

My Nova Scotia Treat Bag: Nova Scotia is known for its kitchen parties and hospitality, so why not have a treat bag to take away with you or give as a gift?

*Each bag contains:
one medium sized Bath Salts,
one half-size bar of Soap,
one small jar of Peppermint Foot Scrub,
one Purse or Pocket size Olive Oil and Honey Lotion,
Dusting Powder
Lip Balm..*

*Also included in the vinyl zip tote is a pumice foot brush.
Available in Fragrance Free and Lavender.*

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We're so proud of our **Soap**, we've given it a brochure all of its own! Ask for your copy today.

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Is there a special occasion in your future? We'd be happy to discuss your needs for a gift pack or basket to suit the occasion and your budget.

Our **bath and body products** are made with food grade oils, premium butters and Essential Oils and where possible we use sustainably harvested and Fairly Traded products. We use preservative in our scrubs, lotions and creams because we want our customers to be confident that our products are safe when purchased and will have a sufficient shelf life so that they may be enjoyed fully.

We are aware that many people have allergies and sensitivities to scent and other ingredients and we have a number of "**no added scent**" products to choose from. We feel that no one should be excluded from indulging themselves for any reason!

Custom orders of bath & body products are welcome. I would be delighted to discuss your specific needs.

All bath & body products have been registered with Health Canada. All products containing preservative systems have been tested by an independent lab before being offered for sale.

~ Ann McGee

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Bath & Body
Indulgences

Size and Price

| | | |
|--------------------------------------|-----------------------------|--------------|
| Bath Salts - | 50g | 1.50* |
| | 125g | 7.50 |
| | 275g | 12.00 |
| Bath Bombs- | 60g | 2.50 |
| | 130g | 4.50 |
| Foot Soaks - | 60g | 3.50 |
| Dusting Powder - | | 8.00 |
| Lavender Body Polish - | 100g | 10.00 |
| | 200g | 17.50 |
| Peppermint Foot Scrub | 100g | 10.00 |
| | 200g | 17.50 |
| Night Time Foot Cream - | Small | 7.50 |
| | Medium | 12.50 |
| | Large | 25.00 |
| Whipped Shea Butter - | Small | 4.50 |
| | Medium | 7.50 |
| | Large | 12.50 |
| Heel Balm - | | 10.00 |
| Cocoa Butter Stick - | | 8.50 |
| Belly Balm - | | 11.00 |
| Gone Walkabout Lotion Stick - | | 5.00 |
| Olive Oil & Honey Lotion- | | |
| | Purse or Pocket size | 6.50 |
| | Small Pump | 10.00 |
| | Large Pump | 17.50 |
| Lemon Cuticle Balm - | | 5.00 |
| Lip Balm | | 2.50 |
| My Nova Scotia Treat Bag- | | 40.00 |
| Soap*- | | 6.00 |

*See our soap brochure for list and ingredients.

Bath

Bath Salts: Enjoy a relaxing soak; the Salts leave your skin feeling silky smooth. Scents available: Fragrance Free, Grapefruit, Lavender and Patchouli. *Ingredients:* Dead Sea Salt, Magnesium Sulphate (Epsom Salts), Sea Salt, Dendritic Salt, Jojoba Oil, Vitamin E, Essential Oils.

Bath Bombs: For a little change of pace, try a Fizzy Bath Bomb. The fizzing action disperses the salts and oils and your skin will love you for it! Scents available: Fragrance Free, Pink Grapefruit, Lavender and Patchouli. *Ingredients:* Bicarbonate of Soda, Citric Acid, Grape Seed Oil, Epsom Salts, Essential Oil, Cocoa Butter, Kaolin Clay, Polysorbate 20.

Foot Soaks: Treat your tired, sore and burning feet to their own fizzy bath bomb and they will feel soothed, cooled and refreshed. Available in Peppermint and Tea Tree/Lavender/Peppermint. *Ingredients:* Bicarbonate of Soda, Citric Acid, Grape Seed Oil, Epsom Salts, Essential Oil, Cocoa Butter, Kaolin Clay, Polysorbate 20.

Dusting Powder: After your bath or on hot days, or just to make your skin feel silky smooth. Available in Fragrance Free, Grapefruit, Lavender and Patchouli. *Ingredients:* Arrowroot Powder, Cornstarch, Kaolin Clay, Essential Oils..

