



(03) 9836 6663

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Even if you don't live in Brisbane, you can shop with Biome. Founded in 2003, they have 2 stores and an online shop.

Read more below about their 'healthy, green life-style' stores that stocks Musq makeup!

Spring is known as 'allergy season'. The effects of pollens in the air and windy days can also play havoc on the skin, even if you're not usually allergy prone. By swapping 'regular' cosmetics for natural and irritant-free products you'll reduce your skin's load and risk of irritation.

And with increasing sunshine, we're also seeing an increasing number of people sporting sunburn! Make sure your sunscreen is made from non-nano sized zinc or titanium to sit *on top of the skin, blocking all UV rays*. Synthetic agents and nano particles work just under the dermis by absorbing, so the top layer of your skin still has UV rays penetrating it!

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Precious Indeed!

It's no gimmick - gold, silver, diamond, copper, pearl and sapphire do have skincare benefits. With medicinal elements, their use in skincare has been utilized for centuries. Just as the mineral zinc is essential for skin health, these too can be useful in tiny amounts. Many ranges including Ayurvedic brands will utilize their prowess.

Colloidal Silver for example has antiseptic properties and will absorb heat such as from a burn. Gold stimulates the lymph drainage of the skin assisting to remove toxins, promote elasticity and tone. Sapphire contains trace amounts of other elements, and is used in remedies for alleviating infection and inflammation.



Colour Trends: Fashion denotes change, but we love the concept of re-use rather than replace! All the orange and coral you wore last summer gets a second wind in clothing over Summer and through 2012. Team with turquoise, purple or pink accessories for a happy and vibrant look!

On the runways models' lips have been bold and bright to 'barely there' nude tones so whether you choose pink, red, orange or plum shades either go strong or super subtle! And Musq has the very shades you'll need.

Try Musq Lipstick in Alexandrite (above) Molten Pink or Garnet Glow, or High Beam Lipgloss in Fire, Alexandrite or Fire Opal. Create subtle nude lips with Musq Lipstick or High Beam Lipgloss in Pink Diamond or gloss in Jasper or Prism.

Metallic eyeshadow was another big runway look, and it works well with the muted lip. Mixing a little Jasper for example with Bright Gold, or Lapis Blue with Silver (above) creates a stunning metallic look for night-time. Although bright eyeshadow in unexpected colours also graced the catwalks, most of us are not so brave. For a more wearable approach, try applying a soft line of your preferred bright shade along and into the lash line of your eyelid to 'peak out' between and above your lashes. It's really easy to do with an angle brush using your eyeshadow dry or moistened with a dot of water, such as with Charoite placed along the lashline in the photo above.

Ingredient Focus: Mineral Oil sounds like it's derived from a safe therapeutic mineral. But this is just a common use name for Petrolatum, a derivative of crude oil (or petroleum) It forms a smooth veneer over the skin that locks in moisture, but this occlusive film also locks in toxins and wastes. It inhibits the natural oil / moisturising of your skin, hinders skin respiration by keeping oxygen out and blocks the natural shedding of the skin. Despite a temporary illusion of skincare properties, as the skin's ability to function is disrupted, mineral oil causes / exacerbates acne, causes dermatitis, irritation, inflammation and premature aging of the skin.

It is extensively used in cosmetics including many pharmaceutical preparations (e.g. sorbolene cream) and many lip and baby products as it is cheap. It has long been the preferred base oil of aromatherapists, as it will easily 'pick up' the scent of essential oils. Other oils can be used as a 'carrier' of ingredients, or as a barrier without the side-effects, but these are more expensive. Companies will defend mineral oil's use citing only benefits and downplay side-effects as 'scare tactics'.

According to the International Agency for Research into Cancer in Geneva, mineral oils are probably carcinogenic as the analysis of them in cosmetic and medicinal products has revealed the presence of several carcinogenic hydrocarbons, and they are noted as causing testicular tumors in fetuses.

