



FALL 2010

To those that have heard me rave about this treatment and waited patiently..... we are now offering:

ORGANIC NON-SURGICAL FACELIFTS

Do you want youthful, firm and glowing skin without invasive surgery, fillers or needles?

Our holistic micro current facial treatment works in harmony with the natural energy systems of the body. The micro current gently yet effectively stimulates acupuncture points on the face to re-educate facial muscles, diminish fine lines and puffiness as well as reduce hooded eyelids & jowls. Who doesn't want firm and radiant skin with a balanced and rejuvenated body? Spectacular results on acne, rosacea and TMJ as well.

See the results for yourself
at our FREE
Natural FaceLift Workshop
Wednesday, November 17th 6pm

Space is limited. Call the confectionery
at 613 231 7022 to register

Q: "I have very dry skin on my body and just cannot find a cream rich enough".

A: EXFOLIATE! The solution is not to use a rich cream, the solution is to dry brushing!

WHY DRY BRUSH DAILY?

1. to remove dead skin & reduce the amount of body lotion you need to hydrate dry skin.
2. to stimulate & increase blood circulation and improve your complexion
3. to eliminate toxins from the body & improve internal organ function
4. to reduce the appearance of cellulite
5. for smoother & younger looking skin
6. to soothe & massage sore muscles
7. to boost energy levels
8. for glowing skin
9. to assist with the distribution of fat deposits
10. for overall improvement of health

ORESTA carries all-natural, hand-made jute brushes in two sizes: body brush or bikini brush. Exfoliate your entire body with a body brush or get rid of irritated ingrown hairs with the bikini brush!

Follow the dry brushing with a nourishing organic oil or body lotions:

- Kahina's argan oil
- Eminence's apricot oil
- Eminence's naseberry lotion
- Mare's Milk body cream
- Sweet Beauty's chocolate pot de creme

IN THE NEWS

On October 19, 2010, Oresta was interviewed by Margo McDiarmid for the CBC's *The National* to discuss the David Suzuki Foundation study on chemicals in personal care products. Click on the link below

[CBC News: David Suzuki targets 'dirty dozen' toxic ingredients](#)

The video clip is on the top right hand side of the page titled **Suzuki targets 12 toxic ingredients**

NEW PRODUCTS



Buff and polish winter skin with **ÉMINENCE's** ultra smoothing and hydrating spa goodie bag. Indulge in the luxurious cranberry & pomegranate sugar scrub, naseberry cranberry body wash, naseberry body lotion and loofah. Each goodie bag includes a chance to win a trip for two to the Golden Door Spa Resort in Naples, Florida.

Perfume with Purpose

For those who love perfume but not the chemicals, enjoy the sensory appeal and therapeutic power of **dragonfly dreaming's** 7 blends of pure essential oils perfumes:

PMS: for hormonal balance (rose geranium & lavender)

Chill Out!: for backache, cramps, stiffness & congestion (peppermint, mandarin & black spruce)

Moon Dreaming: for meditation, to induce sleep & relaxation (cedar, rosa damascena & basil)

Power Surge: balances menopausal hot flashes & mood swings (rose geranium, clary sage, & rosa damascena)

Cut the Fog!: clarity of mind, headaches & allergies (lavendin, lavender & rosemary)

Aphrodite: anxiety, stress, sadness & fear (jasmine, ylang-ylang, rosa damascena & wild rose)

Beam Me Uplifting!: uplifts the spirits, SAD, ADD & ADHD (lemon, orange & ginger)

Visit our second location **ORESTA organic skin care apothecary** at 1121 Wellington Street West in Hintonburg. (613) 680 0415.

Crystal, our **brazilian waxing specialist** is booking appointments for Sunday, November 7th and Sunday, December 12th from 9 am to 6 pm at the confectionery.

NOVEMBER STORE HOURS

Confectionery
Tues 10 am - 5 pm
Wed & Thurs 11 am - 6 pm
Fri 10 am - 6 pm
Sat 10 am - 5 pm

Apothecary
Tues & Wed 10 am - 5 pm
Thurs 11 am - 6 pm
Fri & Sat 10 am - 5 pm

Spa hours differ from store hours.
Call stores for details.

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Thank you for choosing green!
Oresta, Laryssa, Lisa, Emily,
Roshelle and Kelly

oresta.ca