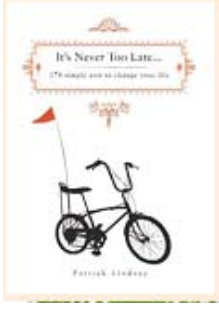
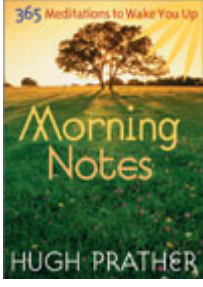

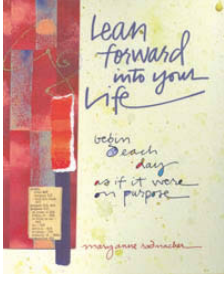
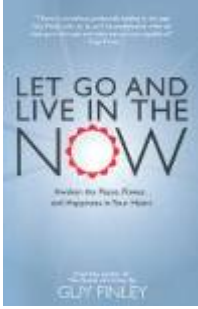
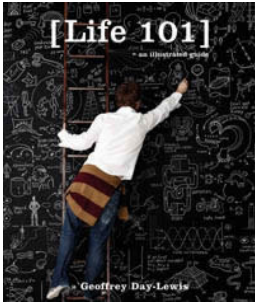
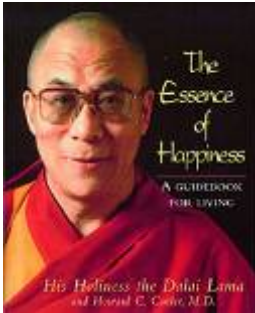
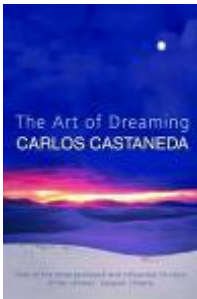
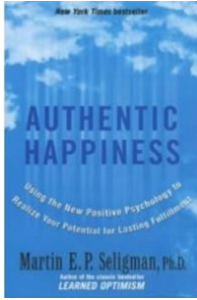
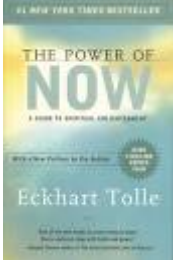
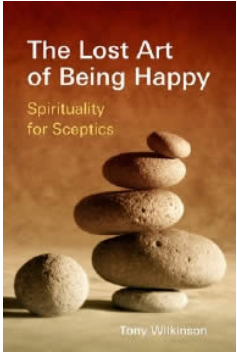
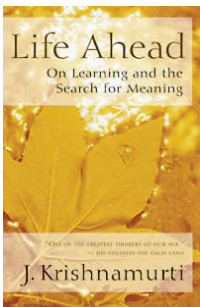
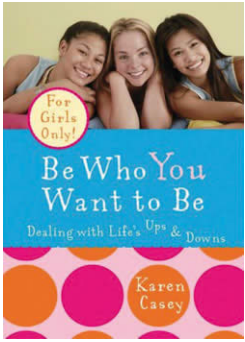
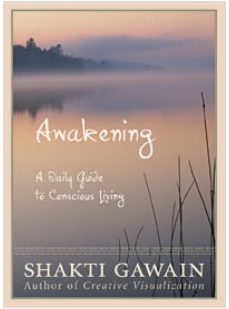
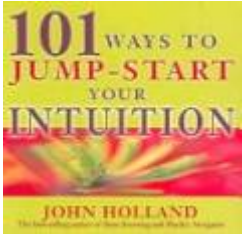
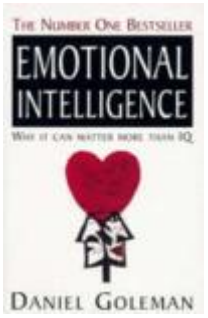
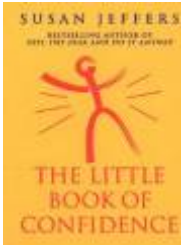
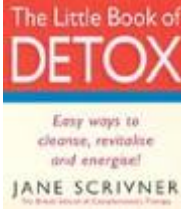
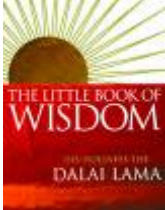
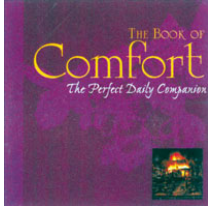
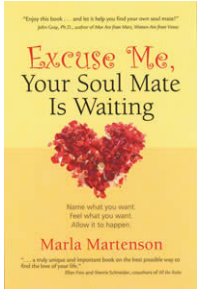
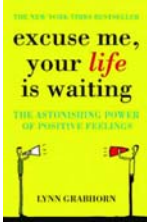


