

**Q: Sherrell:**

I sometimes get a red rash around my mouth in small patches which several therapists have told me is from my digestion but no one tells me how to get rid of it. Do you have any suggestions?

**A: Beccy:**

Your question relating to the red rash is something I am frequently asked. What the other therapists have told you is quite correct in relation to your digestion; another thing that I have found with people is that it is a form of perioral dermatitis. This is a facial rash that tends to occur around the mouth. Most often it is red and slightly scaly or bumpy. There are several causes but one of the most common factors is prolonged use of topical steroid creams and inhaled prescription steroid sprays used in the nose and the mouth. Overuse of heavy face creams and moisturizers are another common cause. Other causes include fluorinated toothpastes and rosacea. It has a lot to do with a reaction to the gum line and it is a good idea to avoid anything that contains a lot of mint or alcohol, Listerine pocket packs are known to be a huge cause. To find a solution I suggest keeping an eye on when it does flare up and to look closely at what food you have eaten, moisturisers you've used and any medications that are used within that 24hr period.

**Q: Joanna:**

I have been told my blood type defines what food types are best for my health. I'm type O - what foods do you recommend I try to cut down on and which food should I try to eat more of?

**A: Nicole:**

We specifically look at the blood type diet as being the diet that you is genetically programmed to eat. Over consumption of certain food may in turn send wrong messages to your cells and may manifest as disease later on in life. As a blood type O you should avoid wheat and dairy but there is quite an extensive list of foods that I could give you that are beneficial and also ones that should be avoided.



**JAMES STREET MARKET**

## Win

live the dream  
love the champagne

LIVE an extravagant 5-night escape to Fiji's most exclusive, all-inclusive hideaway, Vatulele Island Resort, flying Virgin Blue, valued at \$12,500—somewhere between 5 stars and heaven!

LOVE a dozen bottles of tantalising Champagne Nicolas Feuillatte, valued at \$720. Eight weekly draws will have you bubbling with excitement.

**shop and win**  
All you have to do is shop at **Change the Essence** or any **James Street Market** store, to the value nominated at each store, attach your receipt to the entry form, and then start dreaming!

competition details can be found at [www.jamesstmarket.com.au](http://www.jamesstmarket.com.au)






Open 7 Days  
Mon-Wed & Sat 9am-6pm  
Thurs & Fri 9am-8pm  
Sun 9am-5pm

James Street Market,  
22 James Street, FORTITUDE VALLEY QLD, 4006.  
Ph: [07] 3257 4996  
[www.the-essence.com.au](http://www.the-essence.com.au) email: [info@the-essence.com.au](mailto:info@the-essence.com.au)

## Spring is already here!!

### Time to get ready for summer!

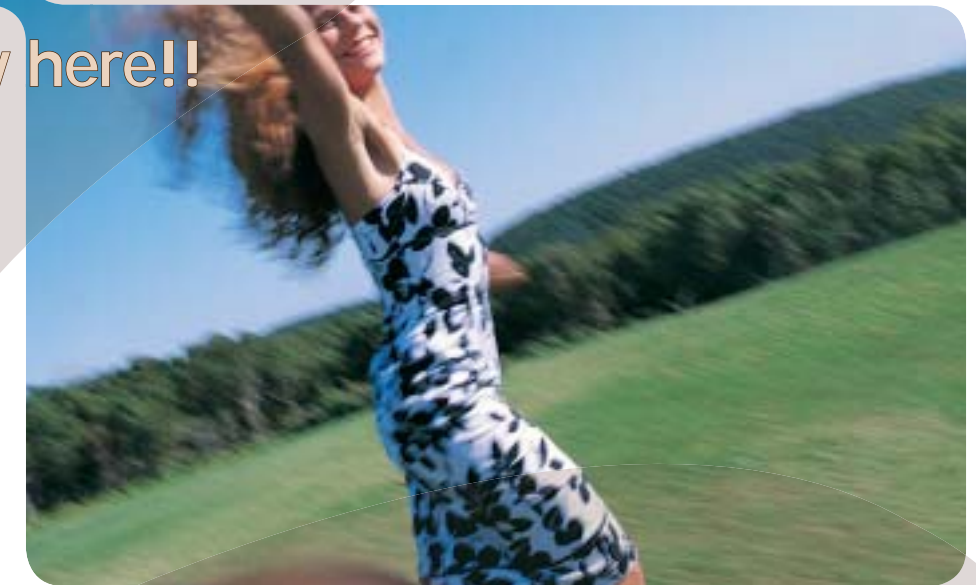
At Change the Essence we have some great ideas on how to get your body and mind into shape. Throughout this season's newsletter we have included our increasingly popular wellness program. The 12 Week Life Change Program covers all facets of health both internal and external. With a highly recommended personal trainer and naturopath to tailor specific fat loss and detox guidelines to suit your needs, results are assured.

