

TURIA PITT
Motivational Speaker

NATURAL BEAUTY INSIDE AND OUT



PRESENTED BY THE COLLEGE OF NATURAL BEAUTY

CNB | **NATURAL
BEAUTY** WEEK

19 – 23 OCT 2015

NATURALBEAUTYWEEK.COM

WELCOME TO NATURAL BEAUTY INSIDE AND OUT, OUR GUIDE TO NATURAL BEAUTY WEEK 2015

Presented by the College of Natural Beauty, the change campaign will raise awareness of the health and environmental impacts of chemicals used in cosmetics and beauty products for the third year.

Director Aesthetics Education for the College of Natural Beauty Hedly Macaulay said she was delighted to see so many beauty lovers across the globe pledge to 'switch to natural' over the past few years along with the outpouring of support for the campaign from cosmetics companies and manufacturers.

"The proof is in the numbers - we've seen 1,200 beauty enthusiasts switch to brands with no nasties or roll up their sleeves and concoct their own products from scratch. On top of that, we have a waiting list of cosmetics brands, bloggers and experts interested in partnering with us to support the campaign," Hedly said.

"2015 will see us build on Natural Beauty Week by offering the public more free events, information sessions and webinars than ever

before. Our #switchtonatural family will hear from Eco-model and Natural Beauty Week ambassador Amanda Rootsey, motivational speaker Turia Pitt and a range of other speakers who are excited to show us how we can reclaim the word 'beauty' and truly embrace the concept of beauty, inside and out."

We hope you make the most of Natural Beauty Week 2015.



Hedly Macaulay

BA ProfEd, Grad. Dip. Management (Learning),
Edupreneur award winner 2015

**Director, Aesthetics Education
College of Natural Beauty**



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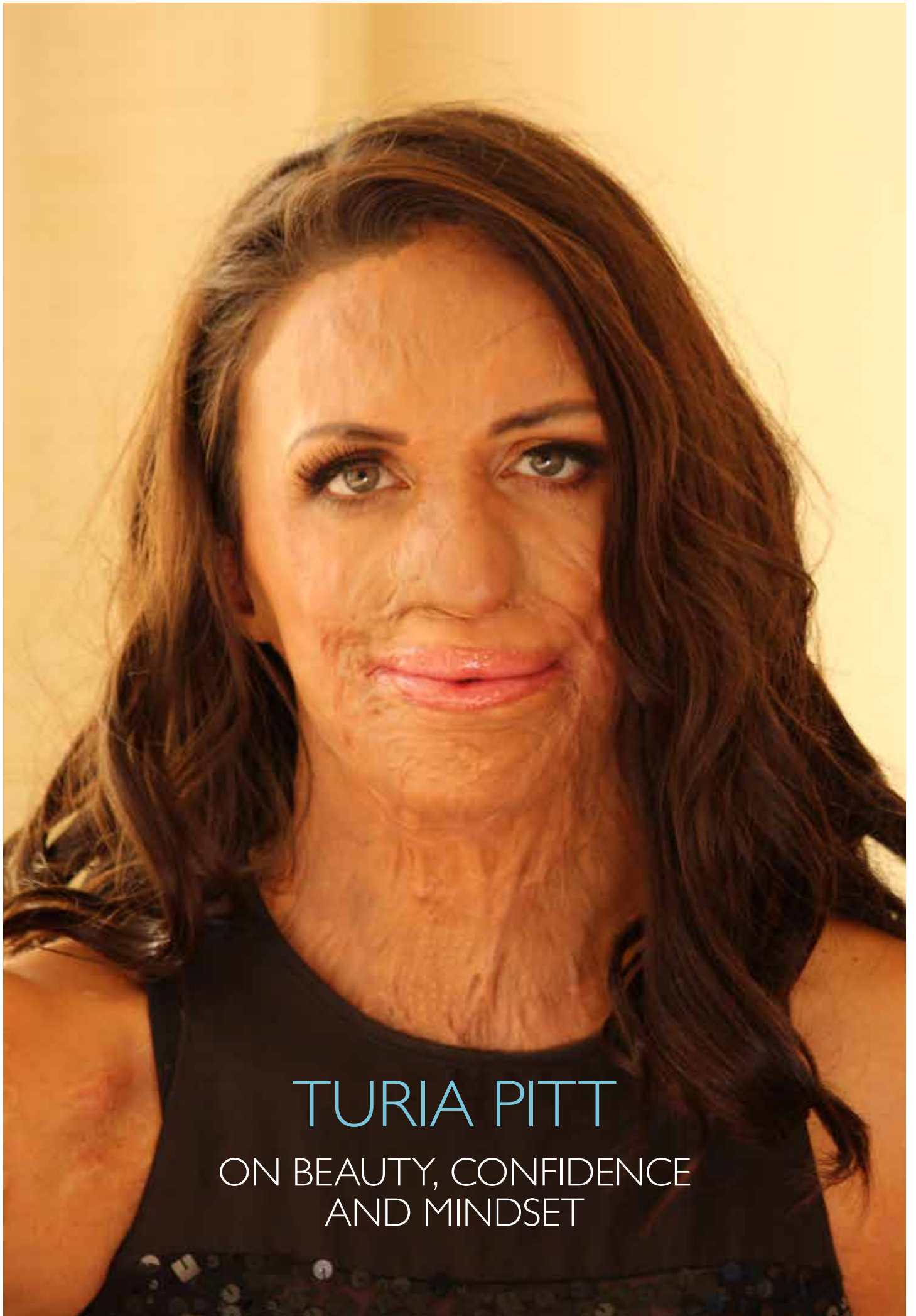
WHAT IS ON DURING NATURAL BEAUTY WEEK?