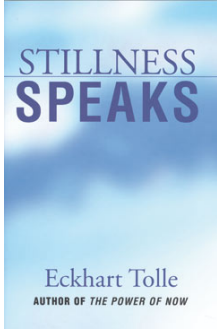
Item	Description	RR Price
<p>It's Never Too Late... <i>Patrick Lindsay</i></p>	 <p>On each page, Patrick gives a suggestion, gently encourages readers to see its value and links it to some words of wisdom from some of the world's greatest minds.</p>	<p>\$19.95</p>
<p>Morning Notes <i>Hugh Prather</i></p>	 <p><i>Morning Notes</i> provides a year's worth of spiritual breakfast. Read the daily entries sequentially, dip into the book at random, or go back to the passages that speak particularly to your life.</p>	<p>\$26.95</p>
<p>Give Yourself Permission to Fly <i>Brett Murray</i></p>	 <p>Brett Murray is Australia's leading youth motivator. He knows the challenges that face people after leaving school and in their twenties as they explore what they want for their future. His aim is to help them believe in themselves and in their worth – and find a vision for how they might best use their talents in life.</p>	<p>\$24.95</p>
<p>Lean Forward into Your Life <i>Mary Anne Radmacher</i></p>	 <p><i>Lean Forward into Your Life</i> is an invitation, a reflection, and a set of prompts to help you remember the questions you want to ask yourself. <i>Lean Forward into Your Life</i> is a commonplace book for leading an uncommon life, and to live an uncommon life means to live large from the heart.</p>	<p>\$25.99</p>
<p>Let Go and Live in the Now <i>Guy Finley</i></p>	 <p><i>Let Go and Live in the Now</i> is a work close to the author's heart, in which he builds a bridge to the great wisdom teachings from past ages. Through stories, quotes, simple reflections, he offers us a way to see the true meaning of our lives.</p>	<p>\$26.95</p>

<p>Life 101 <i>Geoffrey Day-Lewis</i></p>		<p>An illustrated guide – the ultimate handbook for those who have forgotten all the sage advice their mother ever gave them, and need a gentle reminder.</p>	<p>\$24.95</p>
<p>The Essence of Happiness <i>Dalai Lama</i></p>		<p>The Dalai Lama offers simple advice on how to defeat day-to-day depression, anxiety, anger, jealousy, and a myriad of other emotions that get in the way of happiness. <i>The Essence of Happiness</i> crosses traditional boundaries to help with problems common to us all.</p>	<p>\$9.95</p>
<p>The Art of Dreaming <i>Carlos Castaneda</i></p>		<p><i>The Art of Dreaming</i> is an extraordinary and exciting adventure of the psyche unlike any other, which takes the reader on an amazing journey of the soul via the teachings of the great sorcerer, Don Juan. Carlos Castaneda reveals that, like the layers of an onion, there are worlds existing within our own that can be visited through dreams. Castaneda's compelling writing enables the reader to participate fully in his eye-opening and thrilling discoveries and explorations.</p>	<p>\$29.95</p>
<p>Authentic Happiness <i>Martin Seligman</i></p>		<p>Drawing on groundbreaking psychological research, Seligman shows how Positive Psychology is shifting the profession's paradigm away from its narrow-minded focus on pathology, victimology, and mental illness to positive emotion, virtue, strength and positive institutions.</p>	<p>\$34.95</p>
<p>The Power of Now <i>Eckhart Tolle</i></p>		<p><i>The Power of Now</i> shows readers how to recognise themselves as the creators of their own pain, and how to have a pain-free existence by living fully in the present. By accessing the deepest self, the true self can be learned, he says, by freeing ourselves from the conflicting, unreasonable demands of the mind and living 'present, fully and intensely, in the Now'.</p>	<p>\$21.99</p>

