



### READER EXCHANGE

Lana Evans wins a Zuii Gift Pack of 100% certified organic cosmetics produced from flowers, containing a Liquid Foundation, Bronzer, Blush and Eyeshadow, valued at a total of \$155.60 for her letter. Thanks to Zuii (07 5596 2319; [www.zuiiorganic.com](http://www.zuiiorganic.com)) and congratulations, Lana.

### Easter goes eco-friendly

Last year, I was horrified to count no fewer than 12 bunny rabbits that had been given to my kids' friends as pets for Easter. Not only are these not Australian native animals, but several were euthanased when the kids got tired of them or the parents moved. I decided to turn the experience into a lesson for my children, so this year we are sponsoring an Australian bilby at Sydney's Taronga Zoo ([www.tarongazoo.org](http://www.tarongazoo.org)). I urge other readers to make this more humane and ethical choice.

Lana Evans,  
via e-mail



## your letters.

What you have to say about an eco-friendly Easter, exfoliation, safer baby bottles, herbs with pep-up power, and more.

### Awards praise

I was very interested to read your "Natural Beauty Awards" (Annual). However, I was annoyed that so many of the products were only available online. I prefer to see and try a product before I buy it. Can you please use more department store and pharmacy brands?

Martine Wren,  
Anglers Paradise, Qld  
*Nature & Health* replies: Finding products that fit our criteria of being natural, organic and cruelty-free is going to remain tricky until the natural beauty industry grows more mainstream. Until then, smaller, safer companies are going to favour online and healthfood or organics stores for distribution. However, many brands we feature, like Colores ([www.colores.com.au](http://www.colores.com.au)) offer sample packs.

### To scrub or not to scrub?

Do you think it's necessary to exfoliate? I never do, but if you think it is necessary what mild one do you recommend?

Shar Biesse,  
Dun Craig, WA  
*Beauty Editor Helene Larson* replies: Exfoliation is a necessary part of maintaining healthy skin as it removes dead cells from the top layer of your skin, revealing softer new cells underneath. These dead cells give skin a dull, dry appearance,

and can lead to congestion, clogging and breakouts. For the time-poor, try exfoliating in the shower. Twice a week, after you cleanse, use your exfoliant on your face and neck. Rinse well and moisturise afterwards. Your skin should feel noticeably smoother, and you will find that your moisturiser goes on more evenly. Two very gentle exfoliants are Sukin Facial Scrub (\$9.95 for 125ml; [www.sukinorganics.com.au](http://www.sukinorganics.com.au)) and Kosmea Daily Facial Exfoliant (\$36.95 for 125ml; [www.kosmea.com.au](http://www.kosmea.com.au)).

### Jessica Harrison praise

I was blown away by your article about Jessica Harrison (February 2009). What a remarkable woman and what a great story! To take on such an epic struggle against governments and multinationals hell-bent on growing and selling GM foods – and to be such a gracious and fun person as well was truly inspiring. Reading her story made me want to be a better, more spiritual and environmentally responsible person.

Nicole Matheson,  
Mulgildie, Qld.

### Healthy holidays

I signed up for a Vipassana retreat after reading about it in your December issue – it sounded soothing, and I wasn't disappointed.