

health Country Winter



















- A Schwarzkopf Brilliance Hair Colour \$13.20 ea SAVE \$8.80
- B John Frieda Shampoo or Conditioner 250ml \$12.60 ea \$5.04 per 100ml SAVE \$8.40
- C L'Oreal Excellence Hair Colour \$16.20 ea SAVE \$10.80
- D Garnier Fructis Hair Food 390ml \$8.40 ea \$2.15 per 100ml SAVE \$5.60

- E TRESemme Shampoo or Conditioner 940ml \$9.60 ea \$1.02 per 100ml SAVE \$6.40
- F Head & Shoulders Shampoo or Conditioner 660ml \$12.60 ea [\$1.91 per 100ml] SAVE \$8.40
- G Batiste Dry Shampoo 350ml \$11.40 ea [\$3.26 per 100ml] SAVE \$7.60
- H Pantene Pro-V Miracle Oil 90ml \$12 ea \$13.33 per 100ml SAVE \$8

Woolworths

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F Neutrogena Hydro Boost Hyaluronic Acid Water Gel Refill 50g

G Neutrogena Oil Free Acne Wash Cleanser 175ml

H Neutrogena Oil Free Eye Make Up Remover 200ml

\$14 ea \$28 per 100g SAVE \$14

\$8.75 ea \$5 per 100ml SAVE \$8.75

\$10.50 ea \$5.25 per 100ml SAVE \$10.50



B Aveeno Daily Moisturising Body Lotion 1 Litre

C Aveeno Daily Moisturising Body Lotion 354ml

D Aveeno Skin Relief Moisturising Body Lotion 532ml

\$15 ea \$1.50 per 100ml SAVE \$15

\$12 ea \$2.26 per 100ml SAVE \$12

\$7.75 ea \$2.19 per 100ml SAVE \$7.75

health&beauty Winter



- A OGX Shampoo or Conditioner 385ml \$11.50 ea \$2.99 per 100ml SAVE \$11.50
- **B** OGX Argan Oil Penetrating Hair Oil 100ml \$15 ea \$15 per 100ml SAVE \$15
- C OGX Coconut Curl Styling Milk 177ml \$13.50 ea \$7.63 per 100ml SAVE \$13.50

- **D** Maui Shea Butter Hair Mask 340g \$13.50 ea \$3.97 per 100g SAVE \$13.50
- E Maui Shampoo or Conditioner 385ml \$13 ea \$3.38 per 100ml SAVE \$13
- F Aveeno Shampoo or Conditioner 354ml \$9.75 ea \$2.75 per 100ml SAVE \$9.75



- A Pantene Miracles Keratin Smooth Shampoo or Conditioner 600ml \$12 ea \$2 per 100ml SAVE \$8
- **B** Dove Shampoo or Conditioner 820ml \$10.20 ea \$1.24 per 100ml SAVE \$6.80
- C Dermaveen Shampoo or Conditioner 1 Litre \$19.20 ea \$1.92 per 100ml SAVE \$12.80

- **D** Glow Lab Shampoo or Conditioner 600ml
 - \$19.80 ea \$3.30 per 100ml SAVE \$13.20
- E TRESemme Lamella Shampoo or Conditioner 500ml \$9 ea \$1.80 per 100ml SAVE \$6
- F Bed Head Shampoo or Conditioner 750ml \$19.20 ea \$2.56 per 100ml SAVE \$12.80





D

FRUCTIS





- A My Soda Sea Salt Spray 230ml \$9 ea \$3.91 per 100ml SAVE \$6
- **B** HASK Argan Oil 5 in 1 Treatment 175ml \$10.20 \$5.83 per 100ml SAVE \$6.80
- C Grow Longer Stronger Scalp Rinse 100ml \$11.40 ea \$11.40 per 100ml SAVE \$7.60

- D Garnier Fructis Hair Food Macadamia 390ml \$8.40 ea \$2.15 per 100ml SAVE \$5.60
- **■** Growth Bomb Booster Serum 30ml \$16.80 ea \$56 per 100ml SAVE \$11.20
- F Fudge Clean Blonde Damage Rewind Treatment 200ml \$17.40 ea \$8.70 per 100ml SAVE \$11.60





- A Maybelline The Falsies Surreal Waterproof Mascara 10ml \$14 ea \$14 per 10ml SAVE \$14
- B Maybelline Instant Age Rewind Concealer 6ml \$11.50 ea \$19.17 per 10ml SAVE \$11.50
- C Maybelline The Colossal Mascara 9.2ml
- \$10.50 ea \$11.41 per 10ml SAVE \$10.50

ERASER

D Maybelline Lifter Gloss 5.4ml \$10.50 ea \$19.44 per 10ml SAVE \$10.50



- A Freshwater Farm Hand Wash Glass Bottle Refill 500ml
 - \$9.90 ea \$1.98 per 100ml SAVE \$6.60
- **B** Freshwater Farm Hand Wash Refill Pouch 1 Litre \$10.80 ea \$1.08 per 100ml SAVE \$7.20
- C Freshwater Farm Hand Sanitiser 500ml
 - \$9 ea \$1.80 per 100ml SAVE \$6
- **D** Freshwater Farm Body Scrub 200g **\$8.40 ea \$4.20 per 100g SAVE \$5.60**



