

Smart products to keep you looking and feeling at your very best.

BRUT
The essential Aussie scent. Brut is proud to stand up and speak out against domestic violence towards women, in a new partnership with White Ribbon Australia. A donation from every specially marked can will go to the charity.
brut.com.au

YOUNG LIVING
Cool Azul Sports Gel delivers a cooling sensation to the skin with a unique, plant-based formula that includes pure essential oils, while Shutran Shave Cream is made to deliver an incredibly close, smooth shave.
youngliving.com/en_AU

NEW BALANCE
The heat is on with summer fast approaching. Add New Balance's Made for Movement Seamless Short Sleeve Top with NB ICE - a sweat-activated cooling technology - to your gym bag to stay cool when the weather - or your workout - heats up.
newbalance.com.au

COOLXCHANGE
A revolutionary reusable compression and cooling gel bandage. CoolXchange is instantly cooling - perfect for warming up before a workout or to cool down muscles and speed up recovery after exercise. Light, portable and reusable. Easy!
coolchange.com.au

PURE WARRIOR
100% WPI is a high-performance, pure whey protein isolate formula that supports muscle recovery and growth. Extreme Bulk has muscle building amino acids to build muscle mass faster when combined with weight training.
swisse.com/en-au

OCTOBER 2017 / MUSCLE & FITNESS 17

As seen in the media...

19/09/17

The Daily Telegraph

Online link:

<http://www.dailytelegraph.com.au/entertainment/sydney-confidential/miranda-kerrs-former-personal-chef-kate-mcaloon-reveals-moderation-is-the-key-to-a-victoria-secret-body/news-story/146070419f63a588dcf3faec718faa06>

Celebrity chef serves up some juicy details

Aussie supermodel among clients

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

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

"There are lots of dos, don'ts and maybes with celebrities," she said.

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

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

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

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

McAloon revealed **Kerr** was a big fan of her special curry

and chocolate coconut torte.

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

The author was the long-time chef for **Cox** and then-husband **David Arquette**. McAloon revealed she catered for many long lunches for the **Friends** stars at **Cox's** home.

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

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

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

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

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

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



As seen in the media...

19/09/17



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

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

CELEBRITY chef Kate McAloon has cooked for Miranda Kerr, Gwyneth Paltrow and Steven Spielberg, but it was a happy accident that landed her a career breaking bread with Hollywood's biggest names.

"It was 2005 and I was in Hawaii, when someone came running out of this office saying, 'We have these people who need to be fed for the next three weeks'," McAloon told news.com.au.

Those "people" were *Parks and Recreation* stars Nick Offerman and his wife Megan Mullally, who also plays the iconic Karen on *Will and Grace*.

"Their chef was leaving and they knew I was a chef too, so I cooked for them. They recommended me to Courteney Cox and then everybody else kept calling," McAloon said.

McAloon, 59, became a regular at the Malibu home Cox shared with her then husband David Arquette. She was their personal chef for four years.

"They used to have lots of people over every Sunday. Sometimes it could be 15 people, sometimes it was 50," McAloon said.

"Whatever the number, she always lobbed it at me and I said 'No problems'.

"There was the one time I grabbed the olive oil instead of the regala to put in Courtney's margaritas, but otherwise things were pretty good," she joked.

McAloon puts her successful career down to the fact that her food "tastes good and is healthy".

She is calm under pressure when plans change at the last minute and has no issues catering for any demanding celebrity diets.

"If you want to eat the lawn, that's OK, as long as I know ahead of time," she said.

Here she spills the beans on what it was like cooking for her biggest A-list clients.

MIRANDA KERR



Model Miranda Kerr and Orlando Bloom pictured in 2012. Picture: Kevork Djansazian/Getty Images. Source: Supplied

"Miranda's great. She walks the talk ... she really does eat like she says she does," McAloon said.

"I met Miranda when she was with Orlando [Bloom]. They both love my curries, light chicken or vegetarian curries with coconut, as well as quinoa, salmon and vegetables. I do a chicken salad with a lot of fresh herbs and chia puddings for breakfast.

"She tries not to eat anything with chemicals, no rice, just the lower GI carbs. But she has the 80/20 rule that she sticks to ... so eating healthily 80 per cent of the time and having a treat the other 20 per cent."

GWYNETH PALTROW



Gwyneth Paltrow and Chris Martin in 2014. Picture: Collin Young-Wolf/Invision/AP. Source: Supplied

"When I first started cooking for Gwyneth and Chris Martin [the pair were married for 10 years but 'consciously uncoupled' in 2014], it was when she was doing the first *Iron Man* movie," McAloon said.

"I had a brief from their assistants ... they eat nothing. They are very strict. They avoided any sugars, anything sweet, no dairy, just more vegetables.

"When I got there I was trying to stick to the brief and I realised as I started adding more ingredients in, they said 'Your food is getting better'. That's what happens when you eat more than grass."

STEVEN SPIELBERG

"Steven's kitchen is excellent and his wife Kate [Chapman] is amazing. They love cooking a lot. One time at their house I chipped a piece off their amazing counter top.

