

Detoxing on the Outside

Detoxing... in the Bath!



So we know all about detoxing on the inside, so this month we thought we'd give you a little run down on how to detox on the outside! Keeping it all ala natural (aka real), we're talking buffing and scrubbing your bod to keep your skin squeaky clean!

How to buff in the bath - Learn to love Epsom Salts!

Did you know when you have a bath with Epsom salts, the magnesium sulphate is absorbed through the skin, drawing toxins from your body? Not only that, it also sedates the nervous system to relax you completely, reduces swelling, relaxes muscles, relieves muscular aches and pains and is also a natural emollient and exfoliate!



The best way to make an Epsom salt bath is to add two standard cups of Epsom salts to a warm bath whilst the water is running. Once the bath is at the right level and temperature for you, climb in slowly and let your body soak for 15-20 minutes.

Epsom salts can be used for a variety of beauty purposes too.

Yep, that's right, you can use Epsom salts in your skin and beauty routine too!

For a facial cleanser: It's as easy as mixing a half-teaspoon of Epsom salts with a tablespoon of yoghurt and massage into skin and rinse with luke warm water. If you prefer a thicker cleanser just add a teaspoon of oatmeal. Yum!

For an avocado skin mask: For normal to oily or dry skin, mix 1 egg, 1/4 cup of yoghurt, the juice of 1 lemon, and a half-teaspoon of Epsom salts. Apply the mask to damp skin and leave on for 10 minutes and then rinse off with luke warm water.

For a skin exfoliate: Epsom Salts are a fantastic exfoliator to remove dead skin cells and rejuvenate tired looking skin. Massage half a cup of Epsom salt over your wet skin whilst you are in the shower. Don't forget to rinse off.

Shampoo: As Epsom salt soaks up excess oil from hair it can be added to your favourite shampoo when your hair is extra oily. Add about a quarter of a cup while you are shampooing. When it comes time for conditioning pour lemon juice (of course) through the hair for a natural rinse.

Monthly Competitions:

This month, in keeping with our fab on the outside theme, we have more than a few competition prizes in our gift bounty to ensure you're looking as amazing as you're feeling! Viva la health!

wallallure.com

Wall Allure stickers aka wall decals, vinyl wall stickers, wall appliques or removable wall stickers are an innovative way of displaying art on your walls to spice up your decor. They are accessible, affordable and allow you to be as creative with your wall decor as you like.

Wallallure's wall stickers are easy to apply and remove, and adhere to just about any smooth surface and come in a matte finish and appear like a painted surface.

Made from a high quality vinyl, they are permanent, yet completely removable. When you need a change, simply remove the wall stickers without leaving any damage behind!

We have 10 packs of Wall Allure stickers to give away this month valued at a whopping \$85.00 per pack!

Check out the designs you could win at www.wallallure.com.au

Win a Kini Bikini

Kini Bikini



Kini Bikini is Bondi's premier bikini brand, designed and produced in Australia by the gorgeous Kyna Treacy.

With designs ranging from gorgeous 70 inspired crochet numbers to skimpy, sexy or sweet, Kini Bikini will make sure your hot new bod is shown off to the world in style.

We have one pair of crochet bikinis to giveaway this month! RRP \$139.00

For more see www.kinibikini.com

Win SkinVigor8 pads

Women of Australia can now say "Goodbye" to chest wrinkles and "Hello" to a smooth, sexy and wrinkle-free décolletage thanks to SkinVigor8!

Completely non-invasive and so very easy to use, the 100 per cent medical-grade silicone Décolleté Pad can simply be placed on the chest overnight while sleeping and removed in the morning. The Décolleté Pad ensures lines simply vanish and a smooth wrinkle-free chest prevails.



The Décolletage Pad is a non-invasive means of repairing chest lines and doesn't contain latex, urethanes or adhesives - unlike Botox, dermabrasion or other allergic-reaction-causing products. They are also much more economical!

We have five SkinVigor8 pads to give away (RRP \$55.00 per pack).

For more see www.skinvigor8.com.au

Win a great read!

Throw out your Bridget Jones granny pants, turn off "All By Myself" blaring on your radio and put on that little black dress, because this year is your year to find Romeo.

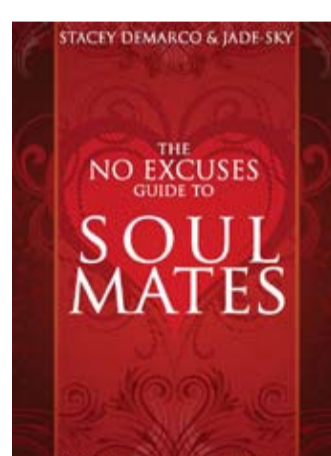
Introducing your new best friend when it comes to advice on finding your soul mate!

'The No Excuses Guide to Soul Mates' By Stacey Demarco and Jade-Sky will provide you with clear, practical guidance on how to enjoy the dating process with confidence!

It's time to stop making the same old mistakes in love and start attracting the great relationship you deserve.

We have three copies to give away RRP \$16.95 each.

For more, see www.rockpoolpublishing.com.au



Don't Miss The Bus ...



The Lemon Detox Express will be out in the streets of Sydney everyday in the month of May. If you see the Lemon Detox Express pass by you... we suggest that you pull out your phone camera and take a photo of the bus.

Email the photo to bus@lemondetox.com.au and you will automatically go in the daily draw to win the Autumn Cleanse pack (value \$173)

But that's not it.....You will also go into the weekly draw to win a \$200 Myer gift voucher.

Win one of 12 SkinWear Packs

- Valued at \$29.95 (ends 30/06/2010)

The Skinwear travel pack containing a mini Tan + Go Professional Bronzing Body Mist (enough for one full body tan) plus a Tan Extending Moisture Mist.



No kidding, there's seriously nothing tandori about this natural tan. Spray, play, and discover the most beautiful, believable colour tan you'll ever experience! Sunless Tanning in winter will never be the same again... See www.skinwear.com.au

Win an ABYSS Clothing Voucher

- Valued at \$100.00 (ends 30/06/2010)

Give yourself a makeover with ABYSS Clothing this winter. Who say's you have to look rugged up and dull when it comes to evening attire in the colder months anyway?

The ABYSS by Abby range gives new meaning to winter with sexy dresses to keep you warm and looking hot... See www.abysclothing.com.au



Win a True Lemon pack every day this month

- Valued at \$57.00 (ends 30/06/2010)



Here is your chance to keep 100% naturally hydrated this winter with True Lemon.

The only 100% naturally flavoured crystallized sachets available. Pack includes a 150 pack and an 80g shaker, each of True Lemon and True Lime.

Besides flavouring water, iced or hot tea, beverages and drinks, True Lemon® and True Lime™ can be used as a seasoning on seafood, chicken, fruits and vegetables and in salads. True Lemon® and True Lime™ can also be used as a substitute for fresh-squeezed lemon or lime juice in cooking, baking and recipes. True Lemon® and True Lime's taste are always consistently crisp and refreshing and ensure that recipes are infused with flavour... See www.truelemon.com.au