

# upfront

*inhale health exhale beauty*



## Look good, feel great

From coffee sack to fashion accessory, Give-It-Bag is a Cape Town based bag-making initiative that uses recycled rice, coffee, tea, sugar and even salt bags collected from all around the world to produce a wide variety of funky bags and rucksacks. Fifty per cent of all Give-It-Bag profits go to partner charities and disadvantaged communities. Each bag is unique and is branded with its own number as a reminder of your good deed. So why not get in with the latest trends and make a difference too? Inspire others - Give It Bag! For more info and to order, call (021) 465 9852 or email [capetown@give-it-bag.com](mailto:capetown@give-it-bag.com).

## Meds – not the only cure for headaches!

Popping a pill each time you get a headache is one way to treat the problem. According to Dr Shevel of the Headache Society of South Africa, many of the medications prescribed for treating headaches have serious and long-lasting effects, such as upset stomach, vomiting, drowsiness, excessive sweating, and changes in appetite or weight.

Before popping a tablet at the onset of a headache, try alternative treatments like doing spinal twists which are very beneficial in releasing trapped tension in the neck and spine. Simply massaging the scalp and temples also aids in headache release as well as smelling lavender oil – which has healing properties well-known for the release of tension. You can also try Posture Modifying Appliances that work to reduce muscular tenderness available from the Headache Clinic on (011) 484-0933.



## THE MOST NATURAL MAKE-UP NEXT TO YOUR SKIN

Trading at the Bryanston Organic Market for over 16 years, Inthusiasm is South Africa's own mineral make-up. The range includes mineral powders, blush, foundation, eye enhancers and mascaras. For more information contact Lynne Lauf on 082 870 7698 or visit [www.inthusiasm.co.za](http://www.inthusiasm.co.za).



## AROMATHERAPY SHOWER

For an invigorating power shower, sprinkle some essential oils (like rosemary or lemon) on an absorbent face cloth and leave it on the shower floor. The hot water from the shower hits the cloth and disperses the oils. This is an invigorating energiser and leaves your bathroom smelling fresh for the day!

