

ADVERTISEMENT PROMOTION

Enjoy the health
and beauty benefits
of Rooibos

TEA BREAK

We know you
work hard to
keep in shape
and do your

best to eat healthily, so why
not give yourself an extra
vitality boost with Rooibos?
Refreshing Rooibos is a rich
source of all-important
antioxidants, which slow
down the effects of ageing,
protect the liver and calm
the body's central nervous
system. And it's caffeine free,
so it's a great start on the road
to a healthy diet and a healthy
body. Latest research findings
show that six cups of Rooibos
a day may even help prevent
cancer and heart disease.

And it doesn't only take
care of you from the inside
- Rooibos has lots of beauty
benefits too. Cooled Rooibos
tea bags help ease tired eyes;
hair rinsed in Rooibos gets
a radiant shine boost; and
a Rooibos bath helps soothe
and relieve sunburnt skin
after too much exposure to
summer sun. It's completely
pure and natural, contains
no additives, preservatives
or colorants, and has very
little tannin.

For more information
about Rooibos, visit
www.sarooibos.org.za □

Rooibos
for Life