"I started to cry and she could have fired me easily, but she loved my food so she said 'Don't worry about it'. That was a relief."

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

Online link:

<http://www.news.com.au/lifestyle/health/diet/celebrity-chef-kate-mcaloon-on-what-its-like-to-cook-for-hollywood-celebs/news-story/8168a7ac32af439e20a2a1ad537cd544>

As seen in the media...

15/09/17



Label Loves...

What we are loving this season

1



◀ EVODIA VICTORIAN ROSE BODY MIST

Evodia encapsulates the blossoming romance of spring, a perfect pick me up on a cloudy day.

\$25.95, www.evodia.com.au

2



▶ ENDLESS CANDLES MARSHMALLOW AND MUSK HAND CREAM

Take your hands to candy land with the musk hand cream we are mad for. Hydrate and protect the hands and nails.

\$22.95, www.endlesscandles.com.au

3



▶ MINIMALIST LARIAT NECKTIE IN ROSE GOLD

Minimalist uses faux suede and metal alloy to create a convertible accessory design to wrap around your neck, wrist or just about anywhere your imagination desires.

\$5, www.minimalist.com.au

4



◀ YOUNG LIVING DRYER BALL PACK

Give your family the high-quality natural living benefits they deserve with the Young Living Dryer Ball pack made with genuine, high quality essential oils.

\$42.45, www.youngliving.com.au

5



▶ TANTALISING TANDA

Be captivated by notes of roasted coffee and dark chocolate in TANDA Modern's Melbourne candle. The pure soy wax, vegan candles are complete with natural soft wood wicks for an elegant burn.

\$29.95, www.tandamodern.com.au

FEEL GOOD TAN



The official Miss Universe Queensland Australia Spray Tanning Salon

- Best two hour spray tan on the Gold Coast
- Award-winning Techno Tan, Mediterranean and St Tropez Spray Tan
- Discounts available for multiple spray sessions and trials for weddings/formals

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Cnr Ferry Road & Drury Avenue Southport
feelgoodtan@bigpond.com

As seen in the media...

13/09/17

Camden · Narellan
Advertiser



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

Simple and luxe essentials

FOR some people, it can be a challenge to get to a place of inner-peace, while at home.

Whether it's kids or the issue of time – it's not impossible.

Here are some simple home essentials that may help:

■ DRYER BALLS

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

A great option are dryer balls.

Young Living general manager of Australia said the Young Living Wool Dryer

balls can reduce time and leave your sheets with relaxing scents.

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

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

■ EYE REST

Stress often leaves people with puffy looking eyes.

One quick fix are under

eye gel patches while kicking up your feet and watching TV.

An example is Nerium International's under eye hydrogel patches *EYE-V Moistyre Boost*.

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

■ BATH TIME

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

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

As seen in the media...

28/08/17



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As seen in the media...

21/08/17



As seen in the media...



Brekkie time

THE STICK: you over-ate your eggwhite scramble in winter, but don't want to undo all your hard earned healthy eating with chemical-laden cereals come spring.

THE FIX: a tasty mix of nuts, berries and grains, plus some pure vanilla and Saigon cinnamon for added zing, Young Living's Einkorn Granola is the perfect brekkie whatever your mood. You can eat it hot or cold with some yoghurt, and it's sans high-fructose corn syrup and any artificial colours, flavours or preservatives. \$14.30, youngliving.com.au

first word

SPRING SERVES

It's that time of year again: the sun is shining and the standout headwear is appearing, which usually calls for pre-spring race day nibbles and champers. If it's your turn to host, serve your fruit-filled and full-fat dairy delicacies on these super cute platters courtesy of Salt & Pepper FROMAGE range. Measuring a solid 40cm in porcelain or timber versions, they're sure to be a hit with the squad. \$49.95, Pronged Knife 20cm \$9.95, saltandpepper.com.au



COOK

A FRUITFUL THOUGHT

Add blood oranges to your platter mix: they're in season and a new health report published by nutritionist, exercise physiologist and author Kathleen Alleaume reveals they have nine times the antioxidants and double the vitamin A of navel oranges; plus, a raft of beneficial phytonutrients associated with improved cardiovascular health and protection from UV cell damage. Also, let's be honest – they're more affordable than berries. Here's hoping you back a winner as good as your platter, redbellycitrus.com.au

SUPERFOOD BREAD & BUTTER PUDDING SERVES 6-8



We love bread and butter pudding any time of the year, but we love it even more when it contains superfood goji berries and low-sugar melted chocolate that's naturally sweetened with stevia. Cheers, Well Naturally (wellnaturally.com.au).

INGREDIENTS

- » 2 cups milk
- » ½ cup full fat Greek yoghurt
- » 5 free range eggs, lightly whisked
- » 2 heaped tbsp Natvia Baking
- » 2 tsp cinnamon
- » 1 tsp vanilla extract
- » 14 slices of stale bread, buttered on one side and halved into triangles
- » ½ cup Power Super Foods Goji Berries
- » ½ cup Power Super Foods Golden Berries
- » 2 x 90g Well Naturally Chocolate Creamy Milk/Rich Dark, with 1 half roughly chopped

METHOD

1. Preheat oven to 180°C. Grease a 20x30cm baking dish with a spray of olive oil.
2. In a medium sized bowl, whisk together milk, yoghurt, eggs, Natvia Baking, cinnamon and vanilla.
3. Place one ladle of the wet ingredients

into the baking dish and swirl around to coat the bottom.