Body Polish: Like the Peppermint Foot Scrub but without the pumice so you can use it all over. Available in Fragrance Free, Grapefruit, Lavender and Patchouli. *Ingredients:* Brown Sugar, Olive Oil, Coconut Oil, Castor Oil, Emulsifying Wax, Stearic Acid, Cocoa Butter, Shea Butter, Essential Oil, Jojoba Oil, Preservative, Vitamin E.

Peppermint Foot Scrub: Gently exfoliate and smooth your hard working feet. Sugar won't sting, and Peppermint leaves them feeling cool and refreshed. This is an emulsified scrub and the butters and oils will combine with the water to make a lotion that leaves the skin feeling wonderful. Great for hands too! *Ingredients:* Brown Sugar, Olive Oil, Coconut Oil, Castor Oil, Emulsifying Wax, Stearic Acid, Cocoa Butter, Shea Butter, Peppermint Essential Oil, Jojoba Oil, Pumice, Preservative, Vitamin E.

Night Time Foot Cream: For cracked and very rough skin, this thick, rich, cream is meant to be used at night. Massage into damp skin, put on a pair of comfy socks and let the cream soften the skin overnight. *Ingredients:* Vegetable Glycerin, Olive Oil, Emulsifying Wax, Stearic Acid, Honey, Aloe Vera Gel, Cornstarch, Lavender Essential Oil, Preservative.

Whipped Shea Butter: Soothes rough and dry skin. *Ingredients:* Unrefined Shea Butter, Fractionated Coconut Oil.

Body

Heel Balm: Rough heels need TLC and this is just the right stuff. It comes in a twist up tube that makes application easy. Available in Fragrance Free or Lavender. *Ingredients:* Beeswax, Cocoa Butter, Shea Butter, Sweet Almond Oil, Hemp Seed Oil, Vitamin E, Essential Oil.

Belly Balm: For the Mom-To-Be, apply this rich moisturizing balm to the ever expanding tummy to keep it soft and supple. Fragrance Free and available in a twist up tube for ease of application. *Ingredients:* Beeswax, Shea Butter, Cocoa Butter, Emu Oil, Jojoba Oil, Avocado Oil, Hempseed Oil, Vitamin E.

Cocoa Butter Stick: Sometimes simple is best. Nothing is added to unrefined cocoa butter so you get that lovely chocolaty scent. Available in a twist up tube. *Ingredients:* Unrefined Cocoa Butter,

Gone Walkabout Lotion Stick: For the active person on the go, this small lotion stick will fit into your tennis or golf bag. The small twist up tube allows easy and convenient application without getting it all over your hands. *Ingredients:* Beeswax, Shea Butter, Cocoa Butter, Jojoba Oil, Avocado Oil, Hempseed Oil, Vitamin E, Cornstarch, Lemon Eucalyptus Essential Oil, Lavender Essential Oil, Citronella Essential Oil.

Olive Oil & Honey Lotion: A light but effective lotion for use all over. Available in a Purse or Pocket sized tube as well as two sizes of pump dispensers. Choose from Fragrance Free, Grapefruit, Lavender or Patchouli. *Ingredients:* Distilled Water, Olive Oil, Honey, Emulsifying Wax, Stearic Acid, Essential Oils, Citric Acid, Preservative, Cornstarch.

Lemon Cuticle Balm: We do so much with our hands; it's time to treat them as they deserve. Apply a small amount to cuticles, massage in and see the difference it makes. *Ingredients:* Sunflower Oil, Beeswax, Shea Butter, Cocoa Butter, Coconut Oil, Hempseed Oil, Jojoba Oil, Lemon Essential Oil, Carnauba Wax, Litsea Cubeba Essential Oil.

Lip Balm: Everybody likes lip balm! Ours is top of the heap and you won't be satisfied with just one flavour! Choose from Raspberry, Wild Berry, Groovin' Grape, Coffee & Kahlua, Peppermint, SuperMint, Star Anise or Natural. *Ingredients:* Beeswax, Sunflower Seed Oil, Mango Butter, Cocoa Butter, Jojoba Oil, Coconut Oil, Essential Oil or flavour Oil, Vitamin E..