



*Personal Service & Professional Care*

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**Napoleon Perdis WRAP-TURE!** Holiday Collection

**The Expressionist 8 piece brush set \$129**

**Technicolour Rebel Eye & Cheek Palette \$65**

**Hyper Gaze Eye & Cheek Palette \$65**

**\$65**

**Utopia Bloom Cheek**

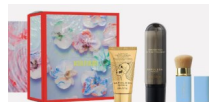
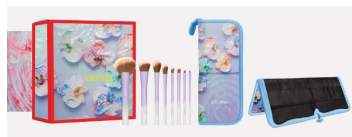
**Switch Crème**

**Highlight Stick \$49**

**Hypnotic Shine Lip Glaze Trio \$39**

**Colour Odyssey Lip Colour & Polish \$75**

**Swept Away Makeup Duo \$49**



*Call in and see Brendon, Emma, Justine, Annie Jane, Erica, Logan, Lisa, Suzanne, Liz, Cassie, Trista, Jane, Kelly F, Sue, Sarah M, Montana, Gabby, Fiona, Shannon, Karen, Debbie, Mikayla, Paige, Annalisa, Sonia, Greg, Johnle, Phoebe, Heidi, Bindi, Charlotte, Matilda, Mia, Jenny, Amber, Simone Tiarna, and Trudy.*

**Free Home Delivery  
 Monday to Friday  
 Free delivery to Delungra**

**January 2023**

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We sadly farewelled three terrific staff members in December. Kellie McCormack has resigned as our in-store naturopath, She is establishing a clinic in Bennett Street. Sarah Tan and her ever growing family are relocating to Tasmania. And our 11 year veteran Front of Shop manager, Renae Scott is moving to Armidale. We wish them all a successful relocation and thank them for their service. They will all be missed.

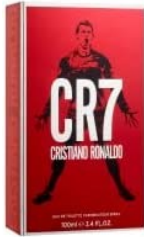
Our New Year Catalogue runs from 12th January to 17th February. Purchase any item from the catalogue and enter online to WIN a Dyson Pure Hot+Cold Fan Heater valued at \$699.00!

*Healthy regards, Brendon, Emma & Justine*

**DONATIONS in December**  
 We were pleased to donate to the following organizations last month:

- Inverell Chamber of Commerce Spin and Win promotion

Thank you for supporting our 100% **locally owned** and operated Pharmacy!  
 Open 8.30am to 6pm Monday to Friday and every Saturday 8.30am to 12.30pm



## Fragrance

**For Her: Delta Goodrem Destiny**  
EDP 30ml \$40.00



**For Him: Cristiano Ronaldo**  
**CR7**  
100ml EDT \$60.00

## Australia Day 26th January 2023

We are duty Chemist for Australia Day  
Open 10.30am—11.30am  
& 6.00pm—7.00pm



### Food and Heart Health Myths

#### Myth: Pink Himalayan Salt is Healthier?

We are spoilt for choice with the variety of salt now available. With the new types of salt comes the myth that Himalayan salt is healthier than regular salt.

Some gourmet salts do contain trace minerals that are not found in table salt. These minerals can actually be found in larger quantities in foods such as vegetables.

Sodium and chloride are in most types of salt (table, pink, rock, black etc) and it's the sodium that is damaging to our bodies. Too much of any type of salt can lead to high blood pressure, which is a major risk factor for heart disease.

Can salt be a part of a heart healthy diet?

In small amounts. The maximum daily amount of salt you should eat is about a teaspoonful (4 grams) and that includes salt in processed foods too. Why not try replacing salt with herbs and spices in your cooking or on your meals?

## Products for Summer

### Alya Skin Pink Clay Mask

\$39.95



Stay hydrated with **Hydralyte**— available in liquid, sachets, dissolvable tablets & icy poles.



### KP24 Nit Bomb



Insecticide free - Effectively kills head lice and eliminates lice eggs in one single treatment. \$29.95

**Dr McLeods** The Dr. MacLeod's VLED products were developed by medical weight loss experts and have been used by thousands of weight loss patients since 1992. Each shake, soup and bar is a complete food replacement that provide a measured level of protein, fat and carbohydrates to restrict calorie intake, as well as the recommended daily requirements for vitamins, minerals and trace elements to ensure you receive the complete nutrition you need for safe and healthy weight loss. Proudly developed and made in Australia.



### Ethical Nutrients **CLINICAL -Fem Force**

Tiredness and fatigue can occur when dietary intake of energy-producing nutrients is inadequate. Energy production is a complex process involving many pathways and key nutrients, such as iron, vitamin B12 and iodine. Plant-based diets are becoming more common for ethical and sustainability reasons. Unfortunately, they are often low in iron, vitamin B12 and iodine, and red meat is a major source of Coenzyme Q10. While the body can synthesise CoQ10, the ability to do so declines with age.

This product is vegan & vegetarian friendly.

Directions: Women and teens 15 years + Take ONE capsule daily.

30 Capsules \$37.95

(ask one of our Pharmacists if this would be suitable for you)