



Personal Service & Professional Care

66 Otho Street
INVERELL 2360
Ph: 02 6722 3089
www.campbellandfreebairn.com.au



38 Albury Street
ASHFORD 2361
Ph: 02 6725 4013



Napoleon Perdis



She's One Hot Cheek 4 in 1 Cheek Palette
Blush, Bronzer, Contour & Highlight
\$75

Water Baby Hydrate & Prime

Limited Edition 75ml Primer, Hydrating Mist and Hydrating
Serum
\$119



Road Trip Ready 2 in 1 Lip and Cheek Colour Poppin'
colour— no brush required
\$60

On the Tools 8 Piece Brush Set

Brush pouch doubles as a standing canister
\$129



Call in and see Brendon, Emma, Justine, Clare, Annie Jane, Erica, Logan, Lisa, Suzanne, Liz, Carolyn, Sonia, Tiarna, Cassie, Trista, Renae, Jane, Kelly F, Sue, Sarah, Zac, Kellie Mc, Emi, Phillipa, Montana, Jhonty, Teagan, Lilly, Vicki, Greg, Paige, Charlotte, Matilda, Kathy, Rachel, and Trudy.

Free Home Delivery
Monday to Friday
Free delivery to Delungra



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February 2022

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With the hot weather we are seeing muscle cramps and dehydration. Please talk to our staff about how to stay hydrated and feeling great in the summer heat.

Back to school! Don't forget the sunscreen and your child's hat. It's also a good time to check your child's hair for headlice. There are many treatment options available— you can zap, suffocate, poison or vacuum the lice. Ask our friendly staff for information on Full Marks treatments if you encounter these little nasties.

This month our catalogue runs until 18th February. Purchase any item from the catalogue and enter online to WIN a Garmin Venu 2 Smart Watch— slate bezel valued at \$678.00!

Healthy regards,

Brendon, Emma & Justine

Thank you for supporting our **locally owned** and operated Pharmacy!
Open 8.30am to 6pm Monday to Friday and every Saturday 8.30am to 12.30pm

DONATIONS in January

We were pleased to donate to the following organizations last month:

- Inverell Show Society

Fragrance

Don't forget Valentine's Day—Monday 14th February



For Her- **Paco Rabanne Lady Million Prive**

Opens with an alluring scent blended from coconut, black raspberry, and clove, followed by a concoction of Sambac jasmine, orange blossom, and heliotrope, over a base of cocoa flower, cashmere accord, patchouli, and honey.

Gift Set includes:

1x 80ml Eau de Parfum & 1 x 10ml EDP **\$179.00**

For Him- **Cristiano Ronaldo Legacy Private edition**

Top notes of Maple sap, Neroli and Basil Leaf; middle notes of Tonka Bean, Sandalwood, Woody Notes and Cedar; base notes of Vanilla, Amber, Moss and Musk.

100ml EDP \$60.00



Dermaveen Daily Nourish SPF 50+

An all over body moisturising cream that soothes and relieves extra dry skin with 100% natural Colloidal Oatmeal and SPF50+ broad spectrum sun protection.

- Highest SPF for sensitive skin
- A rich moisturising formula, easy to apply & absorb into skin
- 4 hours water resistance
- Forms a protective moisture layer, replenishes the skin barrier, & locks in moisture for smooth skin
- Free of lanolin, artificial dyes, fragrances & alcohol

Suitable for all over body & face use

100g 200g and 250g Cream from \$15.00



Good Sleep Habits

DO:

- Go to bed and wake up at the same time most days
- Get out of bed if not asleep after 20 minutes, go to another quiet, darkened room and only return to bed when sleepy
- Have room temperature and bedding that keep you comfortably warm
- Make the bedroom dark and quiet
- Use a comfortable and supportive mattress and pillow
- Reserve your bedroom for sleep and intimacy
- Be physically active during the day (not close to bedtime)
- Get outdoors into the sunlight during the day, especially in the morning
- Set aside a time early in the evening to think through issues
- Relax for 30-60 minutes before going to bed
- Use a sleep promoting routine before bed eg. Small snack, warm milk, warm bath, go to the toilet, quiet reading

DO NOT:

- Oversleep
- Nap for longer than 10-15 minutes during the day, or after 3pm
- Drink excessive alcohol
- Have caffeine containing drinks or food within 4 hours of bedtime
- Smoke, especially in the evening
- Do vigorous physical activity within 3 hours of bedtime
- Eat a heavy meal within 3 hours of bedtime
- Do activities that keep you alert close to bedtime or in bed eg. Stressful discussions, computer games, television
- Have lights or distractions in the bedroom eg pets, clock, computer, television
- Use illegal drugs