



AUSTRALIAN  
BUSH FLOWER  
ESSENCES®

# the essence newsletter

Summer December 2009

*All below is strength and all above is grace. DRYDEN*

*Ian's update*

## THE LAKE BAIKAL ESSENCE

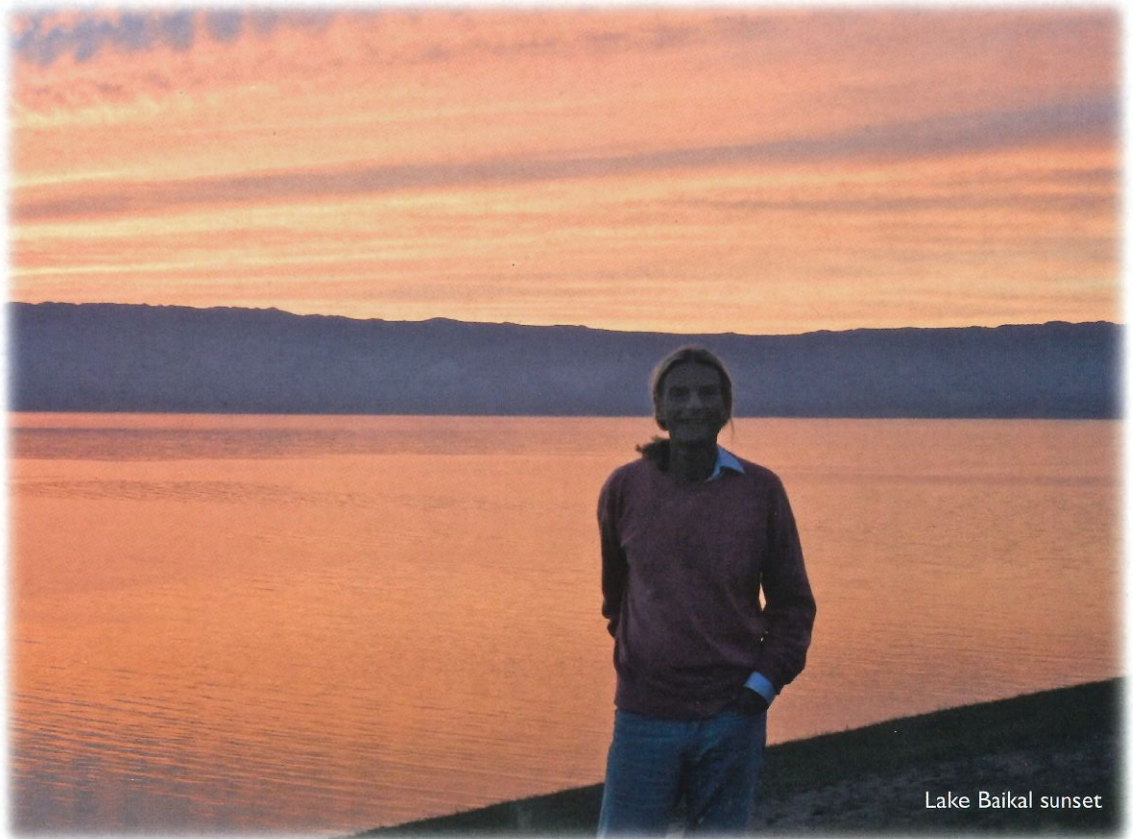
### JOURNEY TO LAKE BAIKAL

The journey to reach Lake Baikal, located in the south-eastern part of Siberia and one of Asia's most stunning and holy places, was not an easy one. Obstacle after obstacle was placed in my way, not least the difficulty in obtaining my Russian visa. However I was totally committed, determined and willing to do anything in order to make the trip to Lake Baikal to prepare the fifth **Light Frequency Essence**. I had been planning the trip for over a year and was going to get there, no matter what it took.

Lake Baikal is a very sacred place and it guards its energy carefully. I had received the message that it would not readily give up its secret and that this aspect would be very much part of the healing quality of this Essence.

To reach the lake entailed a five-hour flight from Moscow followed by another five hours of driving to our final destination, the island of Olkhon. This is the largest of the thirty islands on the lake. My greatest concern had always been of no one turning up to collect us from the airport, at 5 am, and having to make our own way to the island with only a couple of words of Russian. That almost happened!

