



Pure Pod Photographer: Sean Watson



## SEE

Go to [www.purepod.com.au](http://www.purepod.com.au) and see the most exquisite range of ethical clothing Australia has on offer. The innovative, versatile clothing is created for the design loving, conscious consumer. It is made from high quality, eco friendly and sustainable fabrics including bamboo, organic cotton, hemp, soy and silk. Pure Pod works hard to make their manufacturing footprint carbon neutral and clean for our future generations. Not only beautiful clothes, but made with a beautiful philosophy as well!

## HEAR

Notice the sounds that surround your home, from the singing birds to your family's laughter. Listen out for new sounds and become more aware of tranquil noises within your superb surroundings.

## TASTE

A mandarin. They are now in season and are packed full of antioxidants which help boost your immune system to help ward off colds and flu. Quick snack idea: Grab a mandarin and peel – refreshing and fast!



## TOUCH

Rub a gum leaf in your hands and enjoy the fresh aroma of its natural Eucalyptus oil. Did you know branches from the Eucalyptus tree used to make the digeridoo?



## SMELL

Snip some brightly coloured flowers from your garden (or your neighbours!) and arrange them in a vase. Be seduced by the fresh, delightful aroma that fills the room.