4. To assemble the bread and butter pudding, place one layer of bread down, sprinkle with Power Super Foods Goji Berries and Golden Berries and a couple of pieces of the chopped Well Naturally Chocolate.
5. Begin the next layer, repeating step three and four until the dish is full.
6. Once full, spoon and press any remaining wet ingredients over the top, being sure to wet most of the bread. Sprinkle the top with extra Natvia Baking.
7. Bake at 180°C for 20-25 minutes or until the egg mix is cooked through and the tips of the bread are golden.
8. Once baked, melt the remaining Well Naturally Chocolate in the microwave for 30-second intervals, stirring with a metal spoon in between each interval until smooth.
9. To serve, drizzle the Well Naturally Chocolate over the top of the pudding.

As seen in the media...

15/08/17



Competitions THEWEEKLYREVIEW.COM.AU

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



WIN \ BED LINEN, WORTH \$339

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

● lorrainelea.com



WIN \ OILS PACK, WORTH \$487

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

● youngliving.com.au



WIN \ HEATER, WORTH \$777

Make spring warmer with radiant heaters from Caloray. Designed and engineered in Melbourne, the slim heaters are suitable for indoor and outdoor use. To celebrate winning this year's Good Design Award, Caloray is giving away one of its energy-efficient 2000-watt Caloray Disc heaters.

● caloray.com

As seen in the media...

4/08/17

▼ *Splash out*

For instant boiling, chilled and sparkling filtered water in your kitchen, Zip's HydroTap Platinum Design range now features eight on-trend colours including rose gold (shown here), brushed rose gold, gold, brushed gold, platinum, gunmetal, brushed nickel and nickel.



▼ *Pops of colour*

Bring the outdoors inside with Maxwell & Williams' new Cashmere Bloems range. Perfect for indulgent high teas, this elegant collection includes servingware, teapots and cups as well as glass champagne flutes and marble boards.



▼ *In the air*

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



Curved back

For comfort, style and sturdiness, you can't go past this Hanover timber frame occasional chair. \$2995 from Coco Republic. It's available in many cover options, from linen to velvet and more.

What a



Set up some smart style on your dining table with these easy-to-clean woven PVC Radison placemats in Charcoal, \$19 for a set of four from Lorraine Lea. They are also available in Cobalt, Linen and Red.



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1/08/17



Compiled by
Melissa Usher

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www.barefootgypsy.com.au



TABLE TIME *On trend*
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www.zanui.com.au



BBBYO TEA FLASKS
These stunning tea flasks are double-walled bottles made from heat resistant borosilicate glass with a stainless steel filter and neoprene carry case. The perfect solution to keep your favourite tea and coffee warm all day or fruit infused water cool. A must have this winter. Available in seven unique styles RRP \$44.
www.biome.com.au



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www.biome.com.au

DEWDROP ULTRASONIC DIFFUSER
Keep the winter blues away with this ultrasonic diffuser. Custom designed with up to four hours of continuous diffusion, automatic shut off and ambient light control. Perfect for any living space and is a must have this season. Young Living Dewdrop Ultrasonic Diffuser RRP \$138.15.
www.youngliving.com.au

TIP: Diffuse high quality essential oils to purify and calm your home. Young Living Lavender Essential Oil 15ml RRP \$49.99



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As seen in the media...

12/07/17



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

Simple and luxe essentials

FOR some people, it can be a challenge to get to a place of inner-peace, while at home.

Whether it's kids or the issue of time – it's not impossible.

Here are some simple home essentials that may help:

■ DRYER BALLS

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

A great option are dryer balls.

Young Living general manager of Australia said the Young Living Wool Dryer

balls can reduce time and leave your sheets with relaxing scents.

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

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

■ EYE REST

Stress often leaves people with puffy looking eyes.

One quick fix are under

eye gel patches while kicking up your feet and watching TV.

An example is Nerium International's under eye hydrogel patches *EYE-V Moisty Boost*.

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

■ BATH TIME

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

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

As seen in the media...

26/06/17

You may have noticed that Funk Fitness 247 is a little more colourful than the average gym. At Funk Fitness they know that the secret to results is consistency. When developing the concept the team at Funk wanted to ensure the club was designed in a way that promoted consistency. So they did their research and found that a vibrant and upbeat environment promoted member attendance. Starting with the design, right through to the smaller details, everything Funk does is designed to be motivating and uplifting.

The thing with fitness is you need to do it a lot. You may as well enjoy being in the space you train in. Over 700 square metres, the club is packed full of world-class equipment. There is something for everyone, doesn't matter what fitness level. Call in and have some fun training at Funk Fitness 247. Call 0499 090 848.

