

LC Natural Health & Beauty

Louise Camilleri

Safe, Effective, Good for You!

Natural

Health Wellness Beauty

LCnatural.com Toronto, ON

100% Natural,
Handcrafted Skin Care,
Cosmetics and Fragrance
Made Fresh To Order



From Founder and CEO Louise Camilleri

What you feed your skin goes into the body, what you feed the body shows up on your skin. It's a relationship we've all heard about but may not be aware of what to do about.

CHANGE YOUR INGREDIENTS AND CHANGE YOUR LIFE!

At LC Natural Health & Beauty we're bringing wellness to the Body, Mind, Spirit connect with products and services that are Safe, Effective and Good For You!

Increase Health & Vitality



Decrease Pain & Illness

LET'S GET SOCIAL



OUR STORY IGNITED OUR MISSION

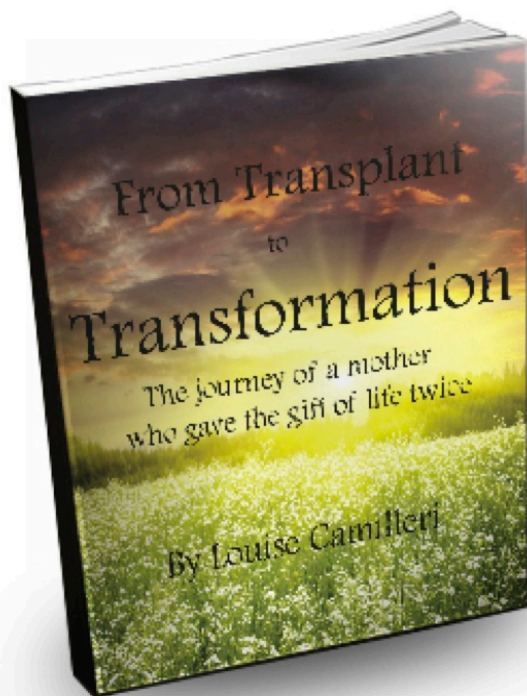
*Louise
Camilleri*



Singer ~ Dancer ~ Actor

Natural Health Practitioner ~ Entrepreneur

Author of her first book



From Transplant to Transformation The Journey of A Mother Who Gave The Gift of Life Twice

Louise takes you along on her journey through the heart breaking discovery of a Liver disease that threatened the life of her first son, to her dark period as she suffered Post Traumatic Stress Disorder during divorce, right up to the program that she created for herself that would transform her life and allow her to see the day that her son would be healthy enough to graduate grade 8 and get accepted into High School.

Available in paperback and e-book formats.
Purchase from louise.camilleri.com and Lulu.com

LULU SPOTLIGHT!

Lulu.com/spotlight/Camilleri



100% NATURAL SKIN CARE

Go online and check out our A.P.P.L.E.S. program. Fill out a profile and receive skin care products that are personalized for you! A Personalized Product Line Experience System that caters to your skins needs, issues and sensitivities.

This profile can also be used to create personalized natural fragrances to scent everything from your hand lotion to perfume.



Our **Rose Infused Serum** is formulated with the purest of essential oils like Sandalwood, Geranium and Rose. The properties of these oils combined with Borage Oil and Vitamin E nourish the skin, rejuvenate the cells and perform Anti-Aging wonders as they moisturize and enrich.

100% NATURAL BODY CARE



From head to toe, LC Natural Health & Beauty can create fresh and natural shampoos, conditioners, deodorants, body butters, foot balms and body wash. All made with 100% natural essential oils and no synthetic chemicals or fragrance.



Rosemary Extract and Sea Buckthorn Seed oils allow for not only healthy, strong hair but a clean and nourished scalp as well with our conditioning treatment.



Chocolate Body Polish made with real, organic cocoa powder.

Our **Sanitizing Hand Wash** is famous for keeping hands clean and sanitized for use with our natural products.



Change Your Ingredients, Change Your Life!

By Louise Camilleri IPHM

You've heard it before. It's a simple phrase amongst all the catch phrases roaming around the Health & Wellness industry these days but it's one that a lot of people might find hard to believe.

As a Reflexologist, Aromatherapist, Holistic Skin Care Formulator and Natural Perfumer, I know for a fact that this old adage holds a great deal of truth. On a daily basis I use a substance, during all of these activities, that has ingredients that are beneficial to my wellbeing inside and out.

Enter one of nature's best, The Essential Oil. Rosemary Essential Oil (*Rosmarinus officinalis*) for example. A flowering herb from France, Italy and Spain. After these flowering tops have been steam distilled you have a true miracle in a jar.

For your health it is a #1 heart tonic. It improves blood circulation, is an anti-inflammatory, aids with asthma and bronchitis, gets rid of fluid (edema), helps with sprains, and is a general stimulant. For your mental wellness it acts as an anti-depressant, is uplifting, helps with mental fatigue, and clears the mind and memory. For your natural beauty just dilute it with water and you have a natural skin astringent then use it on the scalp for hair loss. To gain all of these affects from the inside out, use a sprig of this herb in your cooking. You know an ingredient is great when you can eat it!

An example of the power of Lavender e/o (*Lavandula angustifolia*) is about women who received Lavender aromatherapy* after undergoing cesarean surgery that had less postoperative pain, decreased heart rate and greater satisfaction with their pain management as opposed to women who received a placebo form of aromatherapy, according to recent research**. It also makes a lovely and aromatic beauty tea when the dried buds are steeped.