DAY	TIME	SESSION TITLE	SPEAKER / PANEL	PRESENTATION
Monday 19 October	11.30am	Back to the future: Natural Beauty Week ambassador discusses her journey Natural Beauty Week ambassador Amanda Rootsey will host a free public presentation about her journey from top catwalk model to champion of sustainability.	Amanda Rootsey	Brisbane event 
	6.00pm AEST	Clean beauty – The colour story Food Scientist and Master of Science, Cindy Luken will speak about removing synthetic colours and additives from our diet and personal care products, and how to replace them to cultivate a healthy natural glow.	Cindy Luken	Webinar 
Tuesday 20 October	10.30am	Beauty regimes begin in the kitchen Naturopath and nutritionist Tina Taylor will present a free public workshop called food For Beauty to give an insight into how the right foods can result in a radiant appearance and great overall wellbeing.	Tina Taylor	Brisbane event
	6.00pm AEST	Shine from within Simplify your life by combining chemical-free living, self-care, and intuitive cooking and eating	Amanda Rootsey, Adele McConnell and Sarah Fahy	Webinar 
Wednesday 21 October	12.00pm	Beauty begins in your belly Naturalist, chef, author, avid beauty formulator and beauty and health expert, Carla Oates, the “Beauty Chef,” will present her firm philosophy that ‘beauty begins in your belly’ addressing how to establish a routine to maintain beauty both from the ‘inside-out’ and ‘outside-in’.	Carla Oates	Brisbane event  
	6.30pm AEST	Tossing the toxins Professor Marc Cohen, RMIT, will be joined by Sharon Kolkka from Gwinganna to discuss tossing the toxins from everyday life, purchasing assumptions people make and the dangers that lurk in our homes.	Professor Marc Cohen, Sharon Kolkka and Sarah Fahy	Webinar 
Thursday 22 October	11.30am	Vibrational, organic aromatherapy Rachael White is a clairvoyant, healer & aromatherapy practitioner will share the secrets of divinely-channelled aromas for natural therapeutic use.	Rachael White	Brisbane event
	6.30pm AEST	Can the beauty ideal ever be dispelled? As we face a period of global low body and image confidence our expert panel will share their thoughts about the implications of that, and try to challenge the dominant logic before hopefully provoking some new thoughts and actions. No make-up day Leave the make up behind for our annual ‘no make-up day’ share your natural beauty selfies #naturalbeauty #switchtonatural	Turia Pitt, Dr Amie Steel and Dr Kate Broderick	Webinar 
Friday 23 October	11.30am	Clinic day – food on your face facial treatments The College of Natural Beauty Clinic in Brisbane will have a select number of free skin treatments available to the public made purely from fruit and botanicals.		