Minimalist Lariat Necktie in Rose Gold

Minimalist uses faux suede and metal alloy to create a convertible accessory design to wrap around your neck, wrist or just about anywhere your imagination desires. www.minimalistjewellery.com.au



lip smackers

Australian 100 percent natural lipstick brand luk beautifood's ultimate balm-to-lipstick encases your lips with 24 hour protection and luscious pigment. The best part? They're good enough to eat! Available in 12 signature shades. lukbeautifood.com

USE YOUR MELON

With watermelon predicted as Australia's biggest superfood trend for 2017, Aussies across the country will revel in not only the delicious taste of H2melon (all year round - thanks to long-life packaging!) but also the amazing health benefits watermelon is known for, like electrolyte potassium, amino acid L-Citrulline and antioxidant Lycopene. H2melon has no preservatives, no added sugar or artificial flavours, it's just one ingredient - delicious watermelon. It's also vegan-friendly, gluten free, so everyone with a thirst for deliciousness can enjoy it. Available from September. h2melon.com



pop of colour with the **Matte Liquid Lipstick** and revolutionary lip **Wing It Black Liquid** a quick-dry formula waterproof and long-lasting. **Liquid Lip Eraser** - long lasting matte lip

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Lupin Flakes is the packing a seriously are packed with protein of colon cancer and have the lowest GI legumes. Lupin Flakes you feel fuller for to a meal lower the day. thelupin.com



Eco Tan goes global

Eco Tan is recognised all over the globe for their certified organic and cruelty free range. The Gold Coasts very own Sonya Driver headed to London earlier this year to train staff at the holy grail of health food stores throughout London - The Planet Organic. The giant chain have taken on Eco Tan's organic products and have been selling out! So it looks like the Brit's are starting to learn what we at SLIM have known for years - Eco Tan is simply the best. ecotan.com.au

TMF LIP GLOSS

Lock in your lip moisture with Vitamin E, cocoa butter and kaolin clay to nourish, soften and improve the skin's tone and texture. Fit for a sheer look or on top of gloss, tmf blends beauty with nourishment and a non-drying texture. themakeupfactory.com.au



YOUNG LIVING DRYER BALL PACK

Give your family the high-quality natural living benefits they deserve with the Young Living Dryer Ball pack made with genuine, high quality essential oils. youngliving.com.au

SLIM magazine

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Emma Watson
BREAKING ALL THE RULES

win BIG WITH SLIM

"I WAS AT WAR WITH MY BODY FOR YEARS"
A personal weight-loss journey

Recipes to match your health and soul

As seen in the media...

25/06/17

betterhealth

Try these natural and entertaining life-improving ideas

KEEP YOUR EYES WELL

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



Sip a cuppa

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



Oh dry up

Made from all-natural wool, Young Living Dryer Balls help to regulate and maintain the temperature inside your clothes dryer and reduce static and wrinkles. To add a refreshing and relaxing scent, sprinkle five drops of lavender oil on each of the four balls before using. Dryer Balls and Lavender Essential Oil, \$41.95, Young Living. Visit youngliving.com.au.



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FROM OUR ADVERTISERS



Caltrate Bone & Muscle Health

It's important to keep our bones strong and healthy. Caltrate Bone & Muscle Health combines calcium to support bone strength, minerals to support bone flexibility, plus vitamin D to support muscle strength to help keep you moving. Always read the label, use only as directed. Vitamin supplements should not replace a balanced diet. ASH 27324-0217



Take a trip of self-discovery

Busy lives often involve reading nonfiction, so doing more of the same on weekends may not appeal. After publishing *Buddhism For Busy People* in 2004, David Michie discovered people were interested in the subject, but didn't read the book. He went on to write *The Dalai Lama's Cat* (Hay House, \$17.95), a story encapsulating Buddhist wisdom but written from the perspective of a cat. It's sure to engage your heart as well as your mind, even if you're not a cat lover. It's available from bookstores and hayhouse.com.au.

Smile-proof

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

Body loving

Nivea's Firming Body Oil combats skin concerns such as loss of firmness, uneven look, dryness and stretch marks. The intensively nourishing oil can improve appearance and give you noticeably firmer skin in two weeks. Nivea 4 In 1 Firming Body Oil, \$14.95. For more information, go to nivea.com.au.



Photo: Getty Images Stock

As seen in the media...

16/05/17



moniaschultheiss

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

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As seen in the media...

10/05/17

Hills News

hillsnews.com.au

YOUR HOME | LIFE



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

Spoil her: breakfast in bed

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

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

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

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

One example is wolfberry-apple porridge from Young Living's cookbook, 'Essential Lifestyle'.

The cookbook provides recipes with essential oils and promotes healthy eating.

INGREDIENTS

- 1 Cup quinoa
- 2-3 cups soy milk
- 1 apple, chopped
- 1 tbsp. YL blue agave
- 1/3 cup YL ningXia dried wolfberries
- 3 drops YL cinnamon bark essential oil

INSTRUCTIONS

(MAKES 3-4 SERVINGS)

Bring quinoa and two cups of soy milk to boil. Reduce heat and simmer for 2-3 minutes.

