



# Journey into Tranquility

Tranquillness

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## Who needs to Detox?

According to scientists, no-body needs to Detox, as our bodies do it naturally. Yet according to health professionals, everybody should Detox at least once a year.

So who is telling the truth?

Well in their own way, both are!



In an ideal world, we would all eat a full and varied diet of organic foods; we would exercise daily; have a massage every week; and we would avoid pollution, cigarette smoke, and stress.

Unfortunately, we are not all living the ideal lifestyle. So it stands to reason that our bodies all need a good rest from unhealthy diet, pressures, and environmental toxins.

You are the only person who can truly say whether you need a Detox. Check the list below for any symptoms that you experience regularly and then decide:

- Bad breath
- Frequent burning sensation when urinating
- Fullness in stomach
- Difficulty digesting fatty foods
- Flatulence or bloating, or excessive belching

- Diarrhea
- Irregular bowel movements
- Recurrent headaches
- Sensitivity to chemicals, pollution, cigarette smoke, perfumes
- Acne or spots
- Poor tolerance of alcohol

If you suffer from any on this list regularly, your body may not be digesting or detoxifying properly. It's advisable to set aside some time for yourself and your health to get it back on track.

Before going on a Detox your should be medically fit and not pregnant. Check with your doctor before beginning any diet, Detox or exercise regime.



If you are like most of the population, and simply do not have time to go on a Detox program, Tranquillness has the answer!

The Ionic Hydrotherapy Detox Foot Spa!

Ionic detoxification is a concept where a small electric current is passed through water, which causes molecules to ionise into positive and negative ions.

These ions then pass into parts of the human body that are submerged in the water (particularly the feet, as they contain over 2000 pores on

average) and are circulated around the body via blood and lymph routes.

The addition of these ions are believed to stimulate the (Na+/K+) pumps of plasma membranes, as well as other active transport systems and thus return cellular nutrient uptake and waste discharge levels back to normal.

This allows for the removal of toxins and uptake of nutrients, which are critical for maintaining normal cellular function.

Possible benefits:

- Detoxification of your entire body
- Heavy metals removed
- Enhanced nutrient absorption
- Increase in energy
- Helps with faster recovery time from illness, accident, or surgery
- Increased oxygen levels
- Improved sleep & relief from tension
- Reduced inflammation and fluid retention
- Immune system booster
- Improve memory
- Greater bladder control
- Improved pH balance
- Promotes a sense of well being
- Positive effect on weight loss
- Symptomatic relief from gout, swollen joints, pain, and headache



Book your Detox today!

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### SPECIAL OFFER

To celebrate the launch of Tranquillness

Make your booking for a treatment in the month of October and receive your second treatment half price.





## In-Liven Probiotic Superfood

150g/5.3oz AUSTRALIAN  
CERTIFIED  
ORGANIC  
PROCESSOR 475P

The unique combination of whole food and friendly bacteria in In-Liven is a revolutionary breakthrough in the world of nutrition and will become the benchmark upon which all Super Food blends are measured. The unique formulation provides the complete Lactobacillus family of 13 strains combined with 26 wholefoods and is pre-digested enabling the body to instantly assimilate the broad spectrum of nutrients.



[SHOP NOW ▶▶](#)

## Amethyst

One of the most common crystals.

Amethyst is an extremely powerful and protective stone with a high spiritual vibration. It guards against psychic attack, transmuting the energy into love.

It enhances higher states of consciousness and meditation. Amethyst has strong healing and cleansing powers and also enhances spiritual awareness.

Amethyst boosts production of hormones and tunes the endocrine system and metabolism. It eases headaches, releases

tension and brings restful sleep.

Amethyst balances out highs and lows, promoting emotional centering. This is an excellent stone for meditation and can be placed on the third eye (or brow chakra) to stimulate it. If left in direct sun light, amethyst will fade.



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*botanical perfumes*



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## Tarot Corner

**Keywords:** Change, new beginnings, endings, transformation

**Key Phrases:**

The end of an old cycle and the beginning of a new one

Let go of the past, don't fear being true to yourself

One door closes, another opens

A parting of the ways

Accepting the inevitable

Getting down to the nitty-gritty

Accepting the cycles of change

**Interpretation:**

This card often alarms people.

But please don't take it literally. Death is a positive card in all positions in a spread. Remember that it is an archetypal energy, concerned with transition from one state to another.