Biome Eco Stores believes that each of us has the power to transform our world. Through living in harmony with our planet, we empower ourselves, enrich our lives and enhance wellbeing. Biome specialises in truly safe Australian mineral makeup, organic skin care and hand-made, unique green gifts – plus a gorgeous range of fair-trade Christmas cards and decorations! (see pic) Visit their beautiful stores in Brisbane city or Paddington Queensland or shop online at www.biome.com.au



Rosacea Update – no cure but effective management and reduction is possible!

Rosacea troubles so many men and women of all ages. Its onset is usually in the 30's or 40's. Although women are more frequently diagnosed with rosacea, men often have the more severe symptoms. It is often exacerbated by the well-meaning application of products to camouflage and 'calm' it along with heat, spicy foods, coffee and alcohol. The weakening and inflammation of the blood vessels first creates a generalized red blotchiness – flushing, which becomes more persistent – and the tiny vessels themselves can become visible.

Pimple like bumps can develop, along with considerable skin tenderness, burning and itching, by which time the poor sufferer is at their wit's end! It may further progress to develop localized skin thickening (rhinophyma) looking like orange peel due to swelling from inflammation, and extend into the ear, eye and neck area. Ocular rosacea may develop - when the eyes become irritated, watery, or bloodshot and eyelids become red and swollen. Without medical treatment in very severe cases, corneal damage and loss of vision may result. Antibiotics are sometimes prescribed in severe cases to suppress the inflammation.

Many products claiming to be calming, 'non allergenic' and gentle but still contain foaming agents such as sodium laurel sulphate, colours, preservatives, fragrances or emollients that are highly irritating, inflaming rosacea further. Beware of phrases like dermatologist or clinically tested, which often equates to a very small number of people tested and a dermatologist on the brand's staff! Even mineral makeup can worsen rosacea if it contains carmine, bismuth oxychloride or other synthetics. (Musq does not!)

Real help is at hand though, with numerous options to soothe, disguise and reduce the look of redness to the skin. Topically applied products containing Jojoba, Aloe Vera, Stone Crop, Calendula, Rosehip, Horsetail, Canadian Willowherb and the extremely powerful Sea Buckthorn Berry Oil can bring wonderful results for rosacea sufferers. Just make sure by checking there are no counter-productive ingredients added to the blend! Musq's foundations will totally conceal rosacea while its soothing zinc oxide helps reduce inflammation. Medical grade laser can diffuse redness (Photo Genesis) and remove tiny facial veins permitting the blood flow to be redirected to veins deeper below the skin's surface. (AcuTip) Be sure to see a highly experienced and qualified technician and post treatment and

Impact Nutrition provides a range of nutritional supplements, sports proteins and health products for professional athletes, gym junkies or anyone who just wants that edge. Their products are concentrates without fillers, high quality and no artificial ingredients...just like Musq products ! Although not the only brand sold, they specialize in the Reflex Nutrition range, creating effectively a concept store. We love that there are friendly and suitably trained staff able to assist you with your individual requirements to get the very best results.

Find them at 684 Burke Rd Camberwell and www.impactnutrition.net.au

Print off this ingredient checklist and keep in your handbag when shopping!

Musq's Ingredient Checklist.

What you don't want on your skin!

Bismuth Oxychloride
Talc
Carmine
nylon-12
Synthetic colours (FD&C or D&C followed by a number)
Parabens - Ethyl, Methyl, Butyl and Propylparaben.
Propylene Glycol
Imid Urea, Diaz Urea
Polybutylene
Petroleum by-products eg: Mineral Oil, paraffin
Sodium Laurel Sulphate and Sodium Laureth Sulfate



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Read The Fine Print!

Sometimes cosmetic brands' 'clinical studies' are done in-house, not independently, and with too small a sample size to be meaningful.

Many advertisements will cite a percentage of users saying this or that, or noticing a certain result within a period of time, and if revealed, the sample size can be less than 50 people!

Just as many ads show enhanced images with tiny font written sideways acknowledging (for example) lash extensions inserted for consistency, be aware that what is presented as a scientific and conclusive fact may not be. Hit the pause button or turn the page to the side and read the fine print.