Add apples, wolfberries and cinnamon bark essential oil. Cook for another two minutes. If porridge starts to stick or becomes too thick, add more soy milk. Cook until all soy milk is absorbed.

Serve porridge in small bowls. Drizzle blue agave over the top. Add warmed milk to porridge if desired.

www.youngliving.com.au

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04/05/17

Gold Coast Bulletin

Some of the high performers attending the last Young Living Symposium on the Gold Coast.

DISTRIBUTORS HAVE THE GOOD OIL ON YOUNG LIVING SUCCESS

JENNY ROGERS
jenny.rogers@news.com.au

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

Around 800 of its top performing salespeople will descend on the Glitter Strip for Young Living's Australian symposium.

Half of those are arriving from around Australia for the two-day "wellness and educational event" at The Star. And 400 International

Diamond members who flew in from 14 different countries have been here since Tuesday enjoying the sights of the Gold Coast.

"This is the second time we have held the symposium at the Gold Coast because our 2015 event was such a success," Kristen Tod, Young Living Australia managing director, said.

"This time we have booked out around 150 rooms at The Star.

"The event is all about

educating attendees on the latest research into the benefits of using essential oils in daily life and showcasing some of the top international speakers.

"We also want to reward our top people.

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

Young Living started in 1993, when founders D. Gary Young and Mary Young developed an organic herb farm and distillation operation in Utah in the US.

They went on to build an essential oils empire headquartered in Utah, with offices in Australia, Europe, Canada, Japan, and Singapore, as well as farms around the world.

The direct marketing company cracked \$1 billion in sales in 2015, Ms Tod said.

"In Australia, Young Living has managed to grow month-on-month sales for 18 years," she said.

Young Living's main products include essential oils and blends. It also includes skin-care, bath and body products, and nutritional supplements, infused with essential oil blends.

With more than 300 products in its core range, the company claims to have the world's largest line of essential oils and blends.

Fresh blow for CuDeco

THE bats keep coming at CuDeco. The embattled producer late yesterday said its financial boss David Windsor had resigned after just four months with the company.

Interim chairman Paul Hutchison said Mr Windsor had made "the difficult decision" to leave because the company had "changed strategic focus" since he was replaced by former managing director Dr Diarmuid Chen, who took a Perth-based role.

Dr Chen left CuDeco in February after less than a year in the job.

The firm's CEO Mark Gregory said it was "unfortunate" that CuDeco's head office in Rocklands, previously near Cloncurry "did not support" a business model with its head of finance was based in Perth.

Kathmandu share boom

KATHMANDU shares after the adventure retailer's sales grew strong the third quarter.

Kathmandu's sales jumped 11.5 per cent for the 13 weeks to April. Total group sales rose 10 per cent due, the company said, to better promotions and sales of new products.

However, it added that its first half and July will rival its full-year performance.

Investors were driving the company up 9 per cent to 4.79 per share.

The company uses to invest in boost its website.

The company eventually had 18

Cost of housing entrenches rich-poor divide, says L

LIAM WALSH

AUSTRALIA'S top banker has warned that high property prices risk helping entrench children into divides of rich

within society," Reserve Bank of Australia Governor Philip Lowe told a Brisbane lunch yesterday.

"Because if you come from a wealthy family - you've got the bank of mum and dad that

harder to get into the housing market than it once was. And I think that's a social problem.

"(It's) nothing the Reserve Bank can do anything about. But I think it's quite a significant issue - it affects the mobility within society and

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

He shot down notions, recently raised in political circles, of letting young people tap

affordability by adding to demand," he said.

"You address it by adding to supply - it's the supply of dwellings and the supply of well-located land."

Dr Lowe said any economic downturn could become

high level.

"The end contraction they try to sheets back

be said. But be regulators about the b

As seen in the media...

28/04/17

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"I have a greater emotional depth now that I'm a mum... it's been a beautiful emotional shift"