Something ends, something else begins, and

gives you a chance to embrace change rather than fear it.

When Death appears in a spread, it simply implies that something has reached the end of a cycle. It could be a job, a relationship or a belief system that now needs to undergo some kind of transformation.



## miessence® lemon certified organic essential oil

Scientific tests in the US and Japan have proven beyond doubt that lemon increases concentration and helps prevent errors made by office workers. With concentration improved by lemon aromas relaxing brain waves, people under test conditions have repeatedly delivered higher-standard work with up to 50% fewer errors.

Get inside help when tackling your paperwork or making im-

portant decisions. Inhale miessence pure, certified organic lemon oil in a bath, through a diffuser or inhale the fragrance from a tissue.

Lemon essential oil is among 25 of the purest, internationally certified essential oils available on the planet

Try lemon oil yourself; you may be amazed by the improvement!

PS Lavender, jasmine and peppermint oils also have beautiful fragrances proven under test conditions to help concentration and study

[CLICK HERE](#) to find out more about these and other miessence internationally certified organic essential oils

*Want to get through your paperwork faster and better?*

*Help is at hand in the power packed little bottle*



**SHOP NOW**

## Ginger Spice Juice (for juicer)

Ginger spice is a gentle cleanser which benefits from the powerful volatile oils present in ginger, as well as the cleansing and digestive benefits of carrot, apple and orange.

This cleansing juice has powerful antiseptic and anti-inflammatory benefits

and is perfect to use at the onset of a cold or fever, or immediately after a bout of food poisoning.

**Ingredients:**

**Carrots 2, un-peeled**

**Apple 1, un-peeled & un-cored**

**Orange 1, peeled, leaving pith behind**

**Ginger 1 oz (around 28g), peeled and sliced**

Slice and juice all ingredients in your juicer. Enjoy your juice packed full of vitamins A, C and fibre.





## Tranquillness

Tranquility and wellness for your Body,  
Mind & Spirit.

Begin your journey today

For bookings

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Body, Mind & Spirit Wellness



[www.tranquillness.net](http://www.tranquillness.net)

Tranquillness is here to assist you on your journey towards total tranquillity and wellness for you as a whole, with a selection of treatments and products intended to help achieve total wellness.

We offer the following:

- Ionic Hydrotherapy Detox with deep meditation
- Bath Magick's
- Aromatherapy
- Certified Organic & Probiotic Health Supplements
- Certified Organic Skin Care & Cosmetics
- Certified Organic Mother & Baby Range
- Certified Organic & Probiotic Cleaning Products
- Certified Organic Essential Oils
- Certified Organic Botanical Perfumes

Coming soon:

- Reiki Treatments November 2009
- Reiki Attunements January 2010
- Tarot Reading December 2009
- Crystal Therapy January 2010
- Laura Benini Shoes March 2010 (to indulge the materialistic, stylish aspect of your life)

**Call or [e-mail](mailto:samantha@tranquillness.net) today for an appointment!**

*We are all spiritual beings having a human experience.*

## INTRODUCING:

# INTUICHCIC

**Are you constantly rushing, not having enough time?**

**Are others taking your energy?**

**Are you feeling lost?**

**Do you worry about making the right decisions?**

**Do you worry about money?**

**Do you sometimes feel guilty?**

**Women all over the world are in this same predicament as you.**

**What's the solution?**

**The SOLUTION is using your intuition,** your intuitive intelligence and regaining your natural state of balance which means that you no longer have to imagine having more time, energy, stronger relationships, better health or increased wealth.

Because, when you choose to **use your sixth sense**, and balance your core energies, all of these things come naturally to you. Reinstating your natural way of being is a fantastic feeling, when you have that clarity, certainty and confidence, knowing that you have chosen **wisdom over worry**.

If you are wondering whether it's possible for *you* to **access your sixth sense** and to **use your intuitive intelligence** as a critical faculty in developing the kind of life you want, rest assured millions of others are doing it right now and reaping the rewards.

Visit [www.intuichic.com](http://www.intuichic.com) today to instantly collect your free e-book and receive our fabulous free newsletters. You'll also find lots of interesting and valuable articles about the stuff you need to know on the blog page.

*And*, because you are a friend of Tranquillness and we don't want you to miss out, we are happy to send you our most recent newsletter, released on 25 September, just drop us a line here

<http://www.intuichic.com/contact-us/> and let us know.

