

LIFEStyle



**STYLE
MAG**
Small steps in
happy soles
— inside
Saturday's Daily

NEXT WEEK: The bob is back and hairdressers are not afraid to dish it out



INSTORE
with Nikki Parkinson

BLOOM'S gentle, non-drying Scented Hand Wash (\$19.95) leaves hands feeling clean, soft and delicately scented. Available in four irresistible fragrances: French Lavender, Brown Sugar & Fig, Green Tea & Bergamot and Vanilla Bean. Available at Myer, David Jones and selected Bloom stockists. www.bloomcosmetics.com



JUST when you thought Havaianas couldn't get any cooler, now you can customise your own pair with a selection of six bright summer coloured straps and bases and team them with rivets (small badges) such as palm trees and hearts. Made on the spot in two minutes for \$29.95. For a limited time at General Pants stores. The nearest is at Westfield Chermside. P 02 9290 0800



CURVES International is joining Australian superstar Olivia Newton-John in the fight against cancer as a presenting sponsor of The Great Walk to Beijing 2008. Curves has pledged a minimum \$1 million contribution toward the walk-a-fundraiser that will benefit the Olivia Newton-John Cancer Centre Appeal. Curves founder Diane Heavin will join Olivia on the three-week walk. The Walk begins April 7 and ends with a triumphal entry into Beijing on April 29. For more fashion, health and beauty news, visit www.thedaily.com.au

Heaven can wait



PEACEFUL SETTING: Shiatsu practitioner and healer Riga Walsh at her new studio clinic in Eumundi.

PHOTO: PHOTO: ROBYNE CUEREL RC/ 17277

Massage mixes oils and touch of ancient wisdom

By SUE SHORT

I COULD feel myself sinking deeper and deeper into the bed as my body just released and let go while Riga's nimble fingers ran the essential oils up and down my spine.

I felt so relaxed; it was like being taken to another place, you know that place where the butterflies fly and no one has ever heard of watches or responsibility. Please, I thought, let me lay here forever.

I was lying on a massage bed receiving a Raindrop Technique essential oil massage from Riga Walsh in her new studio clinic in Eumundi, which is nestled in a rainforest outlook and the only music that is played is the sound of the native birds and crickets.

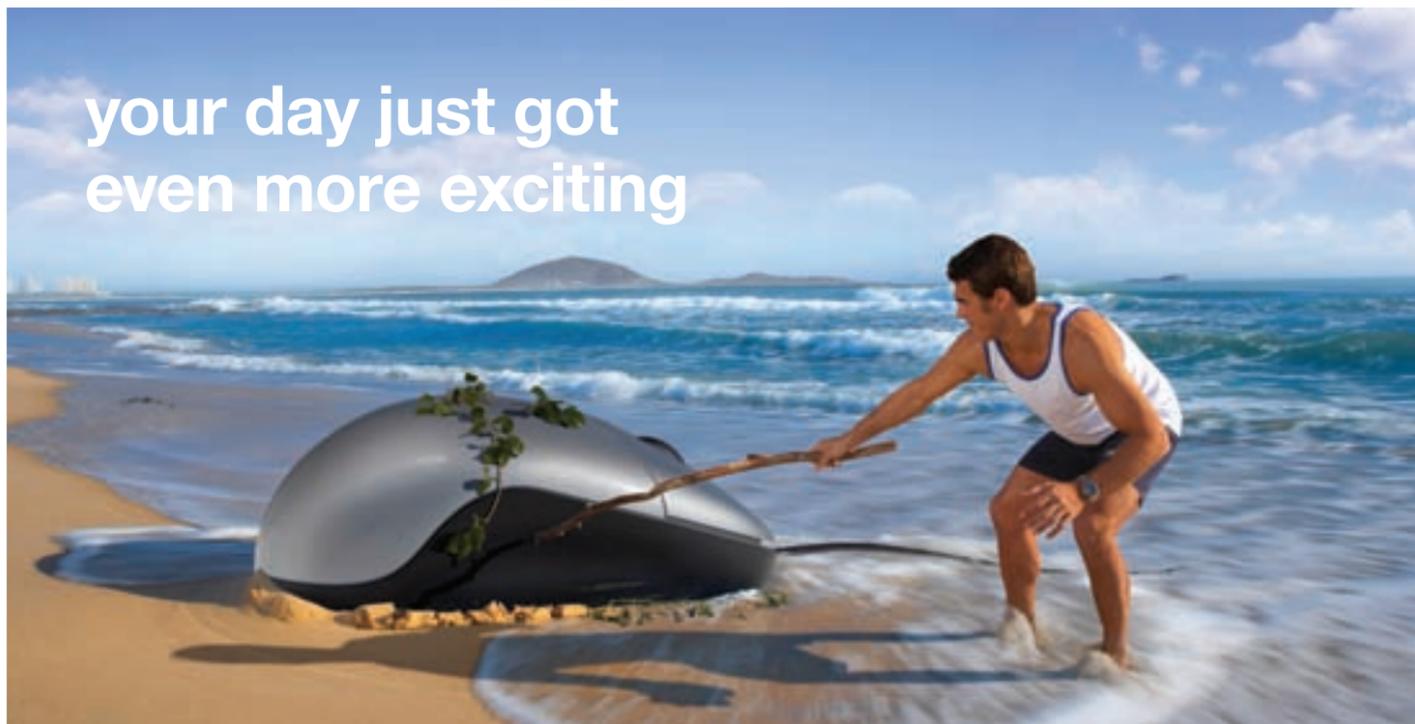
Along with shiatsu and other therapies, Riga practices and teaches the Raindrop Technique, which she said is based on a combination of an ancient Tibetan, American Indian and Egyptian wisdom.

The technique was developed by American Garry Young using his 100% pure Young Living essential oils. He first developed the technique, Riga said, to treat scoliosis, based on the belief that bacteria and viruses live along the spine and are responsible for scoliosis, which he claims has since been scientifically proved.

"The Raindrop technique may help to relieve stress and tension in the back and neck as well as improve the circulation and increase your energy," Riga said.

"It's so much more than a normal massage because the oils we are using are therapeutic grade and are absolutely pure, there's no chemicals, no synthetic compounds, no herbicides or pesticides. The distillation process retains the full essence of the plant which is then passed onto the person so they receive the full benefit of the plant itself."

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