 Webinar

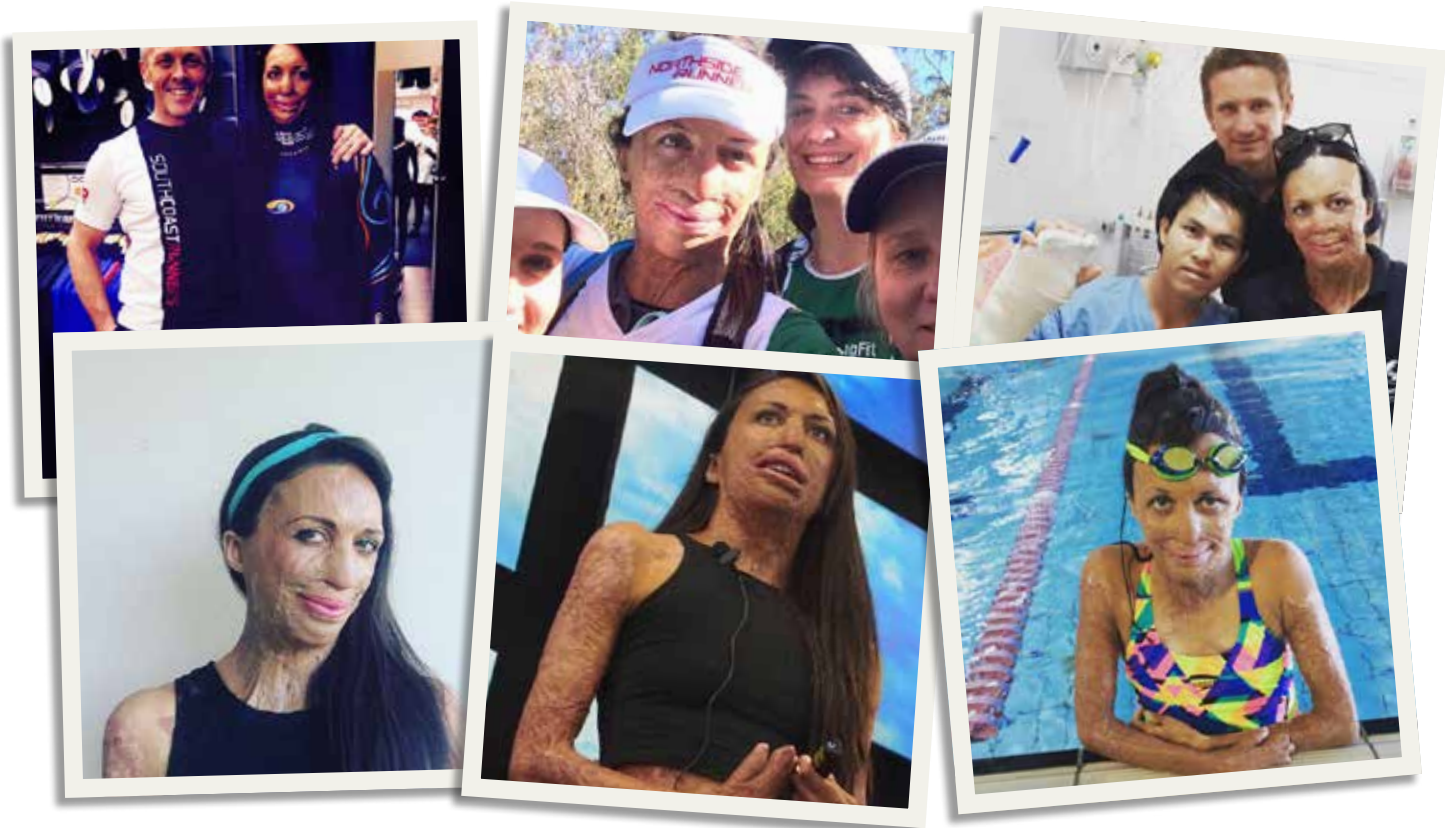
 Available on our naturalbeautyweek.com website