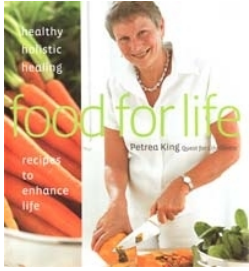


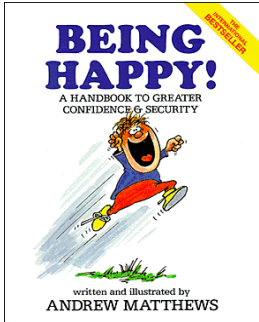
<p>Eating Disorders: The Facts <i>Suzanne Abrahams</i> <i>Derek Llewellyn-Jones</i></p>		<p>Written by A/Prof Suzanne Abraham, Co-Director of Northside Clinic's Eating Disorders Unit, and Derek Llewellyn-Jones. This book aims to help patients, their carers and families. Also useful for health professionals who are increasingly being asked for more information on eating disorders and seeing more and more young people suffering with these serious conditions.</p>	<p>\$36.95</p>
<p>The Lost Art of Being Happy <i>Tony Wilkinson</i></p>		<p>Arguing that spirituality is not about religion but about living happily, this guidebook offers advice on the skills of the inner life—the mind and emotions—that are needed for a life of joyfulness. This examination discusses the requirements for happiness, explores their nature, and shows that mastering only a few skills can lead to bliss. The exercises in this resource are offered to spiritual seekers as a path towards happiness and emphasise that personal elation is not caused by external events, but by mastering the skills of the inner life.</p>	<p>\$32.95</p>
<p>Half Full <i>Mina Parker</i></p>		<p>These mini-essays are based on quotations from wise teachers throughout history such as Helen Keller, Mark Twain, Winston Churchill, Emily Dickinson, Katharine Hepburn, and the author's great-grandmother. Each and every one includes a tidbit of food for thought, a piece of advice, or something to do.</p>	<p>\$32.95</p>
<p>The Happiness We Share <i>UBUNTU</i></p>		<p>This book describes unforgettable, joyous moments in life. An exquisite collection of moving photographs and words, taken from all walks of life capturing beautifully the pure joy people experience individually and through their connection with others.</p>	<p>\$12.99</p>
<p>Life Ahead <i>J Krishnamurti</i></p>		<p><i>Life Ahead</i> presents lessons that move far beyond the traditional forms of education taught in most schools and colleges. Drawn from transcripts of talks given to Indian students, the book covers a wide range of universal topics. Krishnamurti explores the danger of competition, the value of solitude, the need to understand both the conscious and the unconscious mind, and the critical difference between concentration and attention, and between knowledge and learning.</p>	<p>\$27.95</p>