### Change the Essence Package Payments Plans

With all packages of treatments Change the Essence are happy to arrange a payment plan to suit your budget. We want to make it possible for you to achieve your goals without sacrificing your lifestyle. Please feel free to discuss a payment plan with your therapist.

### Christmas Lay-by Scheme

Phew! Hasn't this year flown by!!! It is soon to be Christmas once again and we have decided to implement a lay-by system for Christmas gifts. Choose your special gifts for your loved ones and pay them off before Christmas. Change the Essence always loves gift wrapping and it is complimentary with your purchase. Christmas made that much easier at Change the Essence.



## WELLNESS PROMOTION

### 12 Week Life Change Program

- **3 Naturopath Consultations** includes; cellular health analysis and nutrition and dietary advice with follow ups.
- **20 Endermologie Sessions** excellent for cellulite, stress management, fluid retention, circulation, slimming, body contouring and skin fitness.
- **10 Massages** combination of Swedish, relaxation and aromatherapy. Detoxing, helps to tone the muscles from lactic acid build up.
- **10 Personal Training Sessions** consultation with our fitness specialist to devise a program that meets your time and fitness levels.
- **20 infrared sauna sessions** great for detoxing, de-stress, weight loss and general wellbeing.

Valued at \$ 4 030 **Price: \$3 500**

Change the Essence is happy to work out a payment plan to suit your budget. To take advantage of this special offer you must book before December 10 2005.

Change the Essence's 12 week Life Change Program is guaranteed to not only enlighten and boost well being, but also inspire you to achieve your goals of optimal health and results. This Program is created to help you achieve your goals in fitness and wellness.

This is our philosophy of health, beauty and wellness as a whole. Discover the beauty of a figure that inspires self confidence!

## FACE

Would you love to have smooth, fresh and dewy skin?

**Microdermabrasion** is one of the fastest growing and most requested facials on the market. At Change the Essence we provide the most up-to-date equipment and individualized service for your needs. While Microdermabrasion is well known as a skin resurfacing treatment, it has also been proven to increase collagen and elastin production. With no recovery time Microdermabrasion can be done within the hour and produces an amazing freshness to your skin, and will continue to improve with each treatment. Microdermabrasion is particularly good in spring and summer after the drying effects of winter. Change the Essence recommends Microdermabrasion as a course for maximum benefit or a single treatment as a freshen-up.

**Course of 6 treatments (prepaid) - \$660. Includes 2 Youthful Eye treatments. Single treatment- \$120**

Ever wonder how Nicole Kidman's freckles vanished?

**VPL Skin Rejuvenation** is rapidly becoming one of the safest and effective ways of treating freckles, discolouration, redness, age spots, fine lines and broken capillaries. VPL is also well known for increasing collagen and elastin therefore improving the texture and tone of the skin. As we all know, living in Queensland makes our skin vulnerable to the sun's harsh rays and causes pigmentation many years after the damage is done. VPL can treat the face, neck, décolletage and

hands, where sun damage is most visible. VPL produces long-lasting results with gradual and natural looking improvement. A course of 4-8 treatments is required for the desired results. Change the Essence is happy to work out a payment plan to suit your budget.

**Come in for your complimentary consultation and test patch.**

## MELBOURNE CUP

### Melbourne Cup

Add some extra bubbles to your day! Change the Essence wants to spoil you and your friends for Melbourne Cup. Call now to reserve your spot and have your make-up professionally done as you sip on a chilled glass of champagne with compliments from Change the Essence and our talented make-up artist.