My first sight of Lake Baikal was at the ferry crossing, though if we had arrived in winter we would have been able to drive over the frozen top layer of the lake. It is covered with ice for five months of the year, though it is not always safe crossing



Lake Baikal sunset

the ice. A few years earlier, our guide Grigor had encountered thin ice caused by a thermal spring and the van went straight through the ice to the bottom of the lake, along with four passengers. Luckily the lake was only 2.5 metres deep at that point and everyone escaped from the van and made it to the surface, but they had to run 3 kilometres to the nearest house before being able to get out of their wet, cold clothes and avoid hypothermia.

After settling in on the first day we spent the next few days with Grigor, exploring the island and getting a feel of where I should prepare the Essence. Olkhon Island stretches for 72 kilometres in length and is 27 kilometres at its widest point. There is basically just one road on the island and this is not sealed. Travellers often encounter deep sand and lots of mud on the road.

Olkhon Island is the focus of old legends and ancient traditions and is rich in archaeological monuments and sites, whilst also having a very long shamanic tradition. It is regarded as the very sacred centre and heart of Lake Baikal. Even its shape resembles Baikal's outline.

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*Letters and case studies always appreciated.*

*Thank you!*

**THIS ISSUE... LAKE BAIKAL ESSENCE SPECIAL**

Ian's update continued from page 1

The island is also distinguished by a special climate – in summer it is warmer and in winter colder than the surrounding region. Its average temperature is below zero degrees Centigrade. Olkhon Island is very dry with sudden high winds, sometimes reaching hurricane force up to 150 km per hour. Baikal is one of the stormiest lakes of the world. The surface of the lake very rarely stays calm and waves can exceed 4 metres in height.

**MAKING THE ESSENCE**

I chose to make the remedy on an area on the north-east of Olkhon Island. This area was directly adjacent to the deepest part of the lake, which reaches 1636 metres in depth, with sediment to an estimated depth of four kilometres beneath this.

Before being dropped off on the cliff top where I was to make the Essence, I collected water from the pristine lake to use in the process. Baikal is the only open freshwater body in the world where the water can be bottled for drinking. There is no developed infrastructure on the shores of Lake Baikal and the water doesn't contain toxic heavy metals. Grigor, our guide, drove me through fields of flowering thyme to my pristine Essence-making spot. As he and my wife Jane drove off to go horse riding, the smell of the sweet thyme lingered in the air.

Olkhon Island and Lake Baikal have a very still energy and peacefulness – a sense for me of a connection back to ancient times and a trusting of how everything unfolds in the right way; that spirit is guiding and leading you and that there is no concern as to what changes may lie ahead, whether in your personal life or in the physical environment around you. It is about connecting to the source of all from the beginning of time; it is a timelessness of being at one, with an ancient sense of being that is not corrupted – it is pure, pure 'at oneness'. The **Lake Baikal Essence** embodies these very qualities.

**editorial**

The team at Australian Bush Flower Essences joins me in wishing each and every one of you, our readers, a peaceful and happy Festive Season. We hope that the year ahead brings spiritual abundance, health and happiness to you and your family.

With love, Anne



Near where the Essence was made



Southern Olkhon Island

Lemurian civilisation fell when humanity decided it was boring to always be having a harmonious spiritual time and chose to explore pleasure rather than spirituality. That was when the energy on the planet began to drop and become denser. Lake Baikal holds the original energy prior to that density developing, when the energy still flowed fully and clearly from the stillness of the heart that was at one with the Divine. That ancient energy has never been replicated elsewhere and Lake Baikal has never been infected by that density or invaded or infiltrated by any

other similar energies. It has always been shielded, because it is going to be needed at a later time. You could say it is the well from which humanity first drank and to which humanity will return for the next stage of its evolution.

The Essence was completed at 2.19pm on Saturday 4 July. From that moment on until I arrived back in Sydney the bottles of mother tincture were guarded very preciously while lavishly and abundantly swaddled in bubble wrap and cardboard.

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Ian's update continued from page 2

**LAKE BAIKAL**

Local people don't refer to Baikal as a lake but rather as a sea, being 636 kilometres long with a maximum width of 81 kilometres and containing one fifth of the world's fresh water.