<p>Be Who You Want To Be <i>Karen Casey</i></p>		<p>This book provides a daily dose of advice for girls who are wrestling with problems about friendship, family, self-esteem, kindness, courage, and goals.</p>	<p>\$23.99</p>
<p>Awakening <i>Shakti Gawain</i></p>		<p>Start each day with a small step toward greater awareness. This beautiful new edition of <i>Awakening</i> will guide you into closer alignment with the spiritual principles that govern all of life. The 365 entries are organised around the calendar year and the seasons. Each brief entry shares a bit of Shakti's clear and simple wisdom and offers a meditation or question to ponder.</p>	<p>\$27.95</p>
<p>101 Ways to Jump Start Your Intuition <i>John Holland</i></p>		<p>Intuition is the language of the soul, and we're all born with the natural ability of an inner-knowing. As we go through life, we have an inborn tendency to pull away from what was once totally natural to us. In <i>101 Ways to Jump-Start Your Intuition</i>, psychic medium John Holland guides you through 101 quick and easy lessons to help you understand, develop, and work with your internal sense of intuition.</p>	<p>\$14.95</p>
<p>Eating Mindfully <i>Susan Albers</i></p>		<p>This breakthrough book introduces acceptance and awareness of one's eating behaviours, new exercises steeped in Buddhist practices for healing unhealthy eating patterns, and a means for restoring tranquility to meals. The author presents readers with the four foundations of mindful eating - mindfulness of the mind, the body, the feelings, and the thoughts.</p>	<p>\$24.95</p>
<p>Emotional Intelligence <i>Daniel Goleman</i></p>		<p>The groundbreaking bestseller that redefines intelligence and success. Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.</p>	<p>\$24.95</p>

<p>The Little Book of Confidence <i>Susan Jeffers</i></p>		<p>Practical and wise, <i>The Little Book of Confidence</i> is perfect for starting, ending or recharging your day with feelings of power and love.</p>	<p>\$9.99</p>
<p>The Little Book of Detox <i>Jane Scrivner</i></p>		<p>Feel run down? Need a boost to put some sparkle into your life? <i>The Little Book of Detox</i> is full of advice on how to give your body and mind a thorough spring clean. Discover the key to feeling refreshed, invigorated and full of energy.</p>	<p>\$9.99</p>
<p>The Little Book of Wisdom <i>Dalai Lama</i></p>		<p>As the spiritual leader of Tibet, His Holiness the Dalai Lama had captured the attention and admiration of the world through his wisdom. This jewel of a book offers some of his most helpful insights on daily living, inner peace, compassion and justice.</p>	<p>\$9.99</p>
<p>The Book of Comfort <i>H.K. Suh</i></p>		<p><i>The Book of Comfort</i> is beautifully illustrated with a lovely collection of consoling thoughts, meditations, and quotations - culled from the minds and hearts of our most famous writers, spiritual leaders, artists, musicians, philosophers, and leaders - that provides solace in trying times and spiritual support every day of the year.</p>	<p>\$19.95</p>
<p>Excuse Me, Your Soul Mate is Waiting <i>Maria Martenson</i></p>		<p>Using the best-selling book <i>Excuse Me, Your Life Is Waiting</i> as her "bible," Marla Martenson teaches readers how to practice the Law of Attraction to find their true soul mates. With each step, Martenson offers Soul Mate Assignments, practical dating advice and strategies that readers practice so they can magnetize and energise their feelings to attract the perfect partner.</p>	<p>\$28.00</p>
<p>Excuse Me, Your Life is Waiting <i>Lynn Grabhorn</i></p>		<p>A simple, four-step plan that works in every area of life: money, health, relationships, spirituality, and more. What if you could have everything you want by using just four simple, guaranteed steps? This book shows you how.</p>	<p>\$28.00</p>

