

GO  
VITA

# SELF ISOLATION Wellness Guide

## PART 1: WASH, SANITISE, MOISTURISE & CLEAN

WASH | SANITISE

Washing your hands with soap and water followed by drying with a clean towel is the single most important thing you can do right now for your health. The physical action helps to 'loosen' viruses and bacteria from your hands, washing them down the drain. In the event you aren't able to wash your hands then use an alcohol based sanitiser (at least 60% alcohol), proven to kill viruses and bacteria.

**Counter Culture Body Wash**  
Mandarin  
300ml  
supplier RRP \$9.95



With probiotics to balance your microbiome

**Counter Culture Hand Wash**  
Lemongrass or Lavender varieties  
300ml  
supplier RRP \$9.95



**Dr. Bronner's Organic Hand Sanitiser**  
Lavender  
59ml  
supplier RRP \$8.95

ORGANIC & CERTIFIED FAIR TRADE INGREDIENTS



**Dr. Bronner's Pure-Castile Liquid Soap**  
Baby Unscented  
946ml  
supplier RRP \$34.95

**DIY HAND WASH**  
A quarter fill a foaming pump dispenser (product too thin for a normal pump dispenser) with Dr. Bronner's Pure Castile soap Baby Unscented, add 10 drops of your favourite essential oil (we love citrus orange!) Fill with water and shake to combine!

**Summer Land Deep Cleansing Camel Milk Hand Wash**  
Lime & Lemon Myrtle  
300ml  
supplier RRP \$23.00



WITH POWERFUL ANTI-VIRAL CAMEL LACTOFERRIN

**Aloe Vera of Australia Aloe Hand Sanitiser**  
125ml  
supplier RRP \$11.95

30% SOOTHING ALOE VERA



With organic herbs  
**Wild Hand Wash**  
Vitality or Tranquility varieties  
500ml  
supplier RRP \$19.95



## HOW ARE YOU ALL DOING?

These are pretty crazy times, right? Probably the only thing that we are certain of is that we all need to stay home! For many of us our daily life has changed significantly and it's important to understand that it's pretty normal that we might feel stressed or anxious. Without doubt we're all in this together, so please reach out to friends, work colleagues, and family if you need support.

For the team at Go Vita, we've decided that we need to focus on what we do best and that's provide great health and wellness products and advice! So we plan on serving you up a **Self-Isolation Wellness Guide** - but we're going to serve you a slice at a time - so as not to overfill you! This first piece is all about washing, sanitising, moisturising and cleaning!

Stay well, stay safe,

*the Go Vita team*



GO VITA

ASK US ABOUT OUR  
CALL & COLLECT SERVICE





# MOISTURISE

Soap and water while effective at rinsing away germs and dirt can also strip away the natural protective oils in your skin, (especially if you're not using some of our lovely natural products!) Apply hand cream immediately after drying your hands. Go Vita has a range of moisturising, calming and nourishing hand creams to suit your needs.

## Go Vita and YOU

For over 30 years Go Vita has looked after the health and wellness of Australians, and given the current health crisis we want to support our local communities now more than ever. We have been quick to respond – introducing strict hygiene protocols, store number limits and responsible social-distancing rules. Some stores have also stepped up to offer **CALL & COLLECT** or **HOME DELIVERY** services as well as **VIRTUAL health and wellness consults**. All our stores are independently owned and operated and keen to support you with healthy products, personalised advice and genuine care.



### AloeVera of Australia Crème Plus

125ml supplier RRP \$11.95

70% SOOTHING ALOE VERA



Nature's superplant!



Apply to damaged hands before bed

### Weleda Skin Food

75ml supplier RRP \$24.95

DEEPLY NOURISHING FOR FACE AND BODY



superfood for your skin!

### Summer Land Camel Milk Hand Cream

Rose Geranium & Lavender  
50ml supplier RRP \$27.00

WITH ANTI-VIRAL CAMEL LACTOFERRIN

with wild-harvested Australian botanicals

### Evodia Hand Cream

Beach, Outback, Rainforest or Garden varieties  
50ml supplier RRP \$14.95



### Juniper Vanilla Rose Hand Cream

50ml  
supplier RRP \$21.95

SUITABLE FOR ECZEMA PRONE OR SUPER SENSITIVE SKIN

Practitioner recommended



apply a few drops after washing

### The Jojoba Company Australian Jojoba

85ml supplier RRP \$29.95

COLD PRESSED AND UNREFINED JOJOBA



For every Evodia product sold in Go Vita, two trees will be planted as part of the Grassroots Tree Plant Project.

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CALL & COLLECT SERVICE





# CLEANING

According to the Department of Health in normal situations you should wipe down kitchen benches several times each day and clean floors, toilets, laundry tubs, showers and baths once or twice a week. Given that these are not normal times we recommend stepping this up and have a daily cleaning routine. Pay extra attention to high touch surfaces - the fridge door handle, door knobs, bathroom taps, toilet flush buttons, keyboards etc.

**TOP TIP**  
for smudge free & streak free windows, use a solution of one-part Cleopatra's ACV, two parts water.

With 'The Mother'  
**Cleopatra's Apple Cider Vinegar**

946ml supplier RRP \$13.15

FROM NEW ZEALAND  
CERTIFIED ORGANIC  
APPLES



for a spotless finish on hard surfaces

**EnviroClean Plant Based All Purpose Cleaner**

750ml  
supplier RRP \$8.80

PHOSPHATE,  
CHLORINE AND  
AMMONIA FREE



cleans, disinfects and deodorises kitchens, bathrooms and toilets

**EnviroClean Plant Based Disinfectant Concentrate**

1 Litre supplier RRP \$9.95

TRICLOSAN, CHLORINE AND AMMONIA FREE



**EnviroClean Fruit & Veg Wash**

500ml supplier RRP \$9.20

REMOVES PESTICIDES, CHEMICALS AND WAX



fruit and veg lasts 5 times longer

Cleans everything! your house and your body!

**Dr. Bronner's Pure-Castile Liquid Soap**

946ml supplier RRP \$34.95

CERTIFIED ORGANIC,  
FAIR TRADE AND NO  
SYNTHETIC PRESERVATIVES



**Probiotic power!**

Counter Culture is a range of non-toxic cleaners that use the power of billions of friendly bacteria - probiotic cultures - and 100 per cent organic essential oils. You have an army of good bacteria rebalancing your home even after you're done cleaning! Counter culture is like kombucha for your home, replenishing your home with healthy bacteria to keep your microbiome balanced.



**Counter Culture All Purpose Organic Cleaner**

Lemongrass or Lavender varieties

500ml supplier RRP \$9.95

CERTIFIED  
ORGANIC, VEGAN,  
CHEMICAL FREE

Effective  
all-purpose  
cleaner

GO VITA

ENERGY FOR YOUR WHOLE LIFE

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