Changing your ingredients to change your life is all part of what I call The Conscious Living Lifestyle. Where we as active participants in our healthcare regime source all the information we can to make the right decisions in a conscious state of awareness about our quality of life. Gone are the dark ages of blind taste tests, of not reading a label to know what was in a product that was going on our skin and into our body. Today, there are regulations that require disclosure of ingredients on labels or at the very least there are companies that share the research they have on a commercial product.

Just as we do with our cars on a regular maintenance schedule, or with our homes seasonally, it's a good idea to take a mental and physical check of ourselves and do a little cleaning or shake things up with a change to our health, wellness and beauty regime.

I challenge you to research an essential oil that you may have heard of, like the smell of, or might know well. This could be Bay oil or Oil of Oregano, which both have fabulous properties. Find out if it comes in a food grade and add it to your next recipe. Find a lovely Citrus oil like Mandarin (*Citrus reticulata*) and blend it with Patchouli (*Pogostemon cablin*) on a handkerchief to replace the dryer sheet in your next load of laundry. This tip is especially good for people who have allergic reactions or sensitivities to the chemicals or synthetic fragrance in dryer sheets. You'll find this to not only be economical but uplifting, calming, and soothing with a bit of the aphrodisiac effects thrown in, (laundry will never be the same!).

Finally, for those who are a bit more daring look for a natural, raw, Shea Butter and mix in some Rose (*Rosa damascena*) or Lavender (*Lavandula augustifolia*) essential oil to make a lovely body butter that will soothe the skin and rejuvenate the cells.

What a beautiful thing nature has supplied for us in these pure botanical oils that are chock full of natural compounds to aid our health, wellness and beauty. They provide the most effective, safe and natural ingredients we can use to change our lives for the better.



Download our Mobile APP and take us with you!
You can get it for **FREE** from the APP Store or on
GOOGLE PLAY, or by scanning the QR code with your
smart phone.

***Department of Anesthesiology, Golestan Hospital, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran; and Barij Essence Research and Development Centre, Kashan, Iran. Originally published in 2013 in Anesthesiology and Pain Medicine, 3(1), 203-207.*

**Aromatherapy for pain relief rests primarily on the topical application of high-quality, potent essential oils. Layering oils onto the back allows for increased access to spinal nerves connected with dermatomes and organs. Increasing the area of application allows for more global pain-and-inflammation reduction. Applying friction to the back stimulates the skin's nerves and dermatomes. (A client presenting with acute internal pain should be referred to a medical professional for diagnosis and treatment.)*

100% NATURAL ESSENTIAL AROMATICS



Our line includes: Marquee, Act 1, Singapore Garden, Mon Desire

Rose, Chamomile, Lavender, Helichrysum, Sandalwood, Black Pepper, Cypress, Frankincense, are just some of nature's treats when it comes to fragrance in the natural world.

Our **Essential Aromatics** capture these essences naturally and allow them to synergize for long periods so they marry to create an aromatic experience that is not only thrilling to the senses but gentle and non-invasive.



This new product pairs beautifully with LC Natural's Ant'eye' Wrinkle Treatment and "Look of Youth" Neck Treatment.

Introducing **Everlasting Essentials EE Cream** for the face and décolleté. This luxurious face cream is a powerhouse of ingredients that nourishes and revitalizes the skin with properties that are AA-Anti Aging, BB-Beauty Balm, CC-Colour Correcting, DD-Daily Defence and are formulated with the top 3 flower essences that are everlasting and essential to any skin care regime.

These natural oils penetrate the skin very easily to rejuvenate the cells, keeping skin moisturized, supple and glowing. This special jar allows for the correct amount to be pumped out without having to place any possible contaminants into the container.



100% NATURAL COSMETICS



Luscious Lips Moisture Palette 5 lightly tinted mineral lip balms that work to keep lips soft, supple and relieved of cracks and splits. This palette includes: Nude Beach, Bride-To-Be, Scarlett Letter, Brick Red and Go-Go Gloss.

They can be blended together or used as a sheer gloss over lipstick.

Our eyeliners come in an array of colours in pot format and pencil format and are made from natural mineral powders and micas.



Real'eyes' Your Natural Beauty



LC Natural Health & Beauty Real'eyes' Your Natural Beauty Eye Shadow Colours



These natural mineral powders and micas not only compliment any eye colour and care for every skin type ,they are hand blended to create varying effects from glittery to matte.

Each colour can be purchased in fun palette combinations or in pots for your own cosmetic creations.

**All of our
cosmetics are
scent free!**

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New

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Natural

Health Wellness Beauty

Skin Care Starter Kit



This starter kit contains **10** of our best selling holistic skin care products for you to try in convenient travel sizes.

- 1 Hair Wash ~ 1 Conditioner
- 1 Body Wash ~ 1 Body Lotion
- 1 Face Cleanser ~ 1 Face Toner
- 1 Face Moisturizer ~ 1 Lip Balm
- 1 Hand Lotion ~ 1 Foot Balm
- 1 Bonus ~ Cosmetic Case



for only \$24.99

Purchase online at:
www.lcnatural.com
Instructional video
on YouTube.

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