

# Your Health

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**Welcome to the year of the Tiger**

# Geoff's Letter



## PASSING THE BATON – AN IMPORTANT ANNOUNCEMENT

Dear Friends,

After 30 years of successful operation, in which business and employment increased every year since 1980, the ownership has now passed to another family company. As from February 1<sup>st</sup>, Melrose will pass from the Steinicke family to Andrew Douglass and his wife Michelle, the owners of Orchard Manufacturing Pty Ltd.

We welcome Andrew and Michelle, as people with similar outlook to our own, who will continue building Melrose in the best traditions of the past in supporting our staff as highly valued members of our company and continue to serve all our customers with honesty and integrity.

Reflecting on the past 30 years one might say that Melrose was typical of many businesses that began in the garage. For the record, the name Melrose came from the name of the street in Mont Albert where I grew up and is only five minutes away from where we lived for 42 years and established the Melrose business. Like many small family companies, the start was not easy and we relied on the small savings that we had built up in previous years to buy stock, and hope you could sell it for a small profit. Our first employees were Judy and our youngest son Andrew. We were later joined by our elder son David and daughter Rosemary. Today there are 43 employees for whom Melrose provides the necessities of life, employment to be enjoyed and security for the future. What our staff provide are the skills for making Melrose a respected brand in the Health Food industry. At the same time, we thank our distributors and retailers for supporting us over 30 years in completing the link between us and the public.

You will be interested in our new owners, Andrew and Michelle Douglass, as their business venture has some interesting parallels to our own beginnings. Andrew and Michelle began making pasta products in their home in Bendigo in 1988 and registered the brand Pasta Master. The business is highly successful and two years ago they purchased Orchard Manufacturing, a TGA licensed company in Bayswater that produces Nu-Lax, a well known laxative. From their interest in food and therapeutic products, Melrose appeared to be a good fit and we agreed.

Cont. →

# Information

## Melrose Kosher Products

The following Melrose products have been certified by Kosher Australia:

OmegaCare Organic Spread - Omega Gold  
ABC Nut Spread  
Almond Spread  
Brazil & Linseed Spread  
Cashew Spread  
Hazelnut Spread  
Macadamia Spread



The following products are undergoing the yearly renewal audit:

Organic Flaxseed Oil  
Omega Flaxseed Oil  
Organic Golden Flaxmeal  
Organic Apple Cider Vinegar  
Organic Hulled & Unhulled Tahini  
Glucosamine Powder and Capsules  
Vitamin C

sweetlife

Perfect Sweet prices have gone down!!!!

Perfect Sweet xylitol is the only pharmaceutical grade xylitol in Australia that is Kosher, Halal and HACCP Certified.

Products available from Melrose:

Code	Product	RRP
PSW 010	Perfect Sweet 225g	\$7.95
PSW 020	Perfect Sweet 500g	\$14.95
PSW 030	Perfect Sweet 1kg	\$24.95
PSW 040	Perfect Sweet 30 sachets	\$11.60
PSW 050	Sweetlife Gum Pep x 24	\$2.95ea
PSW 060	Sweetlife Gum Fruit x 24	\$2.95ea
PSW 070	Choc Fudge Brownie Mix	\$8.95



I am now officially a consultant at Melrose with an emphasis on product development, an occupation that I have always enjoyed, and in doing so, having begun my working career as a development chemist, I have now completed the full circle. Judy is retiring and hopes to do more charity work whilst David, Andrew and Rosemary will continue in their present roles.

Best regards,

Geoff

# Products

## Q & A

Information Prepared by Warren Morey

**Q:** Why can't I get the Kids Jelly Fish anywhere?

**A:** It has been very disappointing that our contract manufacturer couldn't make them for us anymore. We are currently working with a new manufacturer, but stock will still be unavailable for some time until we can get regular supplies of the product. Be patient, we are working on it.



## SYMINGTONS DANDELION TEA IS NOW AVAILABLE IN 500G

Symington's Dandelion Tea is a refreshing substitute for caffeine containing drinks.



Symington's Dandelion Herbal Tea is prepared by a unique process from specially cultivated Dandelion root, dried and roasted in the conventional way and extracted without chemicals so retaining its natural value. It is especially suitable for delicate digestions and being caffeine free makes a perfect nightcap.

**Caffeine and Lactose Free**



SYM 110 Symingtons Dandelion Tea 500g

RRP \$24.85

*also available in 100g and 250g tubs*

SYM 110 Symingtons Dandelion Tea 250g

RRP \$15.30

SYM 112 Symingtons Dandelion Tea 100g

RRP \$9.24

## Melrose Foods.com

As part of our ongoing marketing support we are pleased to announce that the celebrity nutritionist and naturopath, Janella Purcell, will be the new ambassador for Melrose Foods. You can find out more about Janella on her website [www.janellapurcell.com](http://www.janellapurcell.com).

As part of this fresh new marketing campaign we will prepare a series of integrated marketing material, including a new website [www.melrosefoods.com](http://www.melrosefoods.com)



The website will include online videos of Janella cooking with Melrose Foods, as well as free downloadable recipe cards. We are very excited by this partnership and look forward to working together to building awareness of healthy, natural and organic foods, the Melrose brand, and our mutual businesses.

Take a look – [www.melrosefoods.com](http://www.melrosefoods.com) coming soon!

