

Merry Christmas

from LiveLife  PHARMACY

FREE GIFT

Free reed diffuser with any \$60 spend
across Gifts & Fragrance.*

*One gift (wick2ware 50mL) per customer while stocks last. Styles may vary.
Minimum \$60 spend must be in one transaction.
Excludes prescription medicine. Not available with any other offer.



ON SALE Thursday 6th November – Wednesday 24th December 2025
www.livelifepharmacy.com

Get Festive



Citrus & Cranberry Bliss Balls

A no-bake treat packed with antioxidants and holiday flavour

- Naturally sweetened
- Rich in vitamin C and fibre
- Vegan and gluten-free
- Great for gifting or snacking

Ingredients (Makes ~12 balls)

- 1 cup dried cranberries (unsweetened if possible)
- ½ cup rolled oats
- ½ cup almond meal
- Zest of 1 orange
- Juice of ½ orange
- 1 tbsp chia seeds
- 1 tbsp maple syrup or honey
- Optional: ¼ tsp cinnamon or ginger powder

Instructions

1. **Soak cranberries** in warm water for 10 minutes, then drain.
2. **Blend all ingredients** in a food processor until sticky and well combined.
3. **Roll into balls** and chill for 30 minutes.
4. **Optional coating:** Roll in shredded coconut or crushed pistachios for extra flair.

A Healthy Christmas Starts with You LiveLife Pharmacy Tips

The festive season is a time of joy, connection, and indulgence—but it doesn't have to derail your health goals. At LiveLife Pharmacy, we believe Christmas can be both merry and mindful.

Start by staying active. Whether it's a morning beach walk, backyard cricket, or dancing to carols, movement helps balance out those extra treats. Speaking of treats, enjoy your favourites in moderation. Swap heavy desserts for fruit platters, and hydrate well—especially if you're enjoying a few festive drinks.

Don't forget your mental wellbeing. The holidays can be overwhelming, so carve out quiet moments for yourself. A short meditation, deep breathing, or simply unplugging from screens can do wonders.

If you're managing chronic conditions or taking regular medications, plan ahead. Our pharmacists are here to help with advice, prescriptions, and health checks to keep you on track.

And finally, give the gift of health - whether it's sunscreen, vitamins, or a wellness hamper, thoughtful choices show you care.

From all of us at LiveLife Pharmacy, we wish you a safe, joyful, and healthy Christmas. Let's celebrate the season with vitality and heart.



Still looking for the Perfect Christmas Gift for that special someone?

Wellness & Self-Care

- Aromatherapy gift sets (essential oils + diffuser)
- Sleep support kits (magnesium spray, herbal tea, sleep mask)
- Pamper packs (bath salts, body lotion, lip balm)

Health Boosters

- Vitamin gift
- Immunity teas (ginger, turmeric, echinacea blends)
- Hydration packs (electrolyte sachets + water bottle)

Mindfulness & Relaxation

- Gratitude journals
- Bath Bombs
- Calming candles or incense

Health Essentials for Home & Travel

- First Aid Kit
- Blood Pressure unit
- Dental Water flosser
- Hand Held fan

And the best part? **We'll even gift wrap it for you—free of charge!**
So you can spend less time stressing and more time celebrating.

Merry Christmas
from LiveLife

www.livelifepharmacy.com

It's a NATIO kind of Christmas

NATIO*

Aura

Prep & Prime Clear Gel SPF 50 50mL, Lip Mask 15g, BONUS Lip Care Carrier and Gift Box.

\$34.95



NATIO*

Essential

Deodorant 100mL, Face Wash 100g, Face Moisturiser 100g, Lip Balm SPF 50+ 4g, BONUS Hanging Toiletry Bag.

\$39.95



NATIO*

Goodness

Cleansing Oil 125mL, Toning Tonic 200mL, Face Moisturiser SPF 15 100g, BONUS Cleansing Brush and Cosmetic Bag.

\$44.95



^ Always read the label and follow the directions for use. Sunscreens are only one component of sun protection. Prolonged high-risk sun exposure should be avoided. Frequent use and re-application in accordance with directions is required for effective sun protection.

NATIO*

Reverence

Shower & Bath Gel 280mL, Hand Wash 260mL, Hand Cream SPF 15 100mL, BONUS Loofah and Natio Cosmetic Bag.

\$34.95



NATIO*

Sunshine

Quick Dry Sunscreen 100mL, Invisible Stick SPF 50+ 50g, Drawstring Bag, BONUS Full-Size Natio Sun Towel.

\$39.95



NATIO*

Delight

Spa Hand Cream 50mL, Inten. Hand Cream 50mL, Hydration Rich Hand & Nail Cream 50mL, Antiox Hand & Nail Cream 50g, BONUS Natio Gift Box.