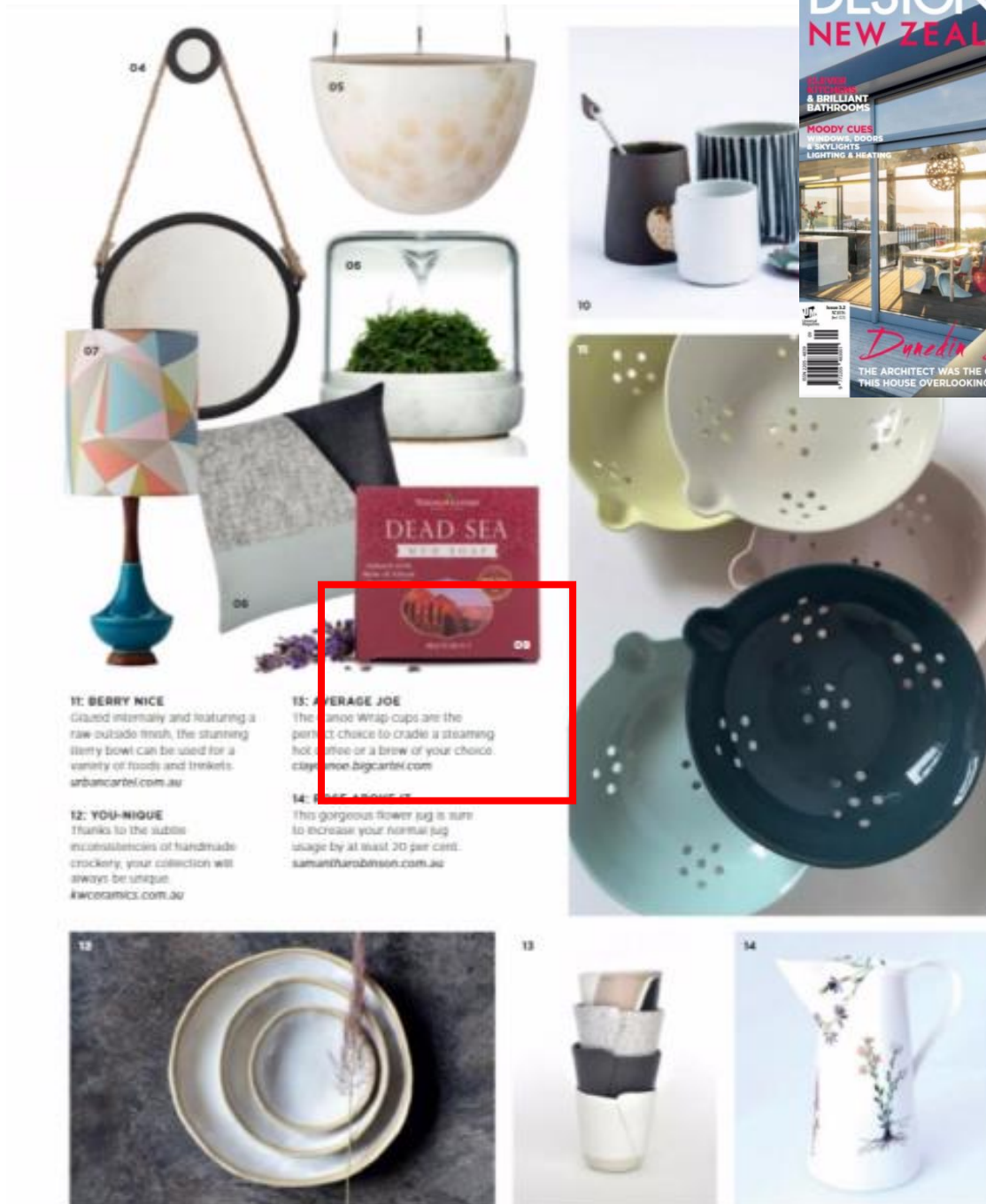
"I'm really into my nightly baths. I mix Young Living Essential Oil in Thieves with Epsom salts," says Gwyneth Paltrow

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Keep fit and healthy with daily dance-inspired workouts, healthy meal plans and meditation. Rachael Finch has launched a four-week online program and, best of all, no dance experience is needed, just a positive attitude. Prepare to have fun while you burn kilojoules and improve flexibility. As for her meal programs, they're not about giving up what you love, but about learning to love it in moderation and enjoy new taste experiences. The monthly program costs \$49. For more information about Body Of Dance, check out bodbyfinch.com.

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



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



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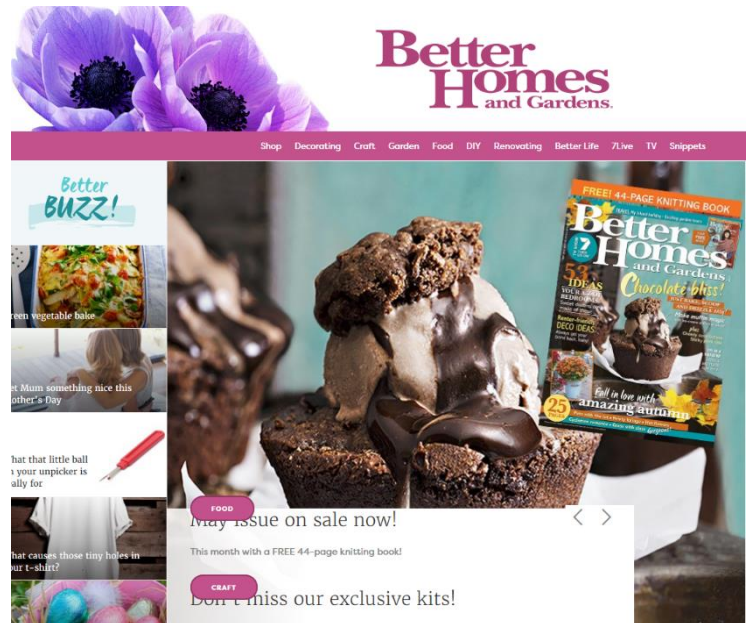
Twinnings are celebrating the 300th anniversary of opening their first tea house to welcome women in London. They are launching a new blend and Australians can vote for one of the four final pack designs, which have been created by Carrie Bickmore, Emma Freedman, Samantha Harris and Nicole Kidman. For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





As seen in the media...