<p>How to Talk to Anyone <i>Leil Lowndes</i></p>	 <p>Have you ever admired those successful people who seem to have it all? You see them chatting confidently at social parties and business meetings. They are the ones with the best jobs, nicest partners and the most interesting friends. But wait a minute. They're not necessarily smarter than you or even better looking. It comes down to their more skillful way of communicating with other people. This fun and insightful guide reveals the secrets of successful communication. Captivate your audience and much, much more.</p>	<p>\$28.00</p>
<p>Stillness Speaks <i>Eckhart Tolle</i></p>	 <p>Eckhart Tolle is a contemporary spiritual teacher not aligned with any particular religion or tradition. In his writings and seminars he conveys a simple message: there is a way out of suffering and into peace. The essence of the author's message is easy to grasp: connection to the stillness within enables us to move beyond our active minds and emotions and discover lasting peace, contentment and serenity.</p>	<p>\$24.99</p>
<p>365 Health and Happiness Boosters <i>M J Ryan</i></p>	 <p><i>365 Health and Happiness Boosters</i> offers concrete things to do or to reflect on, in order to experience happiness. Some are attitudes that we can change to create more happiness overall in our lives; others are specific things we can do to lift our spirits in the moment; others still are behavioural modifications or nutritional supplements we can try. And while some are light-hearted and others quite serious, they all will have a positive effect on your mind, body, and spirit.</p>	<p>\$26.95</p>
<p>The Happiness Trap <i>Dr Russ Harris</i></p>	 <p><i>The Happiness Trap</i> is based on the principles of a revolutionary new model of therapy and coaching, developed from cutting-edge research in behavioural psychology. This technique helps you to clarify what is important and meaningful to you in life, and to develop mindfulness - a mental state that enables you to live fully in the present moment, and to handle painful thoughts and feelings far more effectively.</p>	<p>\$29.95</p>
<p>Beating the Blues <i>Susan Tanner and Jillian Ball</i></p>	 <p>With compassion and candour, <i>Beating the Blues</i> reveals how we can all turn our moods around and use them to change our lives for the better. <i>Beating the Blues</i> introduces a step-by-step program for overcoming depression, enabling you to break the lethargy circuit and conquer feelings of hopelessness, jealousy and loneliness.</p>	<p>\$29.95</p>

<p>Man's Search for Meaning <i>Victor Frankl</i></p>	 <p>Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Based on his own experience and the experiences of those he treated in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose.</p>	<p>\$24.95</p>															
<p>Jonathan Livingston Seagull <i>Richard Bach</i></p>	 <p>This is a fable about the importance of making the most of our lives, even if our goals run contrary to the norms of our flock, tribe or neighbourhood. Through the metaphor of flight, Jonathan's story shows us that, if we follow our dreams, we too can soar.</p>	<p>\$22.95</p>															
<p>Full Catastrophe Living <i>Jon Kabat-Zinn</i></p>	 <p>This book presents the lessons of ten years of clinical experience with more than 4,000 people who took an eight-week course known as the Stress Reduction and Relaxation Program at the University of Massachusetts Medical Centre. This form of meditation can be used to improve medical problems such as headaches, high blood pressure, back pain, and heart disease. All of these are related to stress, which has become a looming challenge when so many people's lives are frenzied and filled with constant activities.</p>	<p>\$55.00</p>															
<p>Alcoholics Anonymous</p>	<table border="0"> <tr> <td>Big Book</td> <td></td> <td>\$17.60</td> </tr> <tr> <td>Daily Reflections</td> <td></td> <td>\$15.00</td> </tr> <tr> <td>Living Sober</td> <td></td> <td>\$8.25</td> </tr> <tr> <td>Pocket Book</td> <td></td> <td>\$5.00</td> </tr> </table>	Big Book		\$17.60	Daily Reflections		\$15.00	Living Sober		\$8.25	Pocket Book		\$5.00				
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<p>Narcotics Anonymous</p>	<table border="0"> <tr> <td>Sponsorship</td> <td></td> <td>\$17.60</td> </tr> <tr> <td>It Works</td> <td></td> <td>\$18.70</td> </tr> <tr> <td>Just For Today</td> <td></td> <td>\$18.70</td> </tr> <tr> <td>Basic Text</td> <td></td> <td>\$18.70</td> </tr> <tr> <td>Step Working Guide</td> <td></td> <td>\$17.60</td> </tr> </table>	Sponsorship		\$17.60	It Works		\$18.70	Just For Today		\$18.70	Basic Text		\$18.70	Step Working Guide		\$17.60	
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<p>Food For Life <i>Petrea King</i></p>	 <p>Food For Life cookbook is full of easy-to-prepare recipes that will have your mouth watering. A collection of wonderful colour photographs, interspersed with health tips provides recipes for breakfast, main and light meals, desserts, juices, smoothies and much more.</p> <p>Healthy, holistic, healing recipes to enhance your life and, as the author says, "Good food really does nourish the spirit as well as the body."</p>	<p>RRP \$35.00 Northside Clinic price only \$30.00</p>
<p>CDs <i>Petrea King</i></p>	 <p>From the collection of Petrea King – these cds will guide you through meditation exercises. You will understand how, when and why to practice meditation, how the mind works and how we can manage it more effectively.</p>	<p>\$25.00</p>
<p>CD <i>Petrea King</i></p>	 <p>In "Your Life Matters", you are encouraged to think about the way we live – what we believe, how we behave, how we treat our bodies and to make positive changes.</p>	<p>\$25.00</p>
<p>Being Happy <i>Andrew Matthews</i></p>	 <p>It is a book about: understanding yourself; being able to laugh at yourself; becoming more prosperous Being able to forgive yourself</p> <p>It is a book about being happy.</p>	<p>\$22.00</p>

