



GORGEOUSTHINGS

Presents

32 Natural Beauty

Tips & Tricks

The Pink Guide ...to being Green & Gorgeous

Gorgeous Things – making it easy for women to look fabulous and feel great naturally.



Gorgeous Things was started for one reason; to make it super easy for all of us to look fabulous and feel great naturally. Like most women, I didn't grow up loving the way I looked, I was always a bit over-weight, as well as suffering from eczema. Not the ideal resume for a girl who would go on to start a company called 'Gorgeous Things' but it just goes to prove that surprising things can come from humble beginnings - and we all have the potential to do something amazing if we firmly believe we can - and act on it!

That's enough about me, this Ebook of gorgeousness is all about you. There's great advice for natural skincare. There's the top 3 way to have a great day everyday, as well as a Quick List of 'Chemical Nasties' to avoid. With almost 40% of the Australian population suffering Allergies & Skin Sensitivities we've also included more solutions for these.

If this is your first Gorgeous Things experience, welcome aboard. If you've been *'in the know'* for a while, it's fabulous to see you again and don't be afraid to share the love and tell your friends. If you need copies for your friends just send us a quick email or pick up the phone for a chat.

Anyway ladies, it's Cocktail Hour and I'm off to break open the Champers.

Cheers!

LA & the girls at Gorgeous Things xxx

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4 Tips for soothing sensitive skin

1. **Remove Chemical Nasties** from your life. If you need help with identifying these just hit the Gorgeous Things website or click on the 'Chemical Nasties' category of this blog for more information. There's no point to just buying a **Soap-Free Hand Wash** when you then go and wash your hair with chemical laden Shampoo or clean your home with several of the scary concoctions under your sink. All of these are affecting your skin as they are all absorbed directly in your bloodstream.

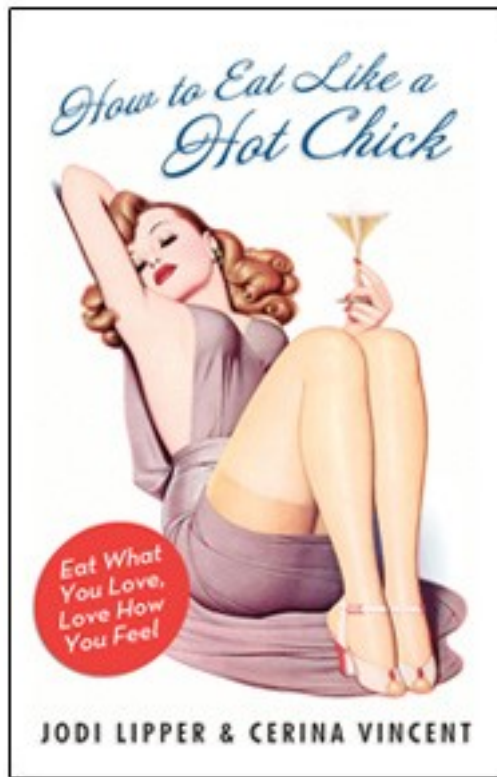


2. **Quality Hand Cream** will provide a great **barrier for your skin** & will also help prevent premature ageing.
3. **Wear Gloves** when you're in the Garden or Moving Furniture or doing any thing that can cause stress to your skin.
4. **Think Holistically** - your diet, stress levels, irritants (like conventional cleaning products & harsh cleansers) & environmental factors all combine to weaken your resilience; making you more prone to outbreaks.

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What's good for you?

5. **Hands will be Colder & Drier** on cold days as your body heat is be drawn to your trunk to maintain your core temperature. Be sure to take good care of your hands by wearing gloves to wash dishes & clean your home. Keep a good Moisturiser in your Handbag and next to the Sink.