03/04/17



Young Living Essential Oils Diffuser, \$361.85

Pulse essential oils around the house with her new nifty-looking device. [Get It here.](#)

As seen in the media...

27/03/17

COLAC
Herald

Treat for chocoholics

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

The Colac Herald also has an exclusive Easter Pack (RRP \$78.25) that includes three of

Young Living's culinary essential oils, Ginger, Cinnamon Bark and Nutmeg, courtesy of Young Living.

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

www.youngliving.com.au

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

PREP TIME - 30mins | MAKES A DOZEN TRUFFLES

INGREDIENTS

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

INSTRUCTIONS

1. Place the chopped chocolate in the heat-proof bowl and set aside.
2. Combine the coconut oil, organic maple syrup, coconut milk and salt in a small saucepan and bring to a simmer (do not boil).
3. Pour the mixture over the reserved chopped chocolate. Let stand for 1-2 minutes, then stir gently until completely melted and smooth. Stir in the ground clove and Cinnamon Bark, Ginger & Nutmeg essential oils.
4. Refrigerate for approx. 2 hours, until mixture is just set.
5. With a small scoop or spoon, make 12 balls, rolling each between the palms of your hands until smooth. Place 1/4 cup of cocoa powder in the



bottom of a shallow plate or dish. Roll each truffle in the cocoa until coated. Refrigerate for at least 15 minutes until firm.

6. Remove from refrigerator and let stand at room

temperature 10 minutes before serving.

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

As seen in the media...

24/03/17

MYRTLEFORD
Times

IN MY KITCHEN



WITH WWW.YOUNGLIVING.COM.AU

Chocolate Easter Truffles

If you're looking to create some home made treats for the special people in your life this Easter, this tempting recipe for Chocolate Easter Truffles could be just the thing.

These truffles can be refrigerated in an airtight container for up to two weeks.

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

Method

1. Place the chopped chocolate in a heat proof bowl and set aside.
2. Combine the coconut oil, organic maple syrup, coconut milk and salt in a small saucepan and bring to a simmer (do not boil).
3. Pour the mixture over the reserved chopped chocolate. Let stand for 1-2 minutes, then stir gently until completely melted and smooth. Stir in the ground clove and cinnamon bark, ginger and nutmeg essential oils.
4. Refrigerate for approximately two hours, until mixture is just set.
5. With a small scoop or spoon,

make 12 balls, rolling each between the palm of your hands until smooth. Place ¼ cup of cocoa powder in the bottom of a shallow plate or dish. Roll each truffle in the cocoa until coated. Refrigerate for at least 15 minutes until firm.

