

## Hot Massage

Those of you who saw our news item on Lava Shell massage in the last issue may recall that the shells are sourced from the Philippines. In the wake of the hurricane disaster, Shared Beauty Secrets, the UK distributors of Lava Shells, are donating funds to the Disaster Emergency Committee to help those in their time of need. Plus SBS is encouraging its spas and salons to run special fundraising promotions, donating the proceeds to a charity of their choice for the Philippines. To support their efforts, go to [www.sharedbeautysecrets.com](http://www.sharedbeautysecrets.com)



## Sustainable Beauty Awards



Beauty company, Weleda has won the Organic Monitor Sustainable Beauty Award for 'Sustainability Leadership'. The aim of these inaugural Sustainable Beauty Awards is to give recognition to cosmetic and related firms who push the boundaries of sustainability in the beauty industry. Find out more at [www.organicmonitor.com](http://www.organicmonitor.com)

## Phi Pyramid

This stunning yet simple glass pyramid is modelled on the dimensions of the Great Pyramid in Egypt and has a Phi spaceDOT embedded at its centre. According to its creators, a Phi-programmed spaceDOT crafted into the heart of the pyramid powers its ability to re-energise your home or workplace. They say, 'The dimensions of the pyramid and the Seed of Life geometries engraved on the base create

a powerful resonant field to transform energy imbalances. It has an effective working radius of approximately 90 metres.'

Phi Pyramid with spaceDOT  
£123.00, spaceDOT £25.00  
from Phi Harmonics  
[www.energydots.net](http://www.energydots.net)  
Tel: 01803 762006



## Treat your Skin

The new Gamula Secret Pomegranate cleansing bar contains rich pure pomegranate oils, that treat your skin to a super-high dose of vitamin C and potassium. This 100% organic bar is made from a combination of 15 healing herbs and it is so gentle that it can be used on the most delicate of skins. Available for £30 at House of Fraser stores and [www.houseoffraser.co.uk](http://www.houseoffraser.co.uk)



## Reader Giveaway

We have six of Living Nature's certified natural Energy Body Oil, worth £20 each to giveaway. The oil contains Peppermint and Rosemary essential oils to gently uplift and provide an energy boost. This oil blend can either be used to warm muscles before exercise or to help relax afterwards and can either be massaged directly onto the skin (but not during pregnancy) or 10-15mls can be added to bath water for a soothing soak. Contact Botanical Brands, the UK distributor for the Living Nature range, on 0845 2608465 or visit [www.livingnature.com](http://www.livingnature.com).

To be in with a chance of winning one of the six bottles of Energy Body Oil, email us your name and address to [KS.LivingNatureComp@metropolis.co.uk](mailto:KS.LivingNatureComp@metropolis.co.uk) or send postal entries to Living Nature competition, Kindred Spirit magazine, The Perfume Factory, 140 Wales Farm Road, London W3 6UG. The competition closes on 27 February and winners will be notified.



## Men's Toiletries

Produced by Babassu palm trees which grow in Brazil, babassu oil is extracted from kernels of the trees' nuts. It is a cousin of coconut oil and is now being used within the Gentlemen's Tonic Babassu and Bamboo product line.

The oil is excellent for smoothing and softening the skin whilst ridding it of surface level impurities. This little-known miracle worker is also a natural emollient so works wonders on dry and flaky skin, even alleviating skin conditions such as eczema and psoriasis.

Gentlemen's Tonic provides the modern man with a variety of lifestyle and grooming products, which can be found at [www.gentlemenstonic.com](http://www.gentlemenstonic.com)