6. **Watch the Temperature & Duration of your Shower or Bath.** It's easy to stay in longer & crank the hot water but this will lead to your skin drying out quickly. Nobody wants those yucky dry patches on their shins! So gross.
7. **Eat Your Spinach!** No complaining, I wont hear it! It was good enough to keep Popeye in tip top shape & being jam packed with Vitamins it'll do wonders for you too! Believe me, Radiant Beauty comes from the inside so fry up some Garlic & a pound of Spinach and prepare to look **HOT!**

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Hair: caring for your luscious locks

8. **Banana** - Mix a ripe Banana with either 2 tablespoons of Coconut Milk or 1 tablespoon of Olive Oil. Use it like you would a conditioning mask, wrap your hair up in cling film and a hot towel for 15 minutes.
9. **Mint tea** - use as final rinse to give oily hair a nice shine.
10. Avoid styling products that contain **isopropyl** or **ethyl alcohol** as **both dry hair**.
11. Get your hair **trimmed regularly** - this may seem elementary but time flies and it's easy to forget.
12. If you have dry hair - wash it only 2 or 3 times/week with a **mild SLS-free shampoo**.
13. **Flaxseed Oil** is brilliant to nourish hair from the inside out and can easily be added to your diet.
14. **Avocado makes a great moisturising mask** - just mash it up and apply to your hair, cover in a shower cap and rinse it out 30 minutes later. Shampoo and condition as normal.



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Nurturing your Mind, Body and Spirit

15. **Play classical or chill out music in the car** rather than listening to the radio - It'll relax your central nervous system, reduce stress, help clear your mind and all these things will make you more productive - saving you valuable time.
16. **Colour** will effect your mood so if you're feeling a bit down - wear an orange or pink top to help stimulate feelings of love and joy. You feel good, you get more done - you save time.
17. **Smile** - We understand so much more about the wiring of the brain and hormones - we smile when we're happy and we can smile to make ourselves happy. It's much easier to get stuff done when you're happy.



18. **Wear sunscreen** - yeah, I know the jury is still out on the effects of sunscreen but you can circumvent the need for so many layers of skin products - by just not further damaging your skin.
19. **Antioxidants in your food** - Add fruits and vegetables high in antioxidants to your eating habits - this gets rid of the need to take an extra vitamin tablet or purchase \$200 a tube 'miracle' creams. A handful of strawberries on your cereal kicks butt on the latest 'boswe-algerific-derm-abrasion' or whatever the latest fad is.

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SLS Sucks: the life out of your radiant skin

20. Sodium Laurel Sulphate and Sodium Laureth Sulphate are **petrochemical** surfactants, making them non-renewable resources **adding to your carbon footprint**.
21. **Plant-based surfactants are made from renewable resources**.
22. Products containing SLS can be irritating and drying to your skin and scalp.
23. SLS-free products can often **reduce the need to apply a moisturiser** to your body as you're not drying your skin with harsh detergents in the first place - **saving you time and money**.
24. **SLS is used in products because it's cheap** - not because it's the best cleanser - demand quality and value for your hard earned money!
25. Sensitive and irritable **skin can be soothed** by using plant-based cleansers. Helping to **reduce outbreaks of eczema, dermatitis and psoriasis**.
26. The more of us that use these products on a regular basis means that more companies will see the need to produce products without SLS and SLES - it's simple supply and demand.



You're a gorgeous woman – own it baby!



27. Go for a **walk** in your lunch break. Especially if you work in air conditioning - fresh air for even 15 minutes will help clear your head.
28. Always have a bottle of **Champagne** in the fridge. Celebrate events and accomplishments no matter how small. Well of course this had to be in here somewhere as Gorgeous Things takes it's name from an episode of 'Absolutely Fabulous' so where would we be without "Champers Pats..?"
29. Make the time to **have your coffee in a café** rather than getting it to go. Sit down for 10 minutes and watch the world go by. The break will revitalise you.
30. **Read, listen, ask questions** and fill your mind with what interests you. Set yourself learning tasks and reward yourself when you achieve them.
31. Write a **list of at least 5 things you're grateful for**, including the thing you like most about yourself, and stick it on the fridge, read it everyday.
32. **Dance** – whenever and wherever you can. Go on - go do it right now! Own it baby!

The logo for 'GORGEOUSTHINGS' features the word 'GORGEOUSTHINGS' in a bold, sans-serif font. The word 'GORGEOUS' is in black, and 'THINGS' is in pink. There are three decorative flowers: a pink one above the 'O' in 'GORGEOUS', a red one below the 'O' in 'GORGEOUS', and a yellow one below the 'S' in 'THINGS'.



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“ We hope you've enjoyed our gorgeous little Ebook
we encourage you to share it with your friends
email it to every woman you care about
– they'll thank you for sharing these fabulous

32 Natural Beauty Tips & Tricks for inside & out. ”

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