**Bookings Essential.**



## MAKE UP

### Jane Iredale Make-up

The most beautiful cosmetic you can wear is a healthy skin. That's why everything we develop is a true extension of skin care. Our micronized mineral makeup is not just a refinement of normal makeup; it is a new technology. So effective it is recommended by plastic surgeons, dermatologists and skin professionals. All of Jane Iredale's makeup is designed with sun protection in mind; the pressed powders have an SPF17 and the loose powders SPF20, All Jane Iredale makeup is water resistant.

Ever wondered what colours suit you? How to apply make-up according to your individual face shape? We at Change the Essence can teach you how to apply make-up and look as though it has been done by a professional every day. Available on Saturday and Sundays only.

**If you purchase Jane Iredale product your make-up lesson is FREE!!!**

## BODY

### Endermologie

Take 10 years off your life!!! Look better, feel better and look fabulous! Need to lose the winter padding from your thighs and bottom, flatten and sculpt your stomach (or love handles) and look fabulous in your togs this summer? We have the answer!!! Endermologie! The treatment works by breaking down cellulite and removing toxins and fluid retention. During this process increased blood flow stimulates the regeneration of the skin. At the same time elastin and collagen production is stimulated for better formation of the skin. This deeply relaxing 35 minute treatment is equivalent to 8 hours of deep tissue massage. A treatment program is designed specifically for you by your therapist and includes a complimentary body analysis and lifestyle advice.

**For the season of spring and summer we are offering a HUGE \$200 off prepaid Endermologie plus Product Packages when you present this newsletter. That's equivalent to 2 FREE Endermologie sessions. Check out our website at:**

**[www.the-essence.com.au](http://www.the-essence.com.au) for our newly revised packages.**

## WELLNESS

**Change the Essence** has been researching and found stunning soul nurturing products to fill your home and life with exquisite scents and creating spaces of warmth. The new home wares and gift range will be available very soon. Look out for the new ranges in the coming months.

## MEN

Change the Essence male clientele is continually growing, as more men become interested in their appearance and their health. It is important for men to care for themselves; it keeps a clear mind and better performance at work and at home. Change the Essence would love all of the fathers, husbands, boyfriends, brothers and sons to come in and see what all the fuss is about. Our most popular male demands are microdermabrasion facials and permanent hair reduction- VPL. **Book your boys in for their free consultation, test patch and free skin analysis.**

**PRODUCT PROFILE: Pevonia Men's Range new & improved formulas**

**AQUA-GEL FOAMING CLEANSER** The perfect way to start or end your busy day, this naturally foaming cleanser thoroughly removes daily impurities while hydrating your skin. Its masculine, natural aroma soothes and delights your senses. Also ideal to refreshingly cleanse the skin post-fitness or sports. \$75

**EASY-GLIDE SHAVING EMULSION** Microemulsified, this silky emulsion delivers the ultimate shaving experience. Facilitating the razor's glide, its advanced formulation transforms your aggressive shaving ritual (inevitably removing the hydrophilic protective film from your skin), into a non-invasive, non-irritating close shave. Your face is rendered evenly shaved and velvety-smooth without sensitivity or razor burn. \$74

**SOOTHING AFTER SHAVING BALM** Superbly light-textured, this after shaving balm completes your morning ritual by hydrating, decongesting and desensitizing your skin. Combining the latest-discovered soothing phyto-extract: Portulaca, with Green Tea and Ginkgo Biloba, this balm combats free-radicals, diffuses redness and brings forth healing. \$90

**AGE-DEFYING CAVIAR BALM** Apply this cutting-edge, light-textured balm to your facial and eye zone daily to smooth fine lines and preserve youthful skin. This unsurpassed formula with micronized actives: Caviar (repairing), Marine Collagen (wrinkle-smoothing), Marine Elastin (firming), Vitamin 'C' (energizing), and Alpha Lipoic Acid (anti-free radicals), is easily and completely absorbed, providing your skin a powerful anti-aging defense. \$130