\$24.95



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NATIO*

Beloved

Hand & Nail Cream 100mL, Bath Soak 350mL, BONUS Natio Gift Box.

\$24.95



NATIO*

Gentle

Hand & Nail Cream 100g, BONUS Natio 5-in-1 Emery Board and Pencil Case.

\$14.95



NATIO*

Energised

Body Polish 400g, Spa Hand Cream 100mL, Body Cleanser 210mL, Foot Cream 100mL, BONUS Natio Tote Bag.

\$49.95



Great Value

* Products may vary from store to store. While stocks last.

Merry Christmas from **LiveLife**

www.livelifepharmacy.com

AC-009585

NATIO Christmas Collection

Under \$20

NATIO* Clean

Daily Face Wash 150g, Bonus Facial Cleansing Brush and Gift Box.

\$16.95



NATIO* Suave

Smooth Shave Gel 150g, BONUS Shave Brush and Gift Box.

\$14.95



NATIO* Refreshed

Spa Hand Cream 100mL, Complimentary Buff and Shine Block, BONUS Natio Pencil Case.

\$14.95



NATIO* Joy

Shower & Bath Gel 280mL, Body Loofah, BONUS Natio Cosmetic Bag.

\$16.95



NATIO* Radiant

Cleansing Balm 100g, 24/7 Hydrating Water Cream 100g, Toner 140mL, BONUS Natio Cosmetic Bag.

\$59.95



NATIO* Complete

Daily Face Wash 150g, Body Wash 210mL, Oil Free Moisturiser 100g, BONUS Natio Gift Box.

\$29.95



NATIO* Solace

Hemp+Muntrie Berry Hand Cream 90g, Lemon Ironbark + Olive Hand Wash 500mL, Tassie Kelp + Aloe Soothing Gel 100g, BONUS Natio Toiletry Bag.

\$34.95



NATIO* Thrive

Mint Foot & Hand Scrub 100mL, Foot Revival Cream 100mL, BONUS Wooden Pumice Stone and Foot Brush, Natio Cosmetic Bag.

\$24.95



NATIO* Comfort

Facial Cleanser 100g, Rosewater & Chamomile Skin Toner 250mL, Evening Primrose Face Lotion 125mL, BONUS Natio Bag.

\$34.95



* Products may vary from store to store. While stocks last.

Merry Christmas
from LiveLife

www.livelifepharmacy.com

AC-009585

Christmas Gift Sets

SHE AROMATHERAPY*

Pure Organics
Luxury Spa Time Set
Patchouli, Geranium & Orange
\$19.99



SHE AROMATHERAPY*

Pure Organics Shower Caddy
Lavender & Rose Geranium
\$21.99



SHE AROMATHERAPY*

Manuka Honey
Foot Pamper Trio
Vanilla & Pistachio
\$14.99



THE NOURISH BAR*

3 Piece Body Scrub Set
\$15.99

**GREAT
VALUE**



THE NOURISH BAR*

Nourishing Trio Soap Bars
\$9.99



ROARRR*

Bathtime Set
\$13.99



THE NOURISHED MAN*

5 Pack Crate
\$19.99



THE NOURISHED MAN*

Mini Body Set
\$7.50



**Stocking
Stuffer**

THE NOURISHED MAN*

Complete Trio
\$15.99



THE NOURISHED MAN*

Bar Soap Set
\$8.99



* Products may vary from store to store. While stocks last.

Merry Christmas
from **LiveLife**

www.livelifepharmacy.com

AC-009585

Supplements

**DRENCH
YOUR
THIRST**



Always read the label and follow the directions for use.

Prioritising Your Heart Health?



**Ubiquinol BioActive
150mg**

Bioavailable ubiquinol supports healthy cardiovascular system function



**Ubiquinol BioActive
300mg**

High dose bioavailable ubiquinol helps maintain healthy cholesterol



**CoQ10 Excel
150mg**

Maintains cardiovascular health & energy levels

BioCeuticals Always read the label and follow the directions for use.

NUTRALife®

**3 EASY
STEPS**

TO SUPPORT DIGESTIVE HEALTH

STEP 1

**SUPPORT
GUT LINING**



STEP 2

**MAINTAIN
HEALTHY GUT
MICROFLORA**



STEP 3

**SUPPORT
HEALTHY
DIGESTION**



Always read the label and follow the directions for use.

MUSASHI



**SUPPORTS
MUSCLE
STRENGTH**

^ Always read the label and follow the directions for use.

Berocca

Own THE Zone

Hydrate



Supports hydration.



Always read the label and follow the directions for use.