Lake Baikal's water is a massive 23,000km<sup>3</sup> in volume – this is larger than all five Great American Lakes put together, plus the Baltic Sea. Lake Baikal is also the world's oldest lake, dating back over 30 million years. Most lakes silt up after 10,000 to 15,000 years. However Lake Baikal is expanding by 0.5cm a year and geophysicists believe it will eventually become the world's fifth ocean. These statistics are impressive, but are not sufficient to convey the serenity, purity and 'ancientness' that I felt on its shores, which are unbelievably picturesque.

The water of the lake is distinguished by its extraordinary clarity and cleanliness. The deepwater area of the lake is indigo in colour, like that of deep seas, while the lake's transparency is higher than that of all other lakes of the world, reaching the transparency of oceans. Scientists have concluded that a typical drop of water entering Baikal remains for about 400 years before being drained off by the Angara River – the only one of over 300 rivers that runs out of, rather than into the lake. Lake Baikal has a powerful capacity for self-purification.

Lake Baikal is a listed World Heritage Site for helping to preserve the gene pool of the Earth and to understand its biological and geological evolution. In its immediate vicinity live 2595 species of animals, of which 1455 are endemic, along with over 1000 species of plants, with over 100 being endemic. The lake is home to 58 species of fish.

Yet Baikal is more than merely these physical things. It is also at its very



Lake Baikal shoreline

deepest point an inter-dimensional portal which is gradually being opened at this time. Its depth means that it will not be disturbed or interfered with by any kind of human investigation. Portals are being opened in many powerful places on the Earth and Lake Baikal is one of them. Baikal is a portal between the worlds, an entrance place on the planet for incarnating beings who are coming in at this time. Those who are choosing to return are initiated and reintegrated into the blueprint of the Earth's dimension through these various portals in the fifth dimension around the Earth. Their light bodies come in through these portals, though they will mostly be physically born in other regions or countries.

The Lake Baikal portal attracts those who want to develop a level of understanding of the heart, of cooperation and of co-creation. These incarnating beings are wishing to help bring the Earth into a new possibility, into the fullness of both the planet's and our

own potential destiny and connecting us deeply to the Divine source. These souls are preparing to come in now for the great change which is about to occur, a moving towards the new Golden Age that follows what will quite likely be a difficult time that lies before. Many will go at this time.

For a long time the Earth has been on a downwards spiritual spiral which has been very difficult, and the souls being born now are coming back to recreate a whole new wave of consciousness. There is an impetus now for a complete global change and a big new opportunity for evolution to happen upon the Earth, and indeed throughout our Solar System. I elaborated on this in the Antarctic edition of *The Essence* in March 2007.

Although the Baikal portal is an etheric phenomenon, the **Lake Baikal Essence** will empower your ability to use and access its energy.

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**STAFF PROFILE Peter Marshall**



Peter started at Australian Bush Flower Essences back in June 2007 as our Despatch Assistant. He is the one who makes sure your orders are selected, double checked and packed with care and attention and reach their destination intact. He wears many hats to ensure that the warehouse area is kept in impeccable working order, making everybody's job easier. Pete is an obliging and diligent worker, willing to do what it takes to get things done – greatly appreciated by all of his colleagues. A gentleman at heart, he is thought of as a kind, loyal and compassionate man with a lovely sense of humour, in his quiet way, but with a very cheeky smile. Peter is passionate about one thing in life and that is the Manly Sea Eagles, our local rugby league team and would be definitely seen at every game! He has an interest in cars, especially Holdens, as he spent many years in the industry. If not at the rugby, Peter can often be found surfing at Dee Why Beach. His presence at Australian Bush Flower Essences is appreciated and valued.

Ian's update continued from page 3

ABOUT THE LAKE BAIKAL ESSENCE

My need and urge to travel to Baikal was very strong, as if something inside me, the spirit of the place, was calling me. The effect of my pilgrimage all the way to Lake Baikal, and that of others doing the same with an open heart, is the activation and opening of the portal and the restoration of the surrounding energetic ley lines. When the magnetic fields of the Earth shift in the future, the etheric ley lines which make up the Earth's grid need to be really firmly in place. This will allow the transition to be a lot smoother. Similarly for humans, if you meditate and are able to be at peace within, then you are more likely to breathe through any major changes or shocks that come, and will manage the change far more easily than someone with frayed nerve endings and a disorientated and misaligned body.

