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Winter 2009

*Proud sponsor of Rosemount  
Australian Fashion Week's  
runway show for Karla Spetic -  
as seen in Vogue, Marie Claire,  
Oyster & Grazia!*

*Look for Musq in Shop Till You  
Drop and Fashiontrend!*

**Free!** Over the next few weeks we will be randomly placing some goodies that we have on hand in with online orders – who knows, it might be yours! If the item doesn't suit your skin type, pass it onto a friend or relative.

**Mascara Tips.** Use your mascara in a clever way to enjoy more than just longer, darker and thicker lashes!

If your eyes are

- \* close-set - apply more mascara on outer lashes
- \* far-apart - use more mascara on the inner lashes
- \* bulging - apply mascara more heavily in the centre of the eyes
- \* small - use mascara sparingly, but curl lashes to 'open up' eye area.



Try a coloured mascara to echo the colour of your eyes or emphasize your eyeshadow. It will add a tinge of colour, rather than make your lashes bright green or blue, and adds interest when no eyeshadow is used.

Web watch...going interstate or overseas and need to know what weather to pack for? Check out [www.mywearweather.com](http://www.mywearweather.com)

This handy website does more than just give you a forecast, but gives suggestions too!



**Winter Skin Care** Now we're well into Winter, many people find that their skin is not just paler, but drier and needing an extra bit of t.l.c. Just using a few drops of a serum at night time is often all that's needed to give the skin a boost. There are so many types and they range from being a concentrated single ingredient to complex formulations. Speaking with your skin care advisor will assist in selecting the most appropriate one for your needs.

Winter is a perfect time to have a peel or IPL. as we're indoors more with far less exposure to the sun, which needs to be avoided after these treatments. Peels are a great way to clarify, smooth and brighten the skin, and allow any treatment products later applied to better penetrate.

Don't forget **Sunscreen**. If you're away at the snow or walking the dog, don't think your skin doesn't need protection. Even in Winter the sun's rays hit the skin, and snow is like sand reflecting the sun like a mirror, bouncing it up onto your skin.

Keep skin well hydrated. With many heaters on much of the day, you need to keep up fluid levels and may find skin needs a booster such as a serum. Lips can easily become parched so use a balm or gloss without dehydrating ingredients.

**Mouthwashes** nowadays come with a number of 'benefits', and whether used for freshening breath, gargling away germs or whitening teeth, using them twice a day has health implications. The skin inside the mouth is mucus membrane which absorbs ingredients far more readily than other skin. This is fine if what is inside your mouth is a healthy food or drink. But mouthwashes are in contact with the tongue, gums, cheeks etc (lots of surfaces!) and are thus absorbing mouthwash ingredients.

While the same issue applies with toothpaste, mouthwash is often very high in alcohol. The Australian Dental Journal's article in December 2008 concluded that there was a relationship between an increased risk in the development of oral cancer and alcohol containing mouthwashes.

Although alcohol is only one of the factors, there are cheaper and as effective ways of freshening breath, whitening teeth and to gargle. These tips are quick, easy and will see you saving money!

- Parsley is a great breath freshener, and is easily grown in a pot on a sunny window ledge. A few sprigs provides nutrients plus fibre, and a few sips of water will deal with any particles.
- Brushing your tongue lightly while you clean teeth removes odour causing debris while improving appearance.
- Bi-carb of soda will clean and whiten teeth, and freshen your breath.
- Rinse and gargle with salt dissolved in warm water to kill germs, freshen your breath and soothe a sore throat.

