

# ORESTA ORGANIC NEWS



Winter 2009



Happy Winter! 'Tis the season of skating on the canal, skiing, flu and dry skin. Here are a few of my favourite products to help combat winter colds and dehydrated skin:

• **Clear My Head** is an all-natural aromatherapy treatment for allergy, cold, and flu sufferers. Available in an herbal inhalation jar or roll-on, it helps open up sinuses, kills airborne pathogens (bacterial and viral) with a refreshing & invigorating aroma.



• A must for dehydrated skin and for those who enjoy the winter outdoors, *Eminence's Linden Calendula Treatment* is a multi-use treatment cream for day and night or as a masque. Fresh linden and calendula extracts nourish,

protect and hydrate the most sensitive skin.

- Give sniffles and sneezes their walking papers with **Cold Shoulder** organic herbal tea by *Sassafras*. Enjoy the delicious blend of echinacea, lemongrass, ginger root, orange peel, peppermint, licorice root and chamomile.
- **Sniffles aromatherapy balm** by *Dimpleskins Naturals* combats kids seasonal colds. This 100% natural balm of eucalyptus lemon, myrtle and rosemary essential oils offers hydration and congestion relief for the nose, chest or back.
- Soothe your soul and rid dry winter skin with *Sweet Beauty's MOJITO sugar scrub*. A rich blend of babassu seed oil, coffee bean butter, white chocolate, lime and mint. Deliciously hydrating!

We have been featured in the news:

## Living in Ottawa - CBC TV

segment 1: Wednesday, Feb 18/09  
*Shopping for Organic Skin Care Products* (11:08)

segment 2: Thursday, Feb 19/09  
*Experience an Organic Facial* (7:05)

**Canadian Parent** magazine - March 2009 recommends the **ORESTA's Lipkiss** organic gloss in *bupkiss* "Think pink! Varying shades of pink can work to brighten certain complexions."

We are presently seeking a receptionist/retail sales person to replace Callie who will be leaving us to travel through Europe.

## **Confectionery Hours:**

Wednesday noon - 8 pm

Thursday noon - 8 pm

Friday noon - 5 pm

Saturday 10 am - 5 pm

Stay healthy and be good to yourself!

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