The Earth is going to undergo a series of jolts and shocks. She knows that, she is preparing for that, and she tries to prepare as many as possible who are willing to open their minds and hearts. People need to become aware that they need to open up and upgrade their capacity to receive a greater voltage of the new energies around us. Currently everything has been given a bit of a shaking up: the poles are changing; the stratosphere around the Earth is looser; more open; the old ways are being blown around. You can see it in people, politics, economies, societies and in families; you can see it also in nature. This is why it is so important to start to really nurture yourself spiritually and open at a deeper level, particularly within your heart centre. The **Lake Baikal Essence** helps



Northern shoreline of Olkhon Island

you to do this. By taking this Essence, wherever you are in the world, you gain access to that Baikal portal. The openings of these portals are opportunities for your empowerment. In taking this remedy you absorb deeply into your psyche the encoded essence of Baikal and the portal.

This Essence allows for a quickening – a creating of shortcuts of understanding and accelerated opening to all the new energies around us. This is a very unique Essence; as people come into balance with this Essence, they become available as vessels for the new energies that are coming in. These energies are about equality, about unity, about balancing one's masculinity and femininity, and about global oneness, balance, and harmony. The **Lake Baikal Essence** is a key remedy for opening into this new potential within oneself and within one's world.

Mass consciousness is comprised of the

mental and the emotional energies of every member of humanity. What you hold within your thoughts, within your emotions, contributes to the whole that is termed 'mass consciousness'. The Lake Baikal remedy maintains your ability to be in the world but not of it. It enables you to continue to be in that pure, still energy of being at one, so you are less influenced and invaded by mass consciousness. Then you are far less likely to make judgements and react. The trick is to be able to be part of it but to always choose how you feel and respond from your own inner space of being 'at one', rather than having mass consciousness tell you what you ought to do and how you should behave.

I certainly found that I had to work very hard to access this Essence. It was like penetrating an old deep mystery or secret. Baikal contains ancient spiritual energy and it is not going to be open to just anyone to go there, to get whatever they want to take from it. The physical difficulties to get there are part of its natural protection so that the energy can remain as pure as it is intended to be. My experience was an allegory of a classic male heroic journey, where the hero has to pass many tests and everything is trying to stop him. His goal is going to pull back right at the very last minute. The male has to stay open right to the very end because it's not going to come easy. He has to be very masculine and stay in his power while also being shown that there are egotistical layers that he has to strip away to get to his goal – and that is exactly how it was.

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Windy day looking over Little Sea

Ian's update continued from page 4

MASCULINE

For the male, the **Lake Baikal Essence** represents the journey of the consciousness searching for that balance of what is deep within, which is the power of the Divine feminine. This is hidden; it has been suppressed and pushed down by the patriarchy from the outside, and suppressed internally by the conscious mind. Many men view a woman's ability to express emotion and the feminine aspects of their own self as a weakness and yet these attributes are some of men's greatest strengths and are the basis of their intuitive power and ability to feel.

It is not to say that a man coming into his Divine feminine will become feminine. He will remain very much the embodiment of the Divine masculine with its all-embracing, creative male power. However within him he is not afraid of his emotionality; he doesn't have difficulty in crying or showing emotion – that is his power. This remedy will help him to reclaim and bring back into his male body the deep female, feminine Yin power of emotional expressions. Once a man has reclaimed that power and is actually able to feel it in his body then it becomes easier to speak of what he is feeling.

The Essence encourages a man to work to bring back these places of expression in a powerful way and reclaim his 'wildness'. This may be in movement or sound, or through being more physically active. The wildness has been so suppressed that it is coming out in the most terrifying aggressive and/or sexual ways – terrifying for them and terrifying for children and for women.

The male emotional body has gradually, over a very long time, become compressed and is not so elastic or

expandable. Basically the mental body took over in order for men to feel 'in control'. There are many consequences if your mental and emotional aspects do not work hand in hand, including sexual perversion, violence or dis-ease. Blood is the vehicle of joy in the physical body. If there is no joy the blood flow is impeded, which is why so many males have had heart attacks and strokes. In addition, male aggression has been suppressed and frequently comes out in a violent or deviant kind of sexuality. Many men have suppressed rage and fears, and there is nowhere for them to put these emotions and nowhere that they are allowed to come out in a balanced way. When connected to your emotions, anger can be positively expressed where it is pure energy or where it protects your place of love and the places where you have been wounded.