Item	Image Description	Price
<p>Philosophy Suzanne Maher</p>	 <p>"PHILOSOPHY" is a collection of wise words from authors and lands of centuries both past and present. This delightful book is filled with carefully chosen quotations, thoughts and tips and is brought to life with exquisite watercoloured illustrations.</p> <p>The perfect companion for life's journey.</p>	<p>\$24.95</p>
<p>Essence Susanne Maher</p>	 <p>"ESSENCE" will inspire you to create a life that is rich and rewarding, happy and abundant.</p>	<p>\$24.95</p>
<p>Soul Suzanne Maher</p>	 <p>"SOUL" is filled with fresh and inspiring quotations designed to feed your heart, mind, body and spirit..</p>	<p>\$24.95</p>
<p>Spirit Suzanne Maher</p>	 <p>"SPIRIT" A wonderful volume featuring photographic images and brought together with quotations that serve as a guide for a life of abundance on every level.</p>	<p>\$24.95</p>
<p>Eternity Suzanne Maher</p>	 <p>"ETERNITY" speaks to everyone and focuses on healing and reflection.</p> <p>A gently soothing book that offers insight into understanding and reminds us of the comfort that can be reached through encouragement and support</p>	<p>\$24.95</p>

JOURNAL WRITING & NOTETAKING

Life management Life enhancement

<p>Insights Journal</p>	 <p>A blank journal to record your thoughts.</p>	<p>\$9.95</p>
<p>Reporter Style Notebooks</p>	 <p>These handy notebooks are conveniently sized to jot down dreams, ideas, future projects and notes.</p>	<p>\$15.50</p>
<p>Her/His Life Journal</p>	 <p>Celebrate Her or His Life - for the unforgettable experiences, the priceless memories, the stories you've shared. Give this journal and celebrate their heart, strength, courage and character.</p>	<p>\$28.50</p>
<p>My Mum/My Dad</p>	 <p>Cloth-covered and foil-stamped, this book will truly be a gift for Mum and Dad that will be handed down to future generations.</p>	<p>\$21.95</p>












INSPIRATIONAL

*Life management, Life enhancement
Life management, Life enhancement*

Item	Description	Price
<p>Her Words... Inspiring Composition Books for Women</p>	 <p>Perfect for capturing all your creativity-your poetry, stories, novels, creative ideas, journaling or music. Great for home, office, studio or out in the world and feature cover vignettes by poet Monique Duval, author of "Persistence of Yellow."</p>	<p>\$13.50</p>
<p>Pocket Size Books</p>	 <p>Elegantly cloth-covered, these books feature beautiful illustrations paired with courageous and compassionate quotations that remind us that we are never alone.</p>	<p>\$18.50</p>
<p>Be... Cloth covered gift book</p>	 <p>Each full colour page of this cloth-covered gift book opens to an empowering reminder accompanied by an inspiring quotation.</p>	<p>\$29.95</p>
<p>Soul Happy</p>	 <p>This beautiful, cloth-covered gift book shines a light on the many ways to nurture our souls.</p>	<p>\$29.95</p>





