

# Holistic Hair: Redefining Scalp and Hair Health with Plant Science and Sustainability

Holistic Hair, co-owned by two women entrepreneurs who share a vision and expertise in trichology, is redefining what hair care can be. This New Zealand-based brand embodies a commitment to balancing profit with purpose through its five core pillars: holistic philosophy, trichology expertise, plant-based ingredients, sustainable ethos, and community focus.

At its heart, Holistic Hair is driven by a holistic philosophy that merges scientific insight with nature's finest ingredients. Co-owners Nicky James-Baird and Jodene Fendall, both qualified in trichology, infuse their deep knowledge into every product, ensuring that each formulation supports optimal scalp and hair health while embodying the brand's commitment to sustainability and community.

Holistic Hair's successful range includes the Pure Shampoo & Conditioner and the Herbal Finishing Rinse Concentrate. These products are meticulously crafted to deliver exceptional results while aligning with the brand's values.

The Pure Shampoo and Conditioner feature 99.85% natural origin ingredients. The shampoo combines aloe vera and manuka honey, renowned for their soothing and moisturizing properties, with coconut-derived cleansers that gently purify without stripping essential oils. The conditioner continues this approach with vitamin E and orange oil, promoting smoothness and shine while ensuring a nourishing, plant-based conditioning experience.

The Herbal Finishing Rinse Concentrate, boasting 99.25% natural origin, offers a refreshing blend of lavender and chamomile oils, which calm and revitalize the scalp, while apple cider vinegar helps balance pH and remove residue. This rinse leaves hair with a natural sheen and invigorating scent.

Holistic Hair's commitment extends beyond product excellence. With B Corp certification, vegan certification, and vegetarian approval, the brand underscores its dedication to ethical practices.

Their partnerships with CleanHub for plastic recovery and recycling highlight a broader mission to foster a cleaner planet. The products are packaged in bottles made from 100% recycled plastic, reflecting Holistic Hair's dedication to sustainability.

In an industry where authenticity and integrity are paramount, Holistic Hair distinguishes itself through its holistic approach, scientific expertise, and unwavering commitment to sustainability.

Discover the fusion of nature and science with the Holistic Hair range—where every product is a testament to a philosophy of balance, ethical responsibility, and wellbeing.



Feeling vibrant this Spring with **SOLGAR**

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**MenoPrime**  
A unique combination of Saffron (affron®) and Siberian Rhubarb (Err-731®), offering non-hormonal, botanical support for mature women.

**Taurine**  
An amino acid that supports cardiovascular function.

**Formula VM 2000®**  
A high potency multivitamin and mineral formula, ideal for anyone under stress, feeling run down or lacking in energy.

# Community Health Stores



Sharing a commitment to healthy communities

SEPTEMBER 2024

## In need of a Spring Clean ?

Spring has finally arrived. The days will start to feel warmer and brighter creating an effect on our health and wellbeing. After a few long months of cold weather, darker days and a few rounds of colds and flus, our bodies give us little signals it's ready for a detox.

Detoxing is a fantastic way to reset, rejuvenate and repair our body systems. Although our bodies are naturally detoxing all the time through the liver, kidneys, lungs and skin, sometimes we need a helping hand to support and free these pathways from congestion. In Traditional Chinese Practice spring is known as the season for growth and renewal with a focus on the liver for free-flowing Qi.

The liver is the second largest organ in our bodies and is involved with nearly 500 bodily functions. Some of the major functions include detoxing and filtering compounds from the body and external sources, metabolizing fats and carbohydrates, vitamin and mineral storage and producing valuable proteins such as enzymes, hormones, blood clotting and immune components.

Your body is amazing at sending signals to let you know it needs a little help.

A sluggish liver could present itself as bloating, gas, acidity, sluggish bowels, yellowish skin or eyes, fatigue, moodiness, excessive sweating, poor appetite, blood pressure fluctuations and an inability to lose weight.

Fortunately cleansing your liver can be done gently with diet and lifestyle changes.

- Removing processed foods, refined sugars and carbohydrates.
- Increase the amount of liver supporting nutrients – spinach, kale, asparagus, broccoli, lemons, organmeats, blueberries, capsicum, beetroot, pumpkin seeds, coriander and parsley (to name a few).
- Try a freshly made green juice daily.
- Give your liver a rest from caffeine and alcohol.
- Mindfulness techniques to reduce stress in the body.
- Gentle movement through walking, swimming, yoga or Pilates.

Taking a good quality supplement such as Natroceutics Sulforaphane or Gaia Herbs – Liver Cleanse with milk thistle, dandelion and turmeric can support the liver's natural cleansing process and pathways for supporting healthy liver function and wellbeing.