Much is needed for the healing of the male sexuality. Of course there is a corresponding abuse of the female sexuality to be dealt with as well. They are actually two sides of the same coin and are intertwined in a complex picture. Vestiges of this are carried within every single relationship because we are all enmeshed in mass consciousness.

The beauty of the **Lake Baikal Essence** is that it treats suppressed violence with the gentlest of touch and little by little softens the energy so that the male emotional body begins to feel and express itself appropriately. It acts like opening a tap and out pours all the pain, all the anger, all the self-judgement that by being suppressed led to violence, perversions etc. The energy of the Essence transmutes the emotions – as the poison drips out, that energy is replaced with a sense of stillness of belonging. It is a very important Essence.

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Beautiful indigo colour of Lake Baikal



Bush Essence quotes

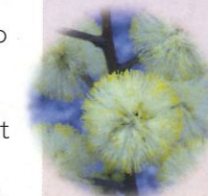
Southern Cross

'The bad news is time flies. The good news is you're the pilot.'  
Michael Altshuler



Sunshine Wattle

'Optimism is a crucial choice we make in establishing expectations for ourselves and others as we begin to move forward through adversity.'  
Christopher Novak



Bauhinia

'There is always something more to learn as you grow and expand. You would not want to remain static, would you? As you cease resisting and simply accept the lessons to be learnt, taking them all in your stride, you will find life so much easier and what is more, you will enjoy the changes which take place. A plant does not resist growth or change; it simply flows with it and unfolds in true perfection. Why do you not do the same? Why not take a leaf out of nature's book and learn to relax and flow with life and find real joy and contentment?'

Eileen Caddy



Gynea Lily

'As we let our own light shine, we unconsciously give other people permission to do the same.'  
Marianne Williamson



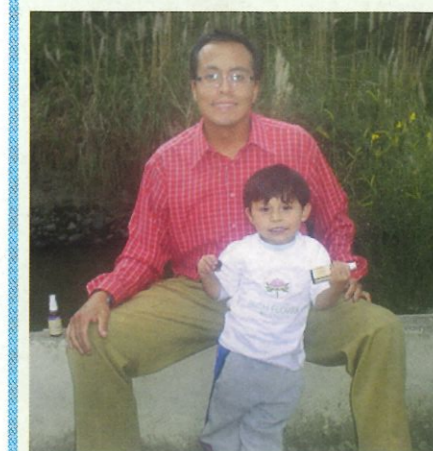
Kapok Bush

'Housework can't kill you, but why take a chance?'

Phyllis Diller



Ecuador distributor



Our distributor from Ecuador, Fabrizio Viera, with his young son Andrés David.

Ian's update continued from page 5

FEMININE

For the female, the **Lake Baikal Essence** helps her to find her Yang. It helps her to find her power and to literally understand that she has always had that power. The Yang has been suppressed within the woman just as the Yin has been suppressed within the male. If a woman gets more into the feminine she will naturally reach her masculine. For a woman, finding the Yang power doesn't mean having to be like a man or imitating what men are doing in the male world, which at the present time is out of balance. There is no point going out of her balance and into an out-of-balance created world that is completely devoid of natural connection – of connection to the root, to her power, to the power of self the womb.

For a woman, her Divine Yang is the power of love, the power of creation. It is the power where she is the embodiment of the Divine feminine. She already is this, and she needs to understand her power – that she is the power of life, the power of the Earth, the power of nature. She is Mother Nature.

However, many women in the world believed they had to suppress their femininity in order to be masculine, so as to compete, to show they were as good as men and to succeed. So women who believed they had to be that way became as unnatural in being themselves as the men had become unnatural in

suppressing part of themselves. In these women the masculine / mental body has again taken over; for competition arises from the mental body not the emotional. Women who compete and want to be seen as an equal in a masculine world change how they dress, change how they speak and change how they walk. Some even begin to unconsciously change their inner metabolism to a more masculine one, or they can begin to lose the definition of the female shape, again moving to a more masculine one. Infertility can become a problem. That is what occurs when one body takes precedence over the other and there is no flow of energy. The **Lake Baikal Essence** works to bring both polarities together equally. You cannot be at oneness if one or the other aspect of self is not in balance.