**MOVE
MORE**
with **BLACKMORES**®



**Joint Formula Advanced
(120 Tablets)**

Reduces symptoms of mild osteoarthritis including mild joint inflammation, swelling, aches & pains



**Muscle Protect Plus
(60 Tablets)**

Helps to maintain muscle mass and support muscle function in aging individuals



**Joint Mobility Plus
(60 Tablets)**

With UC-II® Collagen to reduce mild joint aches and help to improve joint mobility in active individuals

Always read the label and follow the directions for use.

Merry Christmas
from **LiveLife**

www.livelifepharmacy.com

AC-009585

Christmas Wellness Picks

Helps reduce the appearance of fine lines and wrinkles



QV
FACE

Free gift*
with any QV Face purchase.



* Free Revitalising Eye Cream 30g. While stocks last. Limit 1 gift per person. Excluding QV Face Lip Balm & QV Face Cleansing Wipes.

NATIO sun

everyday is a great day for sun protection

Natio sun is specially formulated to provide optimum coverage for all skin types



Always read the label and follow the directions for use. Sunscreens are only one component of sun protection. Prolonged high-risk sun exposure should be avoided. Frequent use and re-application in accordance with directions is required for effective sun protection.

BOODY

FREE
TOTE BAG

When you spend \$40 on BOODY in one transaction. While stocks last.



ego



QV
Free gift*
with any QV 1L/Kg purchase.

Three levels of gentle hydration, for different types of skin.



LIGHT HYDRATION For dry skin
MODERATE HYDRATION For very dry skin
INTENSIVE HYDRATION For extremely dry skin

* Free QV Skin Lotion 250g. While stocks last. Limit 1 gift per person.

GREAT GIFT IDEAS FOR CHRISTMAS!

OMRON
BLOOD PRESSURE MONITORS

Australia's
No.1
Blood Pressure
Monitor Brand*

STANDARD | HEM7120

One Touch Operation

Medium Soft Cuff (22-32cm)

Last Reading Memory

Always read the label and follow the directions for use.

*IQVIA Sell-Out Service, Blood Pressure Monitor category, Australia Pharmacy, Unit sales and Value sales, May 2025 MAT.
**+3 years warranty applies if registered online (T&Cs apply).



IntelliSense

CLINICALLY
VALIDATED

JAPAN
PRODUCT

3+3

Merry Christmas
from LiveLife

www.livelifepharmacy.com

AC-009585

Seasonal Health



**36%
MORE**

effective
pain relief
than ibuprofen
alone†

maxigesic®

**SMARTER
PAIN RELIEF**



Always read the label and follow the directions for use. Incorrect use could be harmful.

12 tablets of Maxigesic® 4 times per day provides 36% more effective relief than ibuprofen 1200 mg per day given in four divided doses. Claim based on trial of post-operative pain relief after removal of 2-4 wisdom teeth. Daniels et al 2018. Clinical Therapeutics 40 (10): 1765-1776. Research sponsored by AFT Pharmaceuticals. AFT Pharmaceuticals Pty Ltd, Sydney. Patent No. 2005260243.

NOW AVAILABLE WITHOUT PRESCRIPTION

for pain relief from
muscle and joint injuries

Celebrex Relief
(celecoxib 200 mg)
10 Capsules



Ask your pharmacist about this product. Incorrect use could be harmful.

Viatrix Pty Ltd. Millers Point NSW 2000. AU-CEL-2025-00006. Jan 2025.



**ORANGE
FLAVOUR**



DiaRelieve®
Don't let summer
be a **bummer**

Effective relief of diarrhoea for
the whole family. Ages 1 year+.

Always read the label and follow the directions for use.

AFT Pharmaceuticals Pty Ltd, Sydney.



AFT pharmaceuticals
Working to improve your health

LiveLife Pharmacies

Visit our LiveLife Pharmacy website: livelifepharmacy.com

- Find a Pharmacy
- Health information
- Rewards
- News
- Book an appointment
- Community support information
- Employment opportunities
- More about LiveLife

