

Australia's Number 1  
Spiritual Lifestyle Magazine

# INSIGHT

magazine

FEBRUARY 2010

SPECIAL FEATURE  
**Homemade Skincare Recipes**

- including
- Cleansers
  - Toners
  - Scrubs
  - Moisturisers
  - Lip Balms
  - Hand Creams
  - Deodorant &
  - Aftershave

*Love...*  
the Ultimate  
**Aphrodisiac**

Be Honest...  
What Do **You**  
*Really Want?*

Discover the signs of  
**Psychic Children**

*Romance* is in the Air  
Make a **Special Dinner**  
Just for **Two**

**Personal Insights**  
with creator of *The Journey*

# Brandon Bays

**Your Guide to**

Reviewing & Restarting Your New Year Resolutions *with*  
**Chinese New Year Resolution Making**

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**Honesty - Open-Mindedness - Integrity**

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