ONENESS

In winter Lake Baikal freezes, creating a protective layer that allows internal changes to occur without external disruption. Likewise the **Lake Baikal Essence** can be used to achieve a sense of oneness, to balance the masculine/feminine energy, to heal the inner so that there is cohesion, a unity within each individual.

Then there is another level of the Essence that creates the protective shield which enables the individual to *maintain* that oneness, no matter what is occurring externally. This enables people to open

up more and more to their internal healing, especially around fear and judgement. Therapists who work at a very deep level with their clients will find this healing aspect to be extremely helpful.

You can also consider giving this remedy when an individual's life is full of obstacles. They are trying and trying, but it doesn't look as though they are ever going to resolve the issues. Basically they feel pushed to the absolute limit. Some people in this situation will have a strong urge to find peace – to find something, somehow. For others it will be like a breaking down of their nervous system. They wonder "What is the point?" This is not depression; they have just lost any sense of self and therefore any purpose. This state often arises from a belief that they have failed – that, no matter what they try to do, it is never quite successful. In their own mind they never succeed. 'I could have done more but I did not do enough'. It is such extreme self-judgement that causes the nervous collapse, as the energy cannot be sustained.

If you look at the mental body and the emotional body from the perspective of gender; the mental body is the masculine energy and the emotional body is the feminine. If you have suppressed yourself emotionally and used your mind to keep yourself safe and in control, to compete, to achieve, and suddenly the mind says 'I

am lost, I have failed', what do you suppose occurs? The emotional body cannot nurture, as it has not been given permission. It has not even been given a place to exist.

The **Lake Baikal Essence** will help here to bring about the reunion between mind and emotions, to create nurturing and to start to bring back joy to the heart and the soul.

*Much Love, Light and Respect,  
Ian*

Looking north from Olkhon Island



Lake Baikal



Looking west from Olkhon Island

Lake Baikal sunset

The beauty of Lake Baikal

Grey day on Lake Baikal

2010 Workshop Schedule

Australia

Date	City	Workshop	Lecturer	Contact for bookings		
20th February	Sydney	Numerology & ABFE	Ian White	Uschi Wilmer	uschi@ausflowers.com.au	(02) 9450 1388
21st February	Sydney	Kinesiology & ABFE	Ian White	Uschi Wilmer	uschi@ausflowers.com.au	(02) 9450 1388
27th & 28th February	Adelaide	Level 1	Kate McEwen	Gabbie Enright	gabbie@healthyteams.com.au	(08) 8377 2415
27th February - TBC	Canberra	Women's Wellbeing & ABFE	Linn Wiggins	Suzie Williams	suzie@essencehealing.com.au	(02) 6296 3090
28th February - TBC	Canberra	Astrology & ABFE	Linn Wiggins	Suzie Williams	suzie@essencehealing.com.au	(02) 6296 3090
6th & 7th March	Melbourne	Level 1	Caitlin Graham Jones	Chris Hooper	chris@chrishooper.com.au	(03) 9844 5379
6th & 7th March	Canberra	Level 1	Sallianne McGowan	Suzie Williams	suzie@essencehealing.com.au	(02) 6296 3090
13th & 14th March	Sydney	Level 1	Ian White/Jo Fleischer	Uschi Wilmer	uschi@ausflowers.com.au	(02) 9450 1388
27th & 28th March	Brisbane	Level 1	Linn Wiggins	Gabrielle Skinner-McKay	gabrielle@globalessences.com.au	(07) 3878 9371
27th & 28th March	Adelaide	White Light Essences	Ian White	Gabbie Enright	gabbie@healthyteams.com.au	(08) 8377 2415
1st & 2nd May	Canberra	Level 2	Linn Wiggins	Suzie Williams	suzie@essencehealing.com.au	(02) 6296 3090
15th & 16th May	Perth	Level 1	Joanne Fuller	Amber Sutterby	amber.sutterby@gmail.com	0417 262 371
22nd & 23rd May	Noosa	Level 1	Linn Wiggins	Linn Wiggins	village.herbals@gmail.com	(07) 5485 2724
5th & 6th June	Murwillumbah	Level 1	Linn Wiggins	Isabela Keski-Franti	belafiora@hotmail.com	(02) 6672 7985
19th & 20th June	Sydney	Level 2	Linn Wiggins	Uschi Wilmer	uschi@ausflowers.com.au	(02) 9450 1388

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For further details contact Uschi Wilmer. Phone 61 2 9450 1388 or email [uschi@ausflowers.com.au](mailto:uschi@ausflowers.com.au)

testimonials

Lake Baikal Essence

For me, **Lake Baikal** was a very gentle Essence. I found myself feeling really relaxed in times that I would have usually stressed out ....