<p>5</p>	 <p>5 is one of those books that is set to become a classic. It's the kind of book that comes with exciting possibilities and fresh starts and encourages you to map out your course and set your own coordinates.</p>	<p>\$32.50</p>
<p>1</p>	 <p>How many people does it take to make a difference?</p>	<p>\$32.50</p>
<p>Brilliance</p>	 <p>Wise, witty, warm and passionate quotations from women whose lives have influenced millions. Celebrate a brilliant mother, daughter, wife, sister, loved one or colleague with the beautiful gift of <i>Brilliance</i>.</p>	<p>\$27.50</p>
<p>Be The Difference</p>	 <p>This uplifting book shows that by giving your personal best you can make a significant difference for us all.</p>	<p>\$27.50</p>
<p>I Believe in You</p>	 <p>Express your support and encouragement with the gift that shows your faith in others. "I Believe in You" - just four little words, but their impact is magical.</p>	<p>\$27.50</p>

Item	Description	Price
<p>Greeting Cards – Socially responsible to the environment.</p>		<p>\$5.95</p>
<p>Opening Window Cards</p>	 <p>Individual "pop-open" window cards - packaged in a slide-open gift box. Each card contains a different quotation concealed like a little gift behind a pop-open window. Each box contains 30 different cards - enough to share with family and friends.</p>	<p>\$15.50</p>
<p>Big Thoughts</p>	 <p>The little things in life are often the biggest. These colourful, energetic little books inspire us to enjoy our lives. Also included with each Big Thoughts book is a bright, colourful, custom-sized envelope so you can send these books to family and friends.</p>	<p>\$7.50</p>

<p>Greeting cards</p>	<p>A very special range of cards using photographic images sourced from around the world, complimented with sensitive quotations and single word themes. These cards express the message of hope and caring love. Perfect for every occasion.</p> <div style="display: flex; justify-content: space-around; text-align: center;"> <div data-bbox="379 376 564 555"> <p>LIVE</p>  </div> <div data-bbox="662 376 847 555"> <p>CARING</p>  </div> <div data-bbox="951 376 1136 555"> <p>IMAGINE</p>  </div> </div> <div style="display: flex; justify-content: space-around; text-align: center; margin-top: 10px;"> <div data-bbox="469 562 652 734"> <p>SMILE</p>  </div> <div data-bbox="759 562 943 734"> <p>FAREWELL</p>  </div> <div data-bbox="1046 562 1230 734"> <p>WELCOME</p>  </div> </div>	<p>\$4.95</p>
<p>Bookmarks</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="379 840 497 1077">  </div> <div data-bbox="564 840 683 1077">  </div> <div data-bbox="759 840 877 1077">  </div> <div data-bbox="951 840 1069 1077">  </div> <div data-bbox="1142 840 1260 1077">  </div> </div>	<p>\$1.95</p>

BODY CARE

Life management, Life enhancement

Item	Description	Price
Lemon Myrtle Lip Balm	 <div data-bbox="683 268 1289 555" style="border: 1px solid black; padding: 5px;"> <p>Lemon Myrtle has been used extensively in Herbal Medicine and Aromatherapy for its soothing, calming, anti-viral and anti-fungal properties. These products have captured the essence of Australian Lemon Myrtle to nurture and refresh your skin.</p> </div>	\$4.99
Lemon Myrtle Soap		\$2.95
Healing Hands with Echinacea – Hand & Foot Cream	 <p>This exquisite, silky hand cream allows for quick absorption and has healing properties that are ideal for cuticles. Contains Echinacea, Comfrey and Macadamia Nut Oil.</p>	\$24.50
USpa - Neem Seed Hydrating Cleanser (Shampoo) and Conditioner	 <p>Neem Seed Hydrating Hair Cleanser and Conditioner adds moisture and shine while protecting the hair from the harsh elements in the environment. The unique formula of Guar, Wheat Protein and Palm Glycerides moisturise the hair while the Neem Seed and Green Tea provides protective and antioxidant properties. The formula produces low foam to ensure moisture is not stripped from the hair. The essential oil blend of Sandalwood, Rose and Black Pepper adds to the nourishing effect of the hair and scalp.</p>	\$24.95
USpa – Tangerine & Rose Body Wash	 <p>Absolute bliss, this light, foaming body gel primes the skin for superior hydration. A gentle formula with a delightful tangerine and rose aroma that can also be used in the bath.</p>	\$20.95