**Tracie Winter**  
Clinical Nutritionist  
Tonic Health Chartwell



Always read the label and use as directed. If symptoms persist see your healthcare professional. Natroceutics, Ohaupo

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For a full list of stores and more information visit [communityhealthstores.co.nz](http://communityhealthstores.co.nz)

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TAPS Approval No: PP3082

# Your Guide to Breathing Better in September

During September, a nationwide initiative takes center stage, encouraging us all to prioritize respiratory health and well-being. "Breathe Better September" is a campaign that promotes awareness, education, and action towards improving air quality, lung health, and overall wellness.

Clean air is a fundamental requirement for human health and vitality. The quality of the air we breathe has a direct impact on our respiratory system and overall well-being. Poor air quality can exacerbate respiratory conditions and it has been linked to serious lung and cardiovascular health issues.

As we shift from winter's indoor confinement to the outdoor wonders of spring sometimes this can bring about respiratory challenges. Pollen, allergens, and fluctuating weather conditions can trigger discomfort.

Nature has provided us with an array of natural health supplements that can play a pivotal role in supporting our respiratory well-being

- **Quercetin: Nature's Allergen Warrior**

Quercetin, a potent flavonoid found in various fruits and vegetables, is celebrated for its support for the body's response to allergens. By incorporating Quercetin into your routine, you can navigate the spring season with greater comfort and ease.

- **N-acetylcysteine (NAC): Respiratory Support in a Capsule**

NAC is a powerful antioxidant that holds immense potential for respiratory health. It supports breaking down mucus, making it a valuable ally for individuals dealing with congestion. NAC also supports the body's production of glutathione, a master antioxidant that helps protect lung tissues from oxidative stress.

- **Marshmallow: Soothe and Comfort**

Marshmallow root has a long history of use in traditional practice for its soothing properties. It can help calm the respiratory tracts and soothing scratchy throats. Marshmallow acts as a natural demulcent, forming a protective layer along the mucous membranes.

- **Zinc: Guardian of Wellness**

Zinc is a trace mineral with a big impact on respiratory health. It supports the functioning of immune cells and supports the body's defence. Zinc is a valuable addition to your respiratory wellness regimen.

As you embark on your journey towards better respiratory health this spring, remember that supplements are most effective when combined with a healthy lifestyle. Prioritize a balanced diet rich in fruits and vegetables, stay hydrated, engage in regular exercise, and get adequate sleep. Before introducing new supplements into your routine, consult a healthcare professional to ensure they are suitable for your individual needs.

Visit our community health store to explore a range of high-quality, natural health supplements.



## Sleep Tonic Recipe

### Ingredients

- 1 c of milk from nut, bean, grain or animal
- 2 medjool dates
- 3 almonds (preferably soaked overnight)
- 1 tbsp coconut flakes (optional)
- 1 tsp ghee
- pinch of saffron
- pinch of cardamom
- pinch of nutmeg

### Method:

- Warm milk in a saucepan.
- Blenderise all remaining ingredients and add to warmed milk. Stir. Do not boil.
- Turn off heat and allow to set for 10 minutes.
- Add black pepper + honey to taste.

## Quercetin Bromelain

Gold Standard for Respiratory Health

Quercetin with Complementary Bromelain together, gives extra support for your respiratory health.



- Free radical scavenger
- Supports normal respiratory function
- Year-round and seasonal respiratory health support

Always read the label and use as directed. If symptoms persist, see your healthcare professional.  
Natural Health Trading, Auckland

## The Ultimate Hydration Boost

Discover the Power of Marine Kelp in Living Nature's award winning, Aqua Gel Mask.

In the quest for radiant and youthful skin, Aqua Gel Mask introduces a transformative solution that taps into the benefits of Marine Kelp. This oceanic wonder is at the heart of our pro-collagen mask, designed to deliver a superior boost of hydration, plumping your skin for a smoother, more even complexion. Aqua Gel Mask offers more than just hydration—it's a deeply replenishing and targets fine lines and revitalises tired, dull skin. With each application, it works diligently to enhance your skin's appearance while safeguarding it against harmful free radicals. Proudly accredited as NZ-made, our formulation is both vegan-friendly and 100% natural, aligning with our commitment to pure, effective skincare. Additionally, it features a light, uplifting fragrance designed to elevate your mood and enhance your self-care routine. Embrace the oceanic rejuvenation of Aqua Gel Mask and let your skin experience the ultimate hydration and revitalisation it deserves.



# Aqua Gel Mask

Deeply hydrate, plump and replenish skin with the power of Marine Kelp, Harakeke and Hyaluronic acid.

All of our certified natural skincare is developed, formulated, tested, packed and delivered from our purpose built facility in Kerikeri in the pristine Bay of Islands and has been since 1987.



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