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in short

Gina Flaxman dishes the latest health, fitness & diet news.

Skin saviour

During winter, skin can become dry and conditions like eczema can be aggravated. DermaVeen's natural, fragrance- and soap-free products help restore the skin's natural pH level. The brand's Colloidal Oatmeal Bath Treatment (\$2.50 a sachet) and Shower & Bath Oil (\$13.95) both contain colloidal oatmeal, known for its soothing properties. The products are great for conditions such as eczema, psoriasis or nappy rash. Available from pharmacies. www.dermatech.com.au

Walk about

Walking is well known to have myriad health benefits, particularly for older people. Aimed at over-45s, Auswalk offers walking tours all over Australia, ranging from a few days to almost two weeks, for all levels of fitness. The walks take in some of the most spectacular parts of the country, including the Blue Mountains in NSW and the Great Ocean Walk in Victoria. The organisation spans five states and offers professional, guided and self-guided tours, as well as inn-to-inn hikes. Accommodation is hand-picked by Auswalk's owners. For more information visit www.auswalk.com.au