It was like when you are a child and things do not seem to be going your way ... you just brush it off. It was that feeling of 'Oh well, that's OK; move on to the next' ... I wasn't feeling 'I don't care'. It was a feeling of 'It's all OK.'

*Sue Mazza, Sydney*

My experience of taking **Lake Baikal**: I felt a deep sense of peace, and trust in the abundance of nourishment and support available to all at this time.

I felt myself allow and understand a deeper sense of receiving on all levels.

**Lake Baikal** assisted me to break old habits and controls, in line with greater and more gentle self nourishment.

*Blessings and gratitude,  
Jane Cavill, Sydney*

After only taking **Lake Baikal** for a few days, I noticed that I was in need of order around me, wanting to completely clear my being of any and all toxins, wanting clear space around me, giving me great clarity and allowing the unfolding of all that was happening around me to flow with grace and ease without being affected by it.

In the time that I was taking **Lake Baikal**, I felt exceptionally guided (driving north on a main highway and feeling the need to 'turn left', I was rewarded with the sight of approximately 50 whales and a pod of dolphins) and was in Divine gratitude as my journey unfolded, filled with gifts. Giving clarity on what serves our higher purpose and allowing all else to fall away. Deep wisdom, reflected by the whales.

I do not feel that my journey with **Lake Baikal** is yet complete and I look forward to the next dosage.

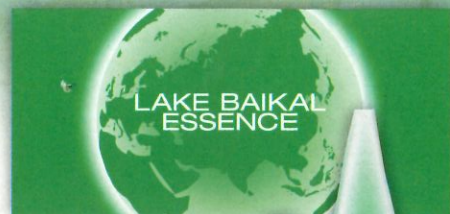
Once again, so much gratitude.

*Kyla, Sydney*

It was hard to determine how **Lake Baikal** Essence affected me as there were some major events taking place in my life that took all my attention. But, on looking back, I handled things with much greater ease than usual and no fear, just watching as events unfolded.

*Anne, Sydney*

THE LAKE BAIKAL ESSENCE



The **Lake Baikal Essence** is a Light Frequency Essence that:

- Engenders faith and trust in life and a calmness and acceptance of unfolding change.
- Connects a person to the stillness of the heart and to a source of pure 'at oneness' with the Divine.
- Helps one to be in the world but not of it, and to be less influenced by mass consciousness.
- Develops a level of understanding and deeper opening of the heart.
- Accelerates understanding and opening to the new energies of unity, co-operation and co-creation around one.
- Assists people to find and balance the divine masculine and feminine within themselves.
- Restores a sense of self, purpose and joy to an individual.
- Allows for extremely deep inner healing.



**order form**

**Lake Baikal Essence** stock 10ml \$33.00

**Specials for members only - prices include GST**

<b>Bauhinia</b> stock 15ml	\$13.50 less discount 25%	<b>\$10.12</b>	<input type="checkbox"/>
<b>Gymea Lily</b> stock 15ml	\$13.50 less discount 25%	<b>\$10.12</b>	<input type="checkbox"/>
<b>Purifying Essence</b> dose 30ml	\$14.50 less discount 25%	<b>\$10.88</b>	<input type="checkbox"/>
<b>Solaris Essence</b> dose 30ml	\$14.50 less discount 25%	<b>\$10.88</b>	<input type="checkbox"/>

Please add \$7.50 for postage & handling in Australia.  
Overseas postage on orders accompanied by this form will be charged at cost.

Name: \_\_\_\_\_ Phone (day time): \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

**CREDIT CARD DETAILS** Number: \_\_\_\_\_

Name on card: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_ Visa  Mastercard

**Offer expires 30 January 2010**