6. Remove from refrigerator and let stand at room temperature 10 minutes before serving.

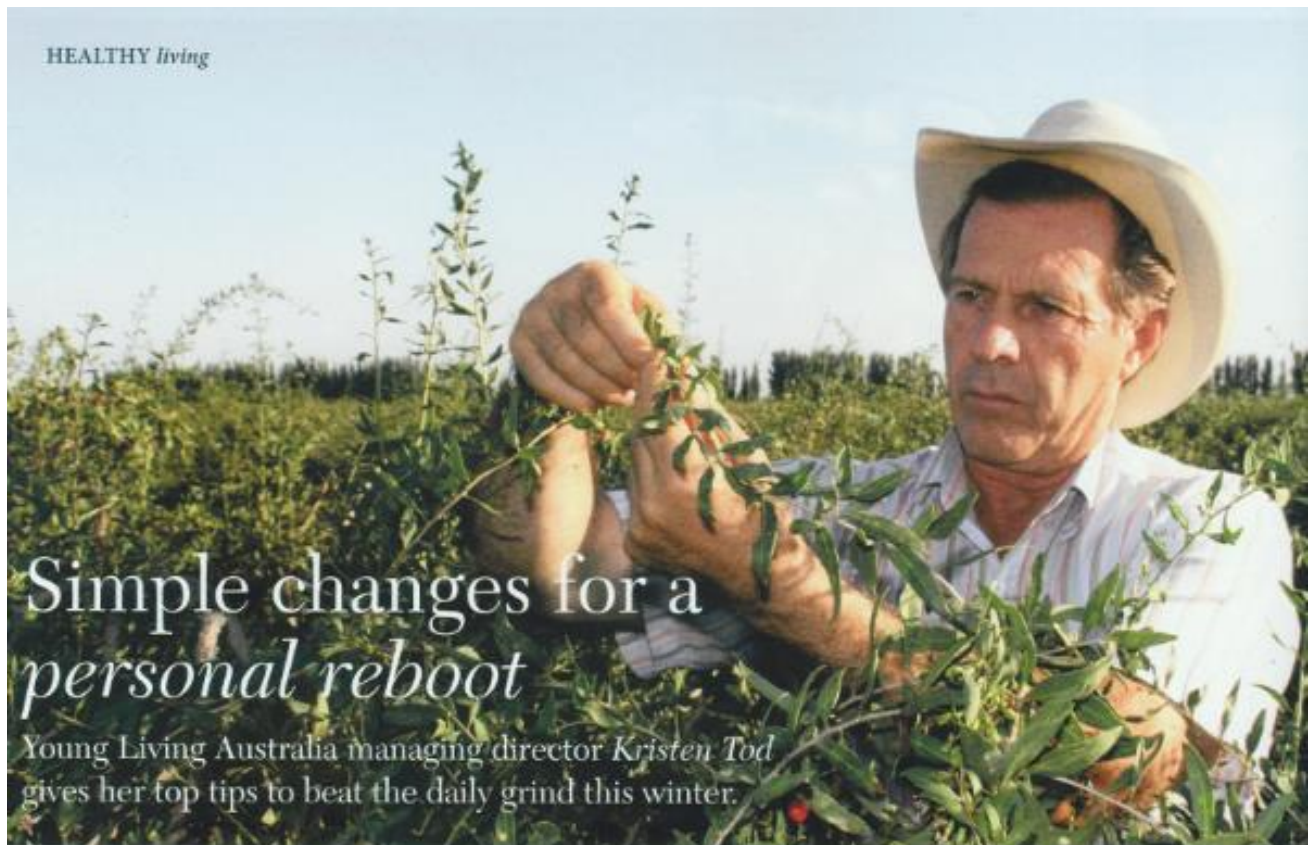
Chocolate Easter Truffles

- > 170gm 50 per cent dark chocolate, finely chopped
- > 1tbsp coconut oil
- > 1/3 cup coconut milk
- > 1 pinch sea salt
- > ½ tsp cloves, ground
- > 1tbsp organic maple syrup
- > 2 drops ginger essential oil
- > 2 drops cinnamon bark essential oil
- > 1 drop nutmeg essential oil
- > ¼ cup unsweetened cocoa powder, for rolling

INGREDIENTS

As seen in the media...

13/03/17 – Sydney Hills Living Magazine



HEALTHY living

Simple changes for a personal reboot

Young Living Australia managing director *Kristen Tod* gives her top tips to beat the daily grind this winter.

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

MEDITATION

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

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

FOOD

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

EXERCISE

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

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

SLEEP

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

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

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



As seen in the media...

13/02/17

Valentine's Day Gift guide



<p>\$16</p> <p>HEMISPHERE LIVING Paper Jotters \$16, hemisphereliving.com.au</p>	<p>\$45</p> <p>JAJI CANDLES WILD ORCHID TREE, Signature Fragrance by JAJI, Luxury Soy Candle, \$45. Locally made jaji.com.au</p>	<p>\$289</p> <p>VILLAGE STORES Turtle Wall Hanging \$289, villagestores.com.au</p>
<p>\$99⁹⁵</p> <p>VILLAGE STORES Boulemane Throw \$99.95, villagestores.com.au</p>	<p>\$91</p> <p>YOUNG LIVING Young Living Essential Oil Blends Joy \$91, youngliving.com.au</p>	<p>\$289</p> <p>CTJ BUNDALL Tennis Bracelet. 18ct White & Yellow Gold 7 Carat \$10,900 / 5 Carat \$8,900 Save Thousands. CTJ Bundall P: 5538 3988</p>
<p>\$275</p> <p>MOJOCO Couples Weekend Away Pack, \$275, mojoco.com.au</p>	<p>\$220</p> <p>VILLAGE STORES Lone Warrior Blush Cushion \$220, villagestores.com.au</p>	<p>\$25</p> <p>HEMISPHERE LIVING Reed Diffusers \$25, hemisphereliving.com.au</p>
<p>\$48⁷⁰</p> <p>YOUNG LIVING Young Living Essential Oil Diffusers USB Diffuser Pink \$48.70, youngliving.com.au</p>	<p>\$98</p> <p>CTJ BUNDALL Tahitian Pearl Earrings, 10mm from \$98 CTJ Bundall P: 5538 3988</p>	<p>\$69⁹⁵</p> <p>VILLAGE STORES Tribal Bone Photo Frame \$69.95, villagestores.com.au</p>

As seen in the media...

30/01/17

The Canberra Times

NEWCASTLE
HERALD
NEWS SITE OF THE YEAR

(NOT) TOO COOL FOR school

Kick off the first term with this fresh take on traditional school supplies.

1. Watermate drink bottle, \$13.95. With so many water bottles congregating in the one place, this will stand out from the rest. annabeltrends.com
2. Light Time watch, \$36.95. This old school analogue watch has a cool light function and fun camouflage print. smiggle.com.au
3. Sport ankle socks, \$12.95. Shun the simple white sport sock with pops of colour and smart detailing. hushpuppies.com.au
4. Lion lunch box, \$14.95. Big enough for the most ravenous appetite, choose from a range of cute graphic prints. larkstore.com.au
5. Petite shoe, \$139.95. Clarks Active Air technology that uses air channels in the footbed to absorb impact, making them kind on kids' feet. clarks.com.au
6. Inspiration essential oil blend, \$125.80. A blend of pure essential oils to diffuse or dab on the back of the neck, sides of the forehead, crown of the head, bottoms of feet, or along spine. youngliving.com.au