Life management, Life enhancement



<p>USpa – Tangerine & Rose Moisturiser</p>	 <p>This refreshing moisturiser is enriched with Vitamin E and blended with sweet almond and sesame oils. Used daily, this lightweight formula will leave your skin smooth and soft and will not interfere with your fragrance.</p>	<p>\$20.95</p>
<p>Natio Suncream 30+</p>	 <p>Natio Sunblock Lotion provides broad spectrum protection against harmful UVA and UVB rays. Rich in Vitamin E, it provides vital moisture and maximum protection from the sun. Water resistant for two hours.</p>	<p>\$19.15</p>
<p>Invigorating Body Brush</p>	 <p>This compact natural bristle skin brush is perfect for first time users to promote the skin's natural beauty. Has an easy-grip handle and stylish timber finish.</p>	<p>\$13.00</p>
<p>Coffee and Sea Kelp Contour Scrub</p>	 <p>A stimulating body contour scrub that utilises the intense anti-cellulite properties found naturally in coffee and sea kelp. Massage a small amount of coffee and sea kelp scrub into cellulite prone areas, or all over for an invigorating body exfoliation.</p>	<p>\$21.25</p>
<p>Pure Essense Soaps</p>	 <p>Pure Essense hand-made soaps are crafted using a time honoured tradition and made with the purest ingredients from around the world. They contain exotic ingredients such as French lavender, Bulgarian rose, American raw honeycomb, Chinese fresh water pearl powder, goji berries and ginseng. These body and face bars are not only a sensuous treat but also a beneficial source of healing and soothing for the skin.</p>	<p>\$6.95</p>

DURING YOUR STAY

Life management, Life enhancement

Item	Description	Price
Spa Trends Eye Mask	 <p>A refreshing treat for tired eyes – just pop them in the fridge!</p> 	\$12.95
Spa Hair Wrap	 <p>Bodecare 100% cotton towelling hair wrap, made of the thickest terry weave to dry hair quickly.</p>	\$15.50
Eye Mask	   <p>Soft and delicate masks to keep you in sweet dreams.</p>	\$11.95
Heat Wrap	  <p>Warm and fluffy wraps in a variety of colours to keep you cosy and snug – perfect for reading in bed.</p>	\$29.95
Aromatherapy Socks	 <p>Aromatherapy invigorates the mind, body and spirit through our sense of smell, which is the most evocative sense we possess. The Belleview Aromatherapy sock range incorporates the benefits of fragrance and massage for the feet.</p>	\$9.60

<p>Funky Feet Ladies Socks</p>	<p>These fabulous and funky socks are perfect for brightening up your day!</p> 	<p>\$25.95</p>
<p>Macro Mirror</p>	 <p>The Mega Macro Mirror makes things appear 10 times bigger. It also has suction caps on the back to attach to walls or larger mirrors, making it extremely useful.</p>	<p>\$15.95</p>
<p>Travel Pillow</p>	 <p>Perfect for travelling, these pillows are also waterproof, extremely light and easy to store.</p>	<p>\$19.95</p>
<p>Pretty Eye Rest Pillows</p>	 <p>Fancy pillows just for your eyes.</p>	<p>\$13.95</p>

<p>Shower Cap</p>	 <p>Add a bit of glamour to your shower or bath-time ritual.</p>	<p>\$19.95</p>
<p>Everyday Creative Everyday Calm</p>	 <p>These card decks are the perfect quick fix because they're fun and can be used in a number of ways. For guidance - shuffle a deck and pick the card you need at that given moment.</p>	<p>\$19.95</p>

Personal Care Products

Client Relations also has a range of personal care products available. Please enquire at the Client Relations Desk during business hours.