

OUTSIDE / IN COSMETICS

MARCH 2009 - NEWSLETTER



Cleansing your body

There are many type of cleanses out there ranging from mild to intense. Here are a couple of tips for easy and inexpensive ways to cleanse without needing to go to extreme measures:

Drink a glass of lukewarm water as soon as you get up – this helps your body flush out toxins and aids digestion. Add a tbsp of fresh lemon juice to help bring inner chemistry into pH balance.

Increase your fruit and fiber intake - prunes, whole grains, beans, lentils and nuts, blueberries, blackberries, raspberries and strawberries

A massage in addition to reducing stress and aiding healing, manual therapy will increase circulation, cleanse the body and promote overall well-being.

This information purposes only, please contact your doctor before initializing any new health regimens.

OUTSIDE/IN REPORTS AND EVENTS

OUTSIDE/IN WELCOMES SAMANTHA TO OUR TEAM!

Sam joins us as a Business Development Manager in Calgary! If you live in Calgary and are interested in hosting a Cosmetics Awareness Party, email Sam at sam@outsideincosmetics.com

We are still accepting application for cities across Canada. Please check out our [website](#) for more details!

OUTSIDE/IN ON SALE AT 6 NEW LOCATIONS IN BC!

Our distributor is working hard to get our products into stores. We have recently added 6 new stores in BC and are working our way across Canada! Check out our [Where to Buy](#) section online.

BEAUTIFULLY HOLISTIC CREATIONS

We have incorporated our company and Outside/In Cosmetics will now be a brand of BHC Inc. Under this corporate umbrella we now offer private label, fundraising opportunities and are working on a sister brand to market to the Salon Industry.

CUSTOMER TESTIMONIALS

We need you to tell us what you love about our products! Email your feedback to sales@outsideincosmetics.com and receive a free gift!

WHAT'S NEW AT OUTSIDE/IN?



New!

Introducing CUSCO our new lip-gloss colour! This tropical pink is a perfect addition to your Spring wardrobe.

UPCOMING SPECIALS

MARCH:

Welcome Spring! Spring inspired colours on sale until March 31st.

MAY:

Mother's Day Special – all skin care sets on sale, includes gift wrapping, orders can be shipped directly to Mom! Offer valid from April 20 – May 6th.