Airlie Beach Day & Night Chemist: 366 Shute Harbour Rd, Airlie Beach, QLD, 4802. Phone: (07) 4946 7000. **Agnes Water:** T12-13, 1770 Agnes Water Central, 2853 Round Hill Road, Agnes Water, QLD, 4677. **Birtinya:** Shop MM03, 8 The Avenue, Birtinya, QLD, 4575. Phone: (07) 5343 6990. **Blackwater:** Shop 8 Town Centre, 8 Blain Street, Blackwater, QLD, 4717. Phone: (07) 4982 5204. Fax: (07) 4982 5009. **Bowen Healthcare:** 37B George Street Bowen QLD 4805. Phone: 07 4786 1045. **Bowen Plaza:** Centrepont Shopping Centre, 16 Richmond Road, Bowen QLD 4805. Phone: (07) 4786 1143. **Cannonvale:** Shop MM003, Centro Whitsunday Shopping Centre, 8 Galbraith Park Drive, Cannonvale, QLD, 4802 Phone: (07) 4948 3288. **Coolool Beach:** Coolool Beach Retail 1776-1784, David Low Way, Coolool Beach, QLD, 4573. Phone: (07) 5446 1462. **Coolool Park:** Shopping Centre South Coolool Road, Coolool Beach, QLD, 4573. Phone: (07) 5446 3100. **Coolool Village:** Shopping Centre 10 Birtwell Street, Coolool Beach, QLD, 4573. Phone: (07) 5446 2111. **Cooroy:** 26 Maple Street, Cooroy, QLD, 4563. Phone: (07) 5447 6028. **Goodchap Street:** Noosaville Medical and Professional Centre, Noosaville, QLD, 4566. Phone: (07) 5449 4444. **Gracemere:** Shop 2, 17 Lawrie Street, Gracemere, QLD, 4702. Phone: (07) 4933 3654. **Gracemere Shoppingworld:** Gracemere Shoppingworld, 1-19 McLaughlin Street, Gracemere, QLD, 4702. Phone: (07) 4933 1261. **Keppel Bay Plaza:** Shop 25 Keppel Bay Plaza, James Street, Yeppoon, QLD, 4703. Phone: (07) 4939 1680. **Kepnock:** Shop 1B, Kepnock Town Centre, 106 Fe Walker Street, Kepnock, QLD 4670. Phone: (07) 4181 2060 **Laidley:** 125 Patrick St, Laidley, QLD, 4341. Phone: (07) 5465 1297. Fax: 07 5465 2155. **Noosa Civic** Shop T1071 and T1072, Noosa Civic Shopping Centre, 28 Eenie Creek Road, Noosaville 4566. Phone: (07) 5355 6025 Fax: (07) 5355 6026. **Macrossan Street:** Port Village Shopping Centre, Macrossan Street, Port Douglas, QLD, 4877. Phone: (07) 4099 5223. **Mission Beach:** Mission Beach Market Place, Cnr Dickinson Street & Tully - Mission Beach Road, Mission Beach, QLD, 4852. Phone: (07) 4068 8588. **Mossman:** Town and Country Shopping Centre, Front Street Mossman, QLD, 4873. Phone: (07) 4098 1242. **Noosa Fair:** Noosa Fair Shopping Centre, Lanyana Way, Noosa Heads, QLD, 4567. Phone: (07) 5447 4044. **Noosa Heads:** 32 Hastings Street, Noosa Heads, QLD, 4567. Phone: (07) 5447 3298. **Noosa Junction:** 22 Sunshine Beach Road, Noosa Heads, QLD, 4567. Phone: (07) 5447 3478. **Noosaville:** Noosa Village Shopping Centre, Cnr Gibson Road & Mary Street, Noosaville, QLD, 4566. Phone: (07) 5449 9049. **Peregian Springs:** Peregian Springs Shopping Centre, Ridgeview Dr, Peregian Springs (next to Coles), QLD, 4573. Phone: (07) 5471 2011. **Plainland:** Shop 1 & 2/3 Gehrke Rd, Plainland QLD 4341. Phone: (07) 5411 4240. Fax: 07 5411 4494. **Pomona:** 6 Memorial Ave, Pomona, QLD, 4568. Phone: (07) 5485 1270. **Port Douglas:** 21 Macrossan Street, Port Douglas, QLD, 4877. Phone: (07) 4099 5651. **Sunrise Beach:** Shop 2, Sunrise Neighbourhood Shopping Centre, Grasstree Coast, Sunshine Beach, QLD, 4567 Phone: (07) 5447 2469. **Tewantin:** 112 Poinciana Avenue, Tewantin, QLD, 4565 Phone: (07) 5447 1451. **The Habitat:** Cnr Captain Cook Highway & Port Douglas Road, Port Douglas, QLD, 4877. Phone: (07) 4099 1633. **Tully:** 8 Butler Street, Tully, QLD, 4854. Phone: (07) 4068 1373. **Whitsunday Shopping Centre:** Shop 43 Shute Harbour Rd, Cannonvale, QLD, 4802. Phone: (07) 4946 6950. Fax: (07) 4946 522. Email: whitsunday@livelifepharmacy.com **Yeppoon Central:** Rockhampton Rd, Yeppoon, QLD, 4703. Phone: (07) 4925 0088.

Merry Christmas from LiveLife

Put our pharmacy
in your phone!
Scan the QR code now

