



vitality challenge

with miessence® superfoods





Introduction

Congratulations for taking the Vitality Challenge with Miessence Superfoods. You've made a wise decision to invest in your health.

I'm excited for you to experience how our potent, raw, vegan, certified organic superfoods can make a difference to your vitality and well-being. As you take part in this 10 day journey, you may discover changes to your body, energy levels, your well-being, and even your mind!

The great news is, that in longer term, your body will love you for following through with this commitment. The not-so-great news is that you may find for the first few weeks you actually feel worse before you feel better.

When you start the Vitality Challenge with Miessence Superfoods, your body starts to clean up and clear out, and depending on your current level of health and toxicity levels, you may experience some physical and emotional symptoms.

Natural health practitioners describe this as 'the healing process', or detoxification. You will find more details on this on page 18. But the long-term benefits greatly outweigh any inconvenience and temporary discomfort you may experience.

Some of the many reported benefits of detoxifying are:

- **Increased energy levels**
- **Improved sleep**
- **Heightened mental alertness**
- **Improved immunity**

Be sure to read the article on Page 12 for more information about the benefits you could see after taking our challenge.

Track the results for yourself by filling in your Vitality Self-Assessment Guide (on page 14) at the beginning and the end of the challenge.

If you'd like more information you can visit the Miessence Vitality Superfood Challenge at by going to our web site clicking on the Community Page and then selecting the Vitality Challenge link.



Abelle



Why you need Miessence Superfoods

I could sit here and give you all the awful statistics from around the world about how we are overweight, yet malnourished, that 3 of the top 4 causes of death are diet-related, that we have 561,000 patented pharmaceutical drugs yet more cancer and heart disease than ever before.

That we are poisoning our food supply, homes and environment with over 6.5 million chemicals and that our babies are born contaminated with over 200 industrial chemicals in their bodies. Lots of depressing, yet accurate, information.

But it's not all bad news! According to Dr. Deepak Chopra, the author of Quantum Healing, we replace 98% of all our cells inside of ONE YEAR. And the super-great news is if we improve the quality of our nutrients we can literally rebuild ourselves within a year.

The Vitality Pack contains three outstanding superfoods for optimal vitality:

- **InLive Probiotic Superfood** – 26 naturally fermented organic whole foods to help recolonise the gut with beneficial bacteria. 80% of our immunity is in our gut. Fermented foods are one of the keys to longevity.
- **BerryRadical Antioxidant Superfood** – anti-ageing from the inside! The antioxidant equivalent of over 8 servings of fruits and veggies in a delicious chocolatey beverage.
- **DeepGreen Alkalisng Superfood** – remineralise and balance your body pH with a super-concentrated source of alkalisng, mineral-rich, green algae, grass juices and leafy greens.

All three products together hold the key to unlocking vibrant health.

Over the next few pages we will introduce each of these superfoods in greater detail.

Narelle





BerryRadical Antioxidant Superfood

BerryRadical is a revolutionary certified organic antioxidant superfood designed to assist the body in attaining vibrant health, well-being and longevity. The ingredients in BerryRadical are proven to assist the body in neutralising free radical damage which can be caused by cigarette smoke, toxins, pollutants and poor eating habits.

ORAC, short for Oxygen Radical Absorbance Capacity, is a standardised measurement of the total antioxidant power of a substance. Antioxidant power is the ability to neutralise oxygen free radicals. The more free radicals a substance can absorb, the higher its ORAC score. Nutritionists recommend that we consume around 3500 ORAC units from eating at least 7 servings of fruit and vegetables per day to significantly impact antioxidant activity in the body and reduce free radical

damage. In fact, one 3.5g teaspoon serving of Berry Radical contains over 4000 ORAC units! One 105g tub contains 123,375 ORAC units.

Berry Radical contains nine potent antioxidant superfoods in one delicious product – organic raw cacao, raw coffee fruit, organic olive juice, organic pomegranate, organic goji berry, organic acai berry, organic blueberry, organic raspberry, organic strawberry.

If you'd like to know more about BerryRadical and its benefits, just go to our web site by clicking on the Community Page and then selecting the Vitality Challenge link.

The freeze dried ingredients in BerryRadical are 10 times more potent than their fresh fruit equivalent.

ORAC per 100g (fresh)		ORAC per 100g (freeze-dried)	
Dark Chocolate	20,806	Raw Cacao	95,500
Raspberries	5,065	Raspberries	40,000
Blueberries	4,669	Blueberries	40,000
Pomegranates	4,479	Pomegranates	20,000
Strawberries	4,302	Strawberries	40,000
Goji berries	3,290	Goji berries	50,000
		Acai berries	50,000
		Olive juice	183,300
		Coffee fruit	600,000





BerryRadical Antioxidant Superfood Ingredients

Certified Organic Raw Unrefined Cacao Powder

- richest source of magnesium of any common food (nearly 70% of the population is magnesium deficient)
- 21 times the free-radical protection of green tea
- protects cardiovascular health
- improves cognitive function

Raw Coffee Fruit Extract

- helps reduce the incidence of oxidative pathologies such as coronary heart disease, inflammation and possibly even certain cancers
- provides health benefits associated with glucose management, Type 2 Diabetes and Metabolic Syndrome, depression and anxiety and oral health
- 1 gram serving of our raw coffee fruit extract provides the same free-radical protection as 625 grams of fresh blueberries, 974 grams of strawberries, 1230 grams of raspberries or 2030 grams of grapes!

