

members' competition



Win more than £170 worth of Tri-Dosha ayurvedic products

Ayurveda is an ancient Indian health system that treats the whole person holistically, combining nutrition, herbal remedies, yoga, massage, and lifestyle, to help the individual return to a state of healthy balance. Ayurvedic treatments are tailored specifically to a person's body constitution, determined by the individual's unique combination and proportion of the three doshas – vata, pitta and kapha.

Tri-Dosha understands that everybody's skin is different and, using age-old Indian wisdom, Tri-Dosha skincare is made-to-measure according to

your individual make-up. Because the skin is constantly in flux, from seasonal, body and hormonal changes, Tri-Dosha continually analyses and treats the skin according to its current condition, not overall type, to help bring it back into balance.

Tri-Dosha offers a product range, including facial skincare and body and massage oils, which contain a range of organic and natural ingredients, including wild grown ayurvedic herbs, to deeply nourish and condition the skin.

● **For more information about Tri-Dosha, visit www.tri-dosha.co.uk**

PRIZE DESCRIPTION:

Tri-Dosha is offering three lucky members the chance to win a Tri-Dosha body oil and face cream, to work with and support their own individual constitution

To enter, simply answer the following question:

Where does ayurveda have its origins as an ancient health system?

a) India b) America c) England

Email your name, address and answer to jreeves@fht.org.uk typing 'Tri-Dosha competition' in the subject box. Alternatively, send your answer and details on a postcard to: Tri-Dosha competition, FHT, 18 Shakespeare Business Centre, Hathaway Close, Eastleigh, Hampshire SO50 4SR. Closing date: 6 November 2012.

STANDARD FHT COMPETITION TERMS AND CONDITIONS

Competition open to existing FHT members aged 18 or over, except those who are FHT staff members, their families and friends. Only one application per member. No cash alternative will be offered. The FHT accepts no responsibility for entries delayed, damaged, mislaid or wrongfully delivered. Illegible entries will be disqualified. The winner(s) will be the first correct response(s) drawn after the closing date. The winner(s) will be notified and results published in a later issue of International Therapist. The winner(s) must agree to the publication of their name. In all matters concerning the prize draw, the editor's decision is final. No correspondence can be entered into. If, for reasons beyond the control of the FHT, the prize stated cannot be awarded, an alternative prize of the same value will be offered. Prizes are non-negotiable. We regret only the winner(s) will be notified. Entry implies acceptance of these terms and conditions.