 Livestream across our campuses nationally



TURIA PITT

ON BEAUTY, CONFIDENCE
AND MINDSET



When asked about her definition of beauty, Turia Pitt says “I think beauty is having inner confidence, walking tall and looking people in the eye.”

Wise words from an inspirational lady who survived the most horrific of experiences – and now inspires people around the world as a motivational speaker.

You may have heard Turia’s story. The former model and mining engineer sustained burns to 65 per cent of her body when she was trapped by a grassfire in a remote gorge in the Kimberley, during a 100km ultramarathon in 2011.

Despite the unimaginable pain, countless operations and days where she truly felt like giving up, Turia pushed through, supported by her partner Michael, family and friends.

Since that life-changing day in 2011, Turia has embraced her speaking career, while training for an Iron Man, doing yoga and studying for an MBA. As well as being named the NSW Premier’s Woman of the Year and a finalist for Young Australian of the Year, Turia graced the cover of the Australian Women’s Weekly, in what became one of its best-selling editions.

How did she feel when she saw herself on the cover? “Elated,” she said.

When it comes to beauty and body image, Turia believes that having self-belief, confidence and self-love has actually got nothing at all to do with how we look.

“And for some reason we always think it does. We always think if we were a bit prettier, or a bit skinnier or whatever, we’d feel better about ourselves ... that’s all BS! I don’t know why we think like that. I’m not bagging exercise at all, I exercise every day and I love it, and I eat really good food too. But that’s just more to keep me happy and healthy. It actually starts with your mind and your mental state.”

One of the other inspirational lessons Turia learnt from her journey and is keen to share, is that we must all consciously choose to believe in ourselves – and there’s no better time than now.



“We all have this idea that time is infinite, that there is always tomorrow or next week or next year. In fact, time is our most valuable resource. You can’t buy it, you can’t extract it and it is running out for all of us. We have no idea when our time might be up. We have a choice: do we wait for disaster to happen and then find out how amazing we are, or at this point in time, do you say to yourself, I am extraordinary and there is so much more I can give?”

“Since my accident, I have done the Lake Argyle Swim, walked a section of the Great Wall of China ... am training for my very first iron man and organising a fundraising trek on the Inca Trail. I invite people to join me and you should hear some of their excuses: it’s too far, I’m too fat, I’m too boring, I’m too old.

“It is astonishing the excuses people use to keep themselves stuck. If you really want something, you will find a way to make it happen. In a way, I am trapped by my body — it doesn’t let me do all the things I used to.

“But a lot of people are paralysed by their mindset. We doubt we would get that job, so we don’t go for it. We doubt we can finish that fun run, so we don’t enter.

“When did we start thinking so little of ourselves? It is natural to want things to stay the same and, sometimes, we are scared to evolve and become something new. But it shouldn’t take a tragedy to remind us who we are and what we are capable of.”

 turiapitt.com
 [instagram.com/turiapitt](https://www.instagram.com/turiapitt)

Join Turia Pitt, Dr Amie Steel and Dr Kate Broderick on a live webinar, ‘Can the Beauty Ideal ever be Dispell’d?’ on 22 October at 6.30pm AEST, as part of Natural Beauty Week. Register at naturalbeautyweek.com.



