



Personal Service & Professional Care

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Napoleon Perdis Gift Sets



Cheeky Desires Liquid Gel
Blush Duo Euphoric + Pinch
Me \$59.00



Glam Ambition 12 Piece Mini
Brush Set \$129



Festive Fantasy Eyeshadow
Palette \$79



Lavish Liaisons Skin Pack
\$109

Call in and see Brendon, Emma, Justine, Annie Jane, Clare, Logan, Lisa, Suzanne, Liz, Cassie, Trista, Kelly, Sue, Sarah, Gabby, Fiona, Shannon, Karen, Deb, Erika, Mikayla, Paige, Kay, Annalisa, Sonia, Greg, Heidi, Bindi, Charlotte, Matilda, Mia, Jenny, Tina, Kerri-anne, Simone, and Trudy.

**Free Home Delivery
Monday to Friday
Free delivery to Delungra**

January 2024

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Happy Healthy New Year

With six pharmacists on staff now we can provide free MedsChecks to ensure you are getting the best from your medicines. Please ask for an appointment now.

Summer reminders: check your sunscreen expiry; check your First Aid supplies; talk to us about restocking.

Specials in our current catalogue are available from 11th January –16th February. Purchase any item from the catalogue and enter online to WIN an Apple iWatch Series 9 41mm valued at \$649!

Healthy regards, **Brendon, Emma & Justine**

DONATIONS in December
We were pleased to donate to the following organizations last month:

- Staggy Creek ... for Straton Kennedy

Thank you for supporting our 100% **locally owned** and operated Pharmacy!
Open 8.30am to 6pm Monday to Friday and every Saturday 8.30am to 12.30pm



Fragrance

Calvin Klein IN2U for him

50ml EDT \$30.00

Calvin Klein IN2U for her

50ml EDT \$50.00



Hydralyte

Dehydration can be caused by: exercise, travel, drinking alcohol, excessive heat, fever, vomiting or diarrhoea.

Signs of dehydration: Increased thirst, dizziness, fatigue, headache, dry mouth, morning fog & dark urine.

Dehydration can be serious, especially for the elderly, children and pregnant women.

Hydralyte contains the proper balance of electrolytes for re-hydration and is available in great flavours and forms.



Supporting Weight Loss with Optifast

With the OPTIFAST VLCD (very low calorie diet) Program, there are three levels to choose from, depending on whether you want to replace 3, 2 or even 1 meals with OPTIFAST VLCD Products. This means you can tailor the program to your own personal weight loss objectives and lifestyle. Talk to our staff today to get started on your weight loss journey.



Maseur Sandals

Contouring and cushioning helps reduce leg fatigue.

Comfortable soft straps align with the curvature of the foot for maximum comfort.

Arch profiles assists in gently supporting the foot's natural shape and structure.

A contoured footbed to help correctly position feet and reduce stress on knees, hips and back.

Simply rinse clean and dry.

Unisex size and style **\$65.00**



Summer Camping Shopping List

- Insect repellent/mozzie bands
- Bites and Burns treatment
 - First Aid Kit
- Snake Bite bandage
- Sunscreen
- Sunburn Treatment
- Ear Plugs for swimming
- Sunglasses



Tips to help you Quit Smoking

- Pick a time when your life is 'normal', with no major events or stresses likely.
- Choose a date in advance and tell your family and friends.
- Stop in the morning and have a good breakfast.
- Avoid temptation such as pubs, clubs and friends who smoke.
- Reward yourself frequently for the first few days. New clothes, a massage or a new hair-style are good rewards.
- Avoid your usual 'trigger factors' such as alcohol, drinking coffee, chatting on the phone
- Change your routines.
- Do more exercise.
- When you feel like a cigarette drink a glass of water or eat a sweet.
- Watch your weight, but don't worry too much if you put a bit on at first. It will come off later when you settle into life as a non-smoker.
- Keep reminding yourself about the money you are saving and the longer, healthier life you can expect.
- Giving up smoking may take a number of attempts, but this is normal. If one method of giving up doesn't work, there are others that can be tried which may be better for you.
- Talk to our friendly staff about gum, lozenges, patches and/or inhalers to help you Quit

myDNA Kits

- Personal Wellness myDNA kit— for personalised DNA diet, fitness, sleep and lifestyle insights
- Personalised Medications myDNA kit—for understanding how your DNA may affect your response to certain medications.

A simple at home DNA cheek swab with insights delivered via the myDNA unlocked app. Talk to our friendly staff for more information.