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Ph:



Napoleon Perdis Auto Pilot Pre-Foundation Skin Primer

The Auto Pilot Pre-Foundation Primer is more than just a makeup base – it's a skincare powerhouse that bridges the gap between your skincare routine and makeup application.

With its innovative formula, this primer not only ensures a smooth makeup application but also nourishes and protects your skin throughout the day. Whether you're aiming for a natural, everyday look or a full-glam transformation, this primer is your secret weapon for achieving a flawless, long-lasting makeup finish.

Infused with a powerful blend of natural extracts, it goes beyond surface-level benefits. Chamomile Extract soothes and calms the skin, while Yarrow Extract helps to refine skin texture. The addition of Vitamin E provides essential antioxidant protection. Together, these potent ingredients work synergistically to strengthen your skin's natural barrier, smooth out imperfections,

and boost hydration levels. The result? A perfectly primed complexion that's ready to hold onto your makeup from day to

night. Suitable for all skin types \$69.00

Call in and see Brendon, Emma, Justine, Annie Jane, Clare, Logan, Lisa, Suzanne, Liz, Cassie, Sue, Sarah, Gabby, Fiona, Shannon, Trista, Karen, Debbie, Erika, Taliah, Sonia, Greg, Kay, Elly, Heidi, Emma B, Jenny, Tina, Kerri-anne, India, Ella, Casey, Kim, Simone, and Trudy.

> Free Home Delivery Monday to Friday Free delivery to Delungra



Personal Service & Professional Care

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With the cooler weather approaching now is the time to consider having your influenza vaccinations. We are participating in the NIPVIP program where we can offer free vaccinations (including COVID-19) for those who meet the criteria. Come in and have a chat with our vaccinating pharmacists for more information.

We will be closed over the Easter weekend & Anzac Day.

Specials in our Autumn Offers catalogue are available until 11th April. Purchase any item from the catalogue and enter online to WIN a \$8000.00 Prezzee Travel Smart egift card!

Healthy regards, Brendon, Emma & Justine 38 Albury Street ASHFORD 2361 Ph: 02 6725 4013 Fax: 02 6725 4340

April 2025

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DONATIONS in March

We were pleased to donate to the following organizations last month:

- Sta FM March for melanoma
- Inverell Insports Arena
- Inverell Ladies Golf Day

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



<u>ASTHMA</u>

What is a spacer?

A spacer is a holding chamber shaped like a football or tube. It makes it easier to take asthma or COPD medication from the type of puffer called an MDI (metered dose inhaler).

Spacers help the medication get straight to where it's needed in your lungs, with less medication ending up in your mouth and throat where it can lead to irritation or mild infections. A spacer can also make it easier to coordinate breathing in and pressing your puffer.

Spacers should be used by:

- all children kids aged under 4–5 years will need a mask attached
- all adults taking a corticosteroid preventer medication
- (e.g. Flixotide, Symbicort) using an MDI/puffer
- adults who have trouble coordinating the 'press and breathe' technique when using an MDI/puffer
- anyone taking a reliever medication (e.g. *Ventolin*) during an asthma attack.

Tips for using your spacer

- Fire only one puff into your spacer at a time
- Breathe in from your spacer as soon as you've fired a puff into it the medication settles on the bottom very quickly

For each puff, you can either:* take one big breath in - breathe in slowly, deeply and fully and hold breath for about 5 seconds (recommended) **OR** * breathe in and out normally for 4 breaths (tidal breathing) if you are unable to take one big breath in.

New Products & News Page 3 EASTER AND ANZAC DAY TRADING Good Friday 18th April: CLOSED Easter Saturday 19th April: CLOSED Easter Sunday 20th April: CLOSED Easter Monday 21st April: CLOSED ANZAC Day -Friday 25th April: CLOSED Winter Sport Call in and see us instore for all your winter sport injury & prevention supplies. We stock: -Mouth Guards -Rock Tape -Rigid Strapping Tape -Heat & muscle rubs -Thermoskin supports -Incrediwear supports -TENS machines -Pain Relief Patches -Hot & Cold Packs -Bath salts for muscle recovery AHHHHH