Janella Purcell, and Glenn Flood with Melrose's Benedict Hughes and Andrew De Vincentis during recipe filming at Raw Materials – The Studio <http://www.studiorawmaterials.com.au/>

## BEST HEALTH & BEAUTY SELLERS for DEC / JAN, were.....

Lucas Papaw Tubes

Castile Soap Pumps

Oil Garden Lavender Essential Oil

Vicco Toothpaste

Melrose Hemp Shampoo

Chandrika Toilet Soap

Melrose Hemp Massage Oil

Melrose Everyday Shampoo Base

Melrose Botanicals Shampoo Jojoba

Melrose Bee Pollen Shampoo



Office Hours - 8.30am - 5.00pm, Monday - Thursday and 8.30am - 3.00pm on Fridays

# Naturopath News by Jacinta Ammerlaan

## Coconut Oil Recipes

Many of our customers have asked how they can use coconut oil apart from in cooking, and so we researched some great cosmetic hair and body recipes which use coconut oil for you to try at home. Enjoy!

### Coconut-Mint Cream Day & Night Cream

1½ tablespoons Purified Water  
2 tablespoons Beeswax Granules  
1½ tablespoons Melrose Organic Unrefined Coconut Oil  
¼ cup Melrose Refined Almond Oil  
½ teaspoon Borax  
4 drops Oil Garden Peppermint Essential Oil

Place beeswax, coconut oil and almond oil in a double boiler over low heat and stir, blending thoroughly. Remove from heat. In a separate cup or bowl whisk together the borax and water, stirring until the borax has completely dissolved. Beat the borax and water mixture into the beeswax mixture. Add the peppermint essential oil. Continue to beat vigorously, using a whisk or hand-held electric beater, until mixture is quite cool and has a creamy texture. Pour into clean glass jars and cover loosely, allowing to become quite cold before capping securely.

Suitable for all skin types.

### Coconut Oil Lip Shine

1 teaspoon Beeswax Granules  
3 tablespoons Melrose Organic Unrefined Coconut Oil  
1 teaspoon Melrose Glycerine  
2 drops Oil Garden Essential Oil of your choice

Place beeswax in a small double boiler over a low heat with the coconut oil and mix together until melted. Remove from heat, and stir in glycerine and essential oil, blending well. Pour into a small, clean glass jar, cover and allow to cool at room temperature before capping securely.

### Tropical Body Oil

6 tablespoons Melrose Organic Unrefined Coconut Oil  
3 tablespoons Melrose Organic unrefined Extra Virgin Olive Oil  
4 drops Oil Garden Jasmine Essential Oil  
2 drops Oil Garden Ylang-Ylang Essential Oil  
2 drops Oil Garden Lime Essential Oil

Place the coconut oil in a small double boiler over low heat and gently warm through until melted. Add the olive oil and continue to stir until well blended. Remove from heat and add the essential oils. Whisk until mixture is quite cool, then pour into a clean glass jar.

### Coconut & Olive Oil Hair Treatment

This simple treatment works particularly well on very dry, damaged hair and is also a good treatment for dandruff as it loosens the scaly dried sebum from the scalp.

1 tablespoon Melrose Organic Unrefined Coconut Oil  
1 tablespoon Melrose Unrefined Extra Virgin Olive Oil  
Heat the mixture of coconut and olive oil to lukewarm. Massage gently into the hair. Wrap the head in a hot towel. Change the towel when it cools. Repeat a few times and don't shampoo for at least an hour.

### 'Precious Oil' Body Moisturiser

#### **Phase A:**

1½ teaspoons Beeswax Granules  
1½ teaspoons Melrose Organic Unrefined Coconut Oil  
½ teaspoon Liquid Lecithin  
2 teaspoons Melrose Organic Unrefined Avocado Oil  
2 teaspoons Melrose Organic Unrefined Extra Virgin Olive Oil  
1 tablespoon Melrose Refined Almond Oil  
1 tablespoon Melrose Refined Apricot Oil

#### **Phase B:**

1 teaspoon Melrose Glycerine  
2 tablespoons Purified Water  
1 teaspoon Borax

#### **Phase C:**

20 drops Oil Garden Essential Oil of your choice  
10 drops Carrot Oil  
Melt phase A ingredients gently in a double boiler stirring until mixture is just melted. Do not overheat. Mix phase B ingredients in a separate bowl over a double boiler and warm to the same temperature. Slowly trickle the phase B mixture into the phase A mixture. Stir constantly and reheat slightly if the mixture begins to solidify. Add the phase C ingredients when the mixture is 50°C or below. Stir well until no water droplets can be seen. Spoon into sterilized containers and cap immediately.

Suitable for Dry, Normal & Damaged Skin.

### Coconut & Olive Oil Body Scrub

4 tablespoons Claridges Fine Organic Sea Salt  
50ml Melrose Organic Unrefined Coconut Oil  
50ml Melrose Unrefined Extra Virgin Olive Oil  
2-3 drops Oil Garden Lavender Essential Oil

Soften the coconut oil in a double boiler over medium heat. Remove from the heat and blend with the olive oil. Add the Lavender essential oil stirring well. Let cool slightly and then mix in the sea salt.

1. Allardice, P. (1995). *The Body Bible*. Australia: Random House.
2. Purchon, N. (1993). *Bodycraft*. NSW: Hodder Headline Australia Pty Ltd.

**melrose**  
*Your partner in health*

4 Redland Drive, Mitcham, VIC 3132

OFFICE HOURS Monday-Thursday 8.30am-5.00pm Friday 8.30am-3.00pm

For more product information go to: [www.melrosehealth.com.au](http://www.melrosehealth.com.au)