

Frequent Flyer Health Boost

On international flights, it's not just passengers boarding the plane. When travelling interstate or overseas, you may be exposed to all kinds of cold and flu bugs. Help give your immune system added support with Frequent Flyer Health Boost. It's packed with ingredients to help maintain immune function and help you stay hydrated. Throughout your travels stimulate your immune system with a shot of 1,000mg of vitamin C plus zinc, echinacea, herbs and essential vitamins and minerals. Retail for around \$14.95 from pharmacies, Priceline and airport Newslink stores nationally. For more information call 1800 788 870 or visit www.frequentflyerboost.com.au. Use only as directed. If symptoms persist, see your healthcare professional.



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Hydramax

If summer sees your child come down with 'gastro' bugs that cause vomiting, diarrhoea and



sweating, Nutralia Hydramax ice blocks (\$12.99 for 16; www.brandsworldwide.com.au) are an effective way to rehydrate fast. These ice blocks are specially formulated for children. Sports drinks may contain sugar and don't always contain the electrolytes kids need.



Fairtrade Children's Apron

New from Tribes & Nations is this cute apron made from hand-loomed cotton (\$25.00; www.tribesandnations.com.au).

It is fully washable, durable and has been dyed with ancient azo dyes. The apron has been made under Fairtrade principles in Sri Lanka, where the producer has been paid a fair wage. A lovely gift for a child who enjoys cooking and craft!



BEAUTY SPOT 3 natural pampering treats we love ...

Hearty scents We adore these pendants from natural perfumier Aftelier (\$160.00; www.aftelier.com), especially Cacao, a phthalate-free mix of chocolate, jasmine and orange.

Spicy serum Ensure the skin you're showing this summer is soft with Venustus' new Organic Spice Serum, containing chai, cinnamon and cardamom (\$49.00; www.venustus.com.au)

Pretty in pink Zui Organics' new range of natural cosmetics are made from flower petals. We love their soft, talc-free certified GMO-free blush (\$29.00, www.zuiorganic.com).



CHOOSE Our favourite natural soft drinks

Drinking eight glasses of water a day is all very well, but what about when you want something fizzy? These four organic drinks are low in sugar, free from additives and high on flavour.

Phoenix Sparkling Cranberry and Lime (\$3.29 for 300ml) We love the zest of lime and hint of cranberry tartness in a mellow, lightly carbonated base of red grape.

Wort Organic Lemon and Ginger (\$2.29 for 330ml) This thirst-quenching combo won fans for its clean flavour and subtle herbal tones of lemon myrtle and sage. Addictive!

Organic Elderflower Cordial (\$13.69 for 500ml) Mix with sparkling mineral water to make 5 litres of a deeply refreshing lemony drink with an appealing flowery aroma.

Steaz Green Tea Soda Ginger Ale (\$3.59 for 355ml) A sophisticated alternative to regular ginger ale, the green tea adds crispness and the natural cane sugar gives it a ripe flavour.