

# OUTSIDE / IN COSMETICS

## JANUARY 2009-NEWSLETTER



### Natural Beauty Treatments

Whether you are feeling the economic crunch or just spent a little too much money over the holidays, here are some products you can easily make in your own kitchen!

**FACIAL SUGAR SCUB** = 1 tbsp of Organic Sugar, ½ tsp Water - Mix together and rub in a circular motion around your face and neck. For Dry skin replace water with organic olive oil.

**COFFEE BODY SCRUB** –Rub Organic Ground Coffee all over you body (except face). We recommend getting into your shower first and wetting your skin down slightly before applying!

**OATMEAL BATH** – Combine 1 cup of Organic Oatmeal, 1 cup of water, 1 tbsp Organic Vanilla, ½ cup baking soda in your blender to make a paste. Pour paste under running water while filling up your bathtub. Great for dry skin during these cold winter months!

### OUTSIDE/IN REPORTS AND EVENTS

#### OUTSIDE /IN COMING TO A STORE NEAR YOU!

We are moving forward with our distribution and adding new stores every month. Please be sure to suggest to your favorite health food store they carry our products! All retail stores inquires can be directed to our distributor at: [office@acdistributors.ca](mailto:office@acdistributors.ca) or 604-278-7442

#### RECOMMENDED READING

**Not Just a Pretty Face:** The Ugly Side of the Beauty Industry by Stacy Malkan  
If you see any cosmetics you may be more at risk than you could imagine. The book is shocking, thought-provoking and rock solid in its research and it reveals death traps in the cosmetics we unwittingly use in our daily lives.

Stacy Malkan is also the founder of The Campaign for Safe Cosmetics.

#### BEAUTY COMPANIES ARE REMOVING TOXIC PHTHALATES

LINK: [PressReleaseID39](#)

Date: 12/8/2008

Under pressure from consumer advocates and regulators, some leading beauty companies are using fewer toxic chemicals than they did a few years ago, according to new product tests released today by the Campaign for Safe Cosmetics.

The tests, conducted in fall 2008, reveal that at least some segment of the beauty industry has made considerable progress in removing phthalates, a set of industrial chemicals linked to birth defects, asthma, early puberty and decreased sperm counts, according to animal and human studies. However,

### WHAT`S NEW AT OUTSIDE/IN?



We have added THREE new MATTE blush colours to our selection.

**COSMOS** is cool rose pink tone,  
**PAPAVER** is strawberry pink and  
**TRILLIUM** is a peach tone blush.

New!

### UPCOMING SPECIALS

#### JANUARAY:

Start your year off right with an Outside/In!  
**ALL FOUNDATIONS ON SALE!**

#### FEBRUARY:

All Skin Care on sale from February 1<sup>st</sup> – 8<sup>th</sup>

#### MARCH:

Welcome Spring! Select Spring colours on sale!