

30
DAYS
of health
& wellbeing



KNOW YOUR BEAUTY.

SATURDAY 26TH JUNE
10AM - 4PM

Join us for a fun, informative and empowering day at New Directions Australia for our **Know Your Beauty** workshop event where you will learn industry-insider secrets and tips from leading health beauty and wellbeing experts. Between workshop presentations you will have access to our pampering services such as hand treatments, foot soaks, and mini facials or get revitalised with pure oxygen at the oxygen bar.

Cheryl Ross, natural beauty expert and co-author of Bodyworks, is currently in production filming her new TV series with Shane Rogers 'It's Only Natural', the new lifestyle series that aims to teach you how to become a beauty chef. She will be taking some time off for the Know Your Beauty workshop event presenting skin care from the pantry and how to make your own anti ageing products from home. Cheryl will share industry insight and hands on experience while exploring the wonderful world of natural extracts and raw ingredients, and the wide range of benefits they bring to the health and vitality of your skin and body.

Celebrity model Annalise Braakensiek's latest business venture, Love Lunch, is for the health minded, weight conscious, environmentally aware person with very discerning taste buds! Annalise will share with you the importance of healthy eating with her personal **nutritionist Naras 'The Body Doctor'**. Annalise says, "Cooking for me is like art: therapeutic, beautiful, inspiring and fun".

Industry expert and **New Directions' very own Contract Manufacturing Manager, Melinda Tizzone**, will empower you with insider industry knowledge of the health, beauty and wellbeing industries. With more than 13 years industry experience, Melinda will share with you the latest trends and tips for the ultimate health, skincare and beauty regime.

With ten years experience, **pilates instructor Gerald Lee** will chat briefly about the importance of core inner strength. Pilates creates a fusion of mind and body so that without even engaging the mind, the body will move with economy, grace, and balance. Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

Know Your Beauty workshop will be held in the ambient and stylish surrounds of New Directions' Showroom from 10am-4pm and will be accompanied by a healthy and delicious Love Lunch followed by champagne and gourmet chocolate-dipped strawberries, to help you relax and unwind at the end of the day. **The workshop event costs \$50 (GST inclusive)**. All who participate will receive a goody bag full of New Direction's skincare samples to pamper yourself with in the comfort of your own home.

To register or for more information please please speak to a New Directions Sales representative.