



**Large Instant Heat Pack**  
(195mm x 200mm)  
**Retail Price: \$30.00**  
**Our Price: \$24.95**  
**Order number: HL**



**Small Instant Heat Pack**  
(100mm x 145mm)  
**Retail Price: \$14.50**  
**Our Price: \$10.00**  
**Order number: HS**



For instant heat anywhere, anytime use the Instant Heat Pack!

The great thing about the Instant Heat Pack is that you do not need to heat it up. You can be miles from a microwave oven and still have heat! For example, if you want to keep your hands warm during your favourite outdoor winter activity such as fishing, boating, skiing, camping or golfing, you can! Just click

the small metal disc inside each pack and presto...instant heat!  
*Waking with Arthritis Pain*  
"At night I boil up three Heat Packs to ease my back pain and allow me to get to sleep. During the night, if I wake with the pain, I trigger off two Packs and have instant heat. It's wonderful! During the day, I

trigger off a third Heat Pack when the pain returns. It is a system that works well and can be of great benefit for anyone with pain." – Jennifer, Victoria, Australia  
The Instant Heat Pack can be reused more than one hundred times. Some of our clients have reused the pack more than five hundred times!



**C**hinese Massage Therapy

- NSW
- Bondi Junction Westfield
- Castle Towers Shopping Centre
- Chatswood Westfield
- Eastgardens Westfield
- Erina Faire Shopping Centre
- Liverpool Westfield
- Hurstville Westfield
- Miranda Westfield
- Parramatta Westfield
- Redfern Surry Hills Shopping Centre
- Royal Randwick Shopping Centre
- St. Aves Shopping Village
- Tuttorah Westfield
- Warringah Mall

- Foot Heaven, Chinese Massage
- AcurePoint
- Ginseng Chinese medicine, Magic Massage, Wang's Massage
- Jerry Zhao Massage, Eastgardens Natural Medicine
- Ultimate China Massage
- Wang's Massage
- Beijing Chinese Medicine
- Zen From China
- AcurePoint
- Magic Touch Massage
- Magic Touch Massage
- St. Aves Massage
- Massage Union
- FMT Traditional Healing, FSX Natural Health



Pain Relief

- VIC
- Northland Shopping Centre

Sensease Massage

Available in this shop. For more information, please visit [www.thehealthplace.com.au](http://www.thehealthplace.com.au) or call 1800 001 101



**101 Shampoo**  
400ml

Our shampoo contains the majority of the herbs found in 101 Hair & Scalp Tonic. These herbs effectively nourish the hair roots, help remove loose dandruff and keep the scalp clean. We suggest you wash your hair every two to three days with 101 Shampoo rather than every day. And 101 Shampoo is great for the whole family!

**Retail Price: \$24.95**  
**Our Price: \$19.95**  
**Order number: 101S**

I highly recommend this nourishing shampoo for you and your family! It contains six herbs that clean the scalp and leave your hair looking very shiny and healthy.

TCM Doctor's Note



**Hair Colouring Cream**

101 Hair Colouring Cream works three ways: dyes the hair, protects the hair and **nourishes the hair**. Because the ingredients in 101 Hair Colouring Cream have special herbs, they are easily absorbed by the hair, and thus help protect and nourish it. More specifically, it is the plant chlorophylls in this hair dye that help repair damaged hair and keep it looking healthy and alive. Many other hair dyes on the market actually damage the hair with the chemicals the manufacturer has added. Our customers find that 101 Hair Colouring Cream remains longer within their hair than other hair dye and often report that combing becomes very easy.

**Black Hair Colouring**  
CreamBlack is our most popular hair dye especially for middle aged men who wish to dye grey hair due to aging.



**Retail Price: \$19.85**  
**Our Price: \$14.85**  
**Order number: 101DC (Black)**

**Chestnut Hair Colouring Cream**  
Chestnut is a colour that projects youthfulness and vitality. This colour is popular with both men and women.



**Retail Price: \$21.95**  
**Order Now, Our Price: \$16.50**  
**Order number: 101DC (Chestnut)**

**Plum Hair Colouring Cream**  
Plum is often the colour choice for older women who are looking for a change in their appearance and how they feel in general.



**Retail Price: \$21.95**  
**Order Now, Our Price: \$16.50**  
**Order number: 101DC (Plum)**

Hair Care / Hair Colour

Available in this shop. For more information, please visit [www.thehealthplace.com.au](http://www.thehealthplace.com.au) or call 1800 001 101