Certified Organic Freeze Dried Olive Juice Extract

- 300 times the antioxidant power of olive oil
- causes cancer cells to die (apoptosis)
- protects red blood cells from free-radical damage
- protects skin cells from UV damage

Certified Organic Freeze-Dried Pomegranate Powder

- protects against high cholesterol
- protects against prostate cancer
- protects against high blood pressure
- supports the immune system

Certified Organic Freeze-Dried Goji Berry Powder

- protects against age-related free-radical damage
- protects against liver cancer
- protects against glaucoma

Certified Organic Freeze-Dried Açai Berry Powder

- contains anthocyanins at 10-30 times the concentration of red wine
- protects cells against free-radical damage
- supports healthy immune system functioning

Certified Organic Freeze-Dried Blueberry Powder

- protects blood vessels
- protects against cognitive decline brain health
- inhibits cancer cell growth

Certified Organic Freeze-Dried Raspberry Powder

- inhibits breast, cervical and colon cancer cell growth
- antimicrobial against numerous bacteria
- inhibits cell mutations

Certified Organic Freeze-Dried Strawberry Powder

- inhibits proliferation of liver, colon and breast cancer cells
- protects against cardiovascular disease
- induces apoptosis (destruction) of colon, breast and prostate cancer cells



DeepGreen Alkalisng Superfood

One of the most exciting discoveries in nutrition has been the effect of high mineral content foods have on the body's acid-alkaline pH levels when digested. Pioneered by the blood microscopist and biologist Dr Robert Young, alkaline diet proponents tell us that to optimise our health, immunity and energy levels, the ideal balance of food intake is 80% alkaline and 20% acidic.

Acid-forming foods include just about everything we typically eat in the 'western diet', including meat, chicken, fish, milk, cheese, bread, pasta, cereals, rice, potatoes, nuts, beans, coffee, tea, alcohol, pastries, snack food, soft drinks and packaged foods. Alkaline-forming foods are fresh vegetables and some fruits. Particularly alkalisng are the leafy & green vegetables like broccoli, kale, spinach and parsley.

DeepGreen contains the most potent alkaline-forming foods on the planet: certified organic blue-green algae, green grass juices and leafy green vegetables.

Eating acid-forming foods, excess stress, excessive exercise, environmental pollutants, drugs, alcohol, coffee and tobacco cause the body to be acid, which leaches vital minerals from the bones, leading to osteoporosis and calcification of the organs and joints. Alkaline-forming foods neutralise toxic acids in the blood and tissues.

Alkaline mineral-rich greens offer major benefits to your entire body. They're good for your brain, your bones and your heart, AND they help to prevent cancer, detoxify and alkalisng your cells, boost your immune system and give you more energy.

If you'd like to know more about DeepGreen and its benefits, just go to our web site by clicking on the Community Page and then selecting the Vitality Challenge link.





DeepGreen Alkalisng Superfood Ingredients

Organic Blue-Green Algae certified organic spirulina

- enhances performance in high-intensity exercise
- induces cancer cell apoptosis (death)
- protects against high cholesterol
- reduces allergic reactions
- a potent immunity booster

Certified Organic AFA (Aphanizomenon Flos Aquae)

- vegan source of vitamin B12
- increases mental alertness
- improves immunity
- stimulates stem cell proliferation

Certified Organic Chlorella (chlorella vulgaris)

- helps detoxify heavy metals
- induces cancer cell apoptosis (death)
- protects against high cholesterol
- a potent immunity booster