ALL NATURAL RECIPES TO HELP YOUR SKIN SHINE



Heavenly Organic Body Scrub

Recipe by Katherine Beerling

Blend lightly in food processor and you will have a heavenly body scrub!

Ingredients:

- Organic coffee beans
- Himalayan salt
- Organic coconut oil
- Organic orange peel

Natural Night Cream

Recipe by Emily Cox

Looking for a natural night cream that will have you glowing in the morning? Simply fill a 50ml jar with organic extra virgin olive oil and add 5 drops of frankincense essential oil. Give it a shake and apply to clean skin before bed.

Cocomint Hair Mask

Recipe by Michaela Sparrow

A beautiful refreshing and natural hair mask which deeply nourishes dry hair and stimulates circulation for new hair growth. Great for sufferers of dandruff and dry scalp.

Recipe:

- 2 tablespoons of melted coconut oil
- 5 drops of peppermint oil

Apply to wet or dry hair leave in for 20-60 minutes.

Skincare creation

Recipe by Jacinta Barbagallo

Is psoriasis getting you down? Jacinta says that the combination of calendula, organic rolled oats, lavender essential oil and aloe vera gel (optional) in a stocking, applied in the shower to her psoriasis, made all the difference and cleared it up within two days.

Recipe (rough measurements):

- Handful of organic rolled oats
- Sprinkle of calendula herbs
- Few drops of lavender essential oil
- Optional a teaspoon of 100% pure aloe vera gel

Homemade organic body scrub

Recipe by Lexie McPhee

This 2-in-1 lavender and candy cane exfoliator will soothe and moisturise your largest organ – your skin!

Recipe:

- 1 cup brown sugar
- 1 tablespoon of melted coconut oil
- 5 drops of peppermint essential oil
- 1/2 tablespoon of dried lavender flowers
- 1/4 teaspoon of jojoba oil

Mix and enjoy.

NATURAL ALTERNATIVES TO SPA TREATMENTS

There are many natural alternatives to spa treatments - here are a couple of our favourites:



Jade rolling

An ancient technique of gently massaging the skin with a smooth piece of jade positioned in a roller or by itself, which is referred to as a Jade Finger. Jade Rolling can be done on nearly every part of the body and can be incorporated in any treatment as a massage. This technique is most commonly incorporated in a facial after cleansing and before exfoliating to increase blood flow, to stimulate the lymph system and increase skin tone.

Sugaring

Sugaring is an ancient hair-removal technique that promises to decrease hair growth permanently. Body sugaring is a gentle, safe and truly progressive method of hair removal. Even better, it's eco-friendly and completely edible.



Body brushing

Body Brushing is a traditional technique to help remove dead skin build-up and stimulate the lymphatic system, to help eliminate waste. Not only an exfoliating treatment, body brushing speeds up waste elimination via the lymph stimulation - a great aid to detox.



Threading

An ancient hair removal technique where antibacterial cotton is used in a special method to remove facial hair and shape beautiful eyebrows.



FOOD AS MAKEUP

To celebrate Natural Beauty Week 2014, the College of Natural Beauty challenged makeup artist Zoe Tranter to give eco-model Amanda Rootsey the ultimate natural makeover - using only food from the pantry.

If you missed the amazing transformation, check out [youtube.com/watch?v=r5Lu71aj8iY](https://www.youtube.com/watch?v=r5Lu71aj8iY)

Here's a list of the natural ingredients used to create this stunning makeover:

Beetroot - used during the second world war, beetroot has always been a favourite lip and cheek stain

Cacao powder and coconut oil - for eye liner

Cacao powder - eye shadow

Raspberries or cranberries - lip stain

Coconut oil - lip gloss



Zoe Tranter and Amanda Rootsey

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