



Question: Are your products tested on animals?

Answer: No, Annique supports Beauty without Cruelty

Question: Why do you use Rooibos tea extract (Espelin) in your skin care range?

Answer: The Rooibos plant, *Aspalathus linearis*, naturally contains numerous antioxidants and minerals including the unique flavonoid Aspalathin, that also has anti-allergic properties. This makes the extract suitable even for sensitive skin. Aspalathin is only found in Rooibos tea.

Question: Are Annique aerosols environmentally friendly?

Answer: Annique aerosols are free from CFC's. The natural gas propellants in our products are environmentally safe.

Question: I am having moles removed from my face and am worried about scarring.

Answer: Other Customers have had good results with applying [Essence Miracle Tissue Oil](#), [ResQue Crème](#) and [Liquid Skin Nutrition](#) at least 3 times per day after the wounds have closed.

Question: Can I give the Annique [Lifestyle shake](#) to children?

Answer: Yes you can use it as a nutritional supplement for your young children. A good tip is to empty one [OptiMega](#) capsule into the prepared shake to boost their Omega 3 and 6 oil intake that is vital for body and brain development.

Question: Which supplements can I take for colds and flu, I really want to avoid staying off work during the winter months.

Answer: [OptiBoost](#), [OptiVite](#), [OptiToniQ+](#), and our Green Rooibos tea.



Question: Does [OptiClear](#) (previously Zerotox) has an effect on hormone implant and other medication?

Answer: OptiClear will have no effect hormone implants, patches or topical applications. The clinical tests as per literature thus far indicate no interaction with other medications clinically tested. However, oral hormone therapy or any other prescription oral medication OptiClear must be taken at least two hours before or two hours after any medication is taken (including aspirin, theophylline, tetracycline).

If Lithium (mood stabilising drug) is used we would recommend not using OptiClear until clinical evidence of safety for use in conjunction with Lithium is obtained

Some extra benefits reported by OptiClear users:

Better quality sleep - Improvement of eczema - preventing withdrawal symptoms when you stop smoking - relief for heartburn and indigestion. A must for preventing and dealing with hangovers. After extensive tests, there are no known side effects when taking OptiClear. It can be taken daily as a natural health supplement or it can be taken before or after drinking. OptiClear remains primarily inside the gastro intestinal tract and does not interfere with the liver's purification and detoxing role.

OptiClear for **spider bites**: Mix the powder from a OptiClear capsule with ResQue cream and apply to the bite. Drink two capsules of OptiClear three times a day.

Question: I know margarine is not good for you and that Annique support whole milk products as a necessary part of your diet, but it is difficult to spread butter on your bread if you do not take it out of the fridge in time. Do you have any suggestions?

Answer: Allow your normal butter to soften at room temperature then mix it with cold pressed flax seed or grape seed oil to form a spreadable "butter" without the trans fatty acids of processed spreads. This mixture will remain spreadable even when refrigerated. Cold pressed olive oil is also suitable but only if you like a strong olive taste.

Question: I love drinking water with ice with my meals but my friend says it is bad for you, is that true?

Answer: Your friend may have a point. If you have a craving for ice water with your meals you may have a shortage of iron in your diet. Your body cannot absorb the iron it needs from your food if you drink ice water with your meals. The lower your iron levels, the bigger your need for ice. Make an effort to eat lots of green vegetables and drink a good multi-vitamin like [OptiVite](#) every day.

Question: How many cups Rooibos tea can one drink per day?

Answer: You can drink up to six cups a day. The Cancer Association of South Africa supports drinking of both [regular Rooibos tea](#) and [Green Rooibos tea](#). Researchers have found that Rooibos tea significantly slow down the growth of cancer cells.

Question: Is the Annique [Detox tea](#) with ginger good for motion sickness?

Answer: Yes, for instance if you get a little queasy on long flights take one cup of Detox tea 30 minutes before departure and one cup of Detox tea every three hours.

Question: How do I use the natural sea sponges to apply my foundation?

Answer: First wet your sponge with clean water and fold in a towel, tissue or toilet paper and squeeze out most of the water so that your sponge is just damp. Put a little on the back of your hand and dab your sponge in the foundation. Apply the foundation in pressing-rolling action. Rinse your sponge when you are finished. Use a different sponge to cleanse your face at night, using Rooibos-water.

Question: Do you have any advice for burning painful feet and corns?

Answer: Try [ZeroAche](#), it normally brings relief if you suffer from these conditions.

Question: Which cream would be best for someone that is allergic to mosquito bites?

Answer: Try [ZeroAche](#) or [ResQue cream](#).

Question: I get confused when I am buying perfume - what does all the fragrance "notes" (floral, fresh, oriental and woody mean)?

Answer: Check out this handy fragrance wheel