Certified Organic Grass Juices

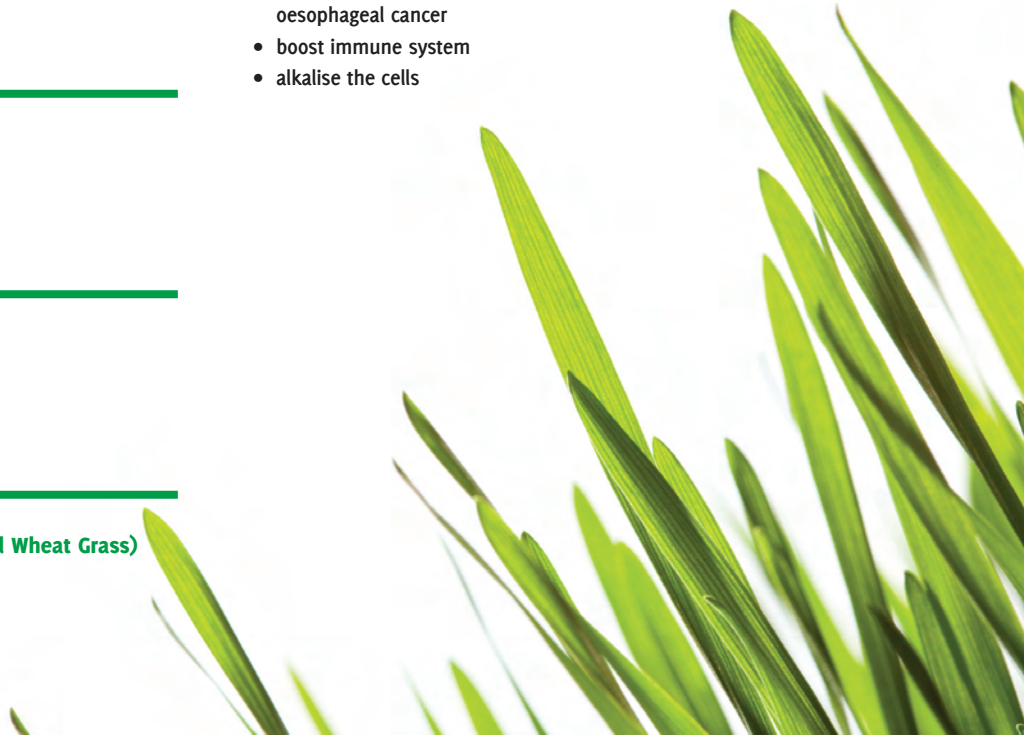
(Cold-Temperature Dried Alfalfa, Barley, Kamut, Oat and Wheat Grass)

- helps reduce bad cholesterol
- cleanse the blood
- powerful detoxifiers
- help boost vitality and energy

Certified Organic Leafy Green Vegetables

(Freeze-Dried Kale, Parsley, Collard and Nettle)

- reverse age-related cognitive decline
- protect against breast, colon, liver, prostate, lung, gallbladder and oesophageal cancer
- boost immune system
- alkalis the cells





InLiven Probiotic Superfood

The unique combination of whole foods and beneficial bacteria in InLiven is a revolutionary breakthrough in the world of nutrition and is the benchmark upon which all probiotic superfood blends are measured.

Probiotics are essential for the maintenance of good digestive health, strengthening the immune system, reducing cholesterol, improving nutrient uptake and the absorption of minerals.

The probiotics in InLiven are the result of 20 years of research and are unique in that they have been subjected to a large number of stressors including heat, cold, chlorine, salt, alcohol and many preservatives found in food, resulting in a “super family” of very strong probiotics unlike any others found in the world today.

InLiven is manufactured via a multi-stage organic fermentation process using a mixed population of naturally occurring Lactobacilli bacteria and yeast. The fermentation “pre-digests” the complex food & energy sources maximising the availability of nutrients and its energy value into an easy absorbed and utilised nutrient source.

If you’d like to know more about InLiven and its benefits, just go to our web site by clicking on the Community Page and then selecting the Vitality Challenge link.



The organism used in the fermentation may include:

Beneficial Bacteria Strains

- Lactobacillus acidophilus
- Lactobacillus brevis
- Lactobacillus bulgaricus
- Lactobacillus casei
- Lactobacillus caucasicus
- Lactobacillus delbreukii
- Lactobacillus fermenti
- Lactobacillus helveticus
- Lactobacillus lactis
- Lactobacillus leichmannii
- Lactobacillus plantarum
- Bifidobacterium bifidum
- Bacillus coagulans (Spores are activated in the acidic environment of the stomach and begin germinating and proliferating in the intestine.)

Beneficial Yeast Strains

- Saccharomyces boulardii
- Saccharomyces cerevisiae





InLiven Probiotic Superfood **Whole Food Ingredients**

certified organic blue-green algae

- spirulina

certified organic cereal grains

- oats
- brown rice
- wheat
- barley

certified organic cereal grasses

- alfalfa grass juice powder
- wheat grass
- barley grass

certified organic seeds

- linseed

certified organic legumes

- chickpeas
- mung beans
- adzuki beans
- red lentils
- red kidney beans

certified organic vegetables

- beetroot
- sweet potato
- string beans
- zucchini
- cabbage
- silver beet
- spinach
- asparagus
- broccoli

certified organic energy source

- malt extract
- molasses





How to enjoy Miessence Superfoods

There are a number of ways to incorporate the Miessence Superfoods into your life every day:

- **Supercharge your morning - add BerryRadical, DeepGreen and InLiven to your favourite juice and shake well. It's super quick, super convenient superfoods. It couldn't be easier!**
- **Start the day with a teaspoon of DeepGreen mixed in a glass of water or juice**