

# EMU TRACKS

The emu oil expert since 1996

FREE DELIVERY ON ORDERS OVER \$75\*



Everyone knows how important it is to apply sunscreen before any outdoor activity. However, most people don't realise that it is equally important to hydrate and moisturise your skin after being exposed to the harsh elements.



Sun Surf Skin provides a complete skin care revival in summer. This great product rich in Emu Oil, Aloe Vera, and Vitamin E is just the thing to slap on after being outdoors in the harsh Australian Sun especially after sunburn. Sun Surf Ski quickly penetrates the skin to re-hydrate and repair dry damaged skin caused by exposure to the elements, while providing natural nourishment to replenish lost moisture. Sun Surf Ski is not greasy, fast-absorbing and doesn't leave a sticky residue. It's 100% natural so it is safe for the whole family and those suffering from sensitive and delicate skin issues. You'll love the fresh lime-lemon scent. A quick hint - Pop it in the fridge during summer, it will feel great. Interested in the symptoms of sun damage and how to revitalise damaged skin?

[View our blog to read more](#)

**November Special \*\***



# SUN SURE SKI

BUY ONE  
GET THE 2nd ONE  
HALF PRICE

[Buy Now](#)

10 tips to manage many  
types of arthritis pain



- PACE YOURSELF, DON'T OVER PLAN YOUR DAY, AND TAKE PLENTY OF BREAKS THROUGH THE DAY



- DO STRETCHING EXERCISES TO ALLEVIATE MORNING STIFFNESS AND IMPROVE THE QUALITY OF YOUR DAY



- EAT AN ANTI-INFLAMMATORY DIET HIGH IN FISH, OLIVE OIL, SOY, FRUITS, AND VEGETABLES AND AVOID PROCESSED FOOD



- STRENGTHEN MUSCLES WITH LIGHTWEIGHT RESISTANCE TRAINING



- ENGAGE IN NON-WEIGHT BEARING EXERCISES LIKE CYCLING AND SWIMMING TO BOOST HEART HEALTH AND MUSCLE STRENGTH



- PRACTICE YOGA – A MEDITATIVE EXERCISE THAT HELPS STRETCH THE MUSCLES AND IMPROVE BALANCE TO DECREASE RISKS OF FALLS



- PRACTICE MEDITATION TO REDUCE STRESS AND PERCEPTION OF PAIN



- WALK AND MOVE TO EXERCISE THE BONES AND JOINTS AND REDUCE STIFFNESS THAT CAN MAKE PAIN WORSE



- PRACTICE TAI CHI – A SLOW MEDITATIVE MIND-BODY EXERCISE THAT BUILDS STRENGTH, BALANCE, AND MENTAL WELL-BEING



- PRACTICE QI GONG, A VERY LOW IMPACT FORM OF MEDITATIVE MOVEMENT THAT CAN BE DONE ANYWHERE AND BY PEOPLE WITH VERY LIMITED PHYSICAL ABILITIES



## Like 15% Discount

\*\*\*Share a written product review or video on our Facebook page or Website, email it or give us a call and as a thank you, we will give you a discount code to receive 15% off your next order

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\*Free delivery within Australia ONLY, EXCLUDING eggs, feathers, and leather goods.

\*\*November special - Offer ends Saturday, November 30th, 2019 unless sold out.  
Other discount codes can not be applied to this special.

\*\*\*15% Discount does not apply to products on sale, bundles, leather, feathers, eggs  
of shipping.

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