\$**12**⁶⁰

SAVE \$5.40

O

\$3.15 per ea

Colgate Toothbrush 360 Advanced Pk 4





\$3.96 per 100g

Colgate Antibacterial Total Advanced Clean Toothpaste 115g

SAVE



\$3.50 per 100g

Colgate Whitening Toothpaste 200g

SAVE \$3



Change your toothbrush regularly

- The Australian Dental Association recommends every 3 months or earlier if it's showing signs of wear and tear, such as frayed or flattened bristles that extend beyond the width of the base.
- To help remember to change it every 3 months, make it a habit to change it on the first day of a new season, or a new school term.

\$185

30% Off Poise^t

SAVE \$2.10







\$16¹⁰

SAVE \$6,90

Gillette Venus Deluxe Smooth Platinum Razor



\$**13**³⁰

SAVE \$6,70

Gillette Fusion Manual Razor System



SAVE \$8.10

\$8.40 per 100ml

Bondi Sands 1 Hour Express Tan 225ml



\$1960

SAVE \$8,40

98¢ per ea

Fragrance & Synthetic Dyes

Gillette Blue 3 Smooth Disposable Razors Pk 20



ADVERTISER PROMOTION

SAVE \$3

Stayfree Ultra Thin Pads Pk 10-14



SAVE \$2.50

6¢ per ea

Carefree Barely There Liners Pk 42



Carefree

Everyday Freshness



Reliable Protection







- A Blackmores Bio Zinc Capsules Pk 168* \$22.50 ea \$13.39 per 100 ea SAVE \$22.50
- B Blackmores Vitamin D3 1000IU Tablets Pk 200* \$15.50 ea \$7.75 per 100 ea SAVE \$15.50
- C Blackmores Probiotics+ Immune Defence Capsules Pk 30* \$17.50 ea \$58.33 per 100 ea SAVE \$17.50
- D Blackmores Bio C 1000mg Tablets Pk 150* \$24.50 ea \$16.33 per 100 ea SAVE \$24.50
- E Blackmores Executive B Tablets Pk 125* \$20 ea \$16 per 100 ea SAVE \$20
- F Blackmores Odourless Fish Oil 1000mg Capsules Pk 200* \$18 ea \$9 per 100 ea SAVE \$18

Pre Workout

Take your workout to the next level with Body Science K-OS Pre-workout powder. Body Science is proudly Australia's #1 performance

lifestyle nutrition brand creating Australianmade products since 1999.

Benefits

- · Assists Muscle Growth during Exercise
- Supports Muscle Mass
- · Maintains and Supports Energy Levels

Intra Workout The new BSc Electrolyte+ Hydration mix provides a convenient and effective way to stay hydrated and support peak performance during workouts or

· Assistance in maintaining the bodies balance of sports minerals

intense physical activities.

· Maintaining Hydration during extended exercise

Post Workout

Treat yourself to a delicious, High-Protein Low Carb Bar for all your goals. Each soft and gooey bar has almost 20 grams of protein without the

extra carbs and artificial colours or flavours!

- · Low-Carb, High-Protein
- · Sweetened with Stevia
- Good Source of Dietary Fibre
- Curb Your Cravings

\$10.50 per 100g

BSc K-OS Pre-Workout Blue Gummies 300g[^]



SAVE

\$14.58 per 100g BSc Electrolyte+

Hydration Mix 120a^



SAVE \$1.35

BSc High Protein Low Carb Bar 45 -60g^



^Always read the label and follow the directions for use. Weight management products should be used in conjunction with a healthy energy-controlled diet and physical activity.



\$750

47¢ per ea

Strepsils Chesty Cough+
Lozenges Pk 16~

SAVE \$1



16 LOZENGES

\$470

39¢ per ea

Nurofen Zavance Fast Pain Relief Caplets 256mg Ibuprofen Pk 12~

SAVE 55°



\$5

SAVE 90°

21¢ per ea

Vicks VapoDrops Throat Lozenges Pk 24~



\$1460

SAVE \$3.70

61¢ per ea

Ease a Cold
Cough, Cold &
Flu Capsules
Pk 24~



\$1515

SAVE \$3.85

\$12.63 per 100ml Sambucol Cold & Flu Liquid 120ml~ Sambucol BLACK ELDERBERRY COLD & FLU



\$19²⁰

SAVE \$4.80

\$9.60 per ea

TouchBio RSV, Flu A/B & Covid-19 Rapid Antigen Test Pk 2~



PRICES DROPPED

Was \$12.25

\$11

\$5.50 per 100ml

Robitussin Cold & Chesty Cough Liquid Raspberry



Range was \$35 19/2/24

\$2975

99¢ per ea

Breathe Right
Nasal Strips Pk 30~



/C290524/NSW

~Always read the label and follow directions for use. Incorrect use could be harmful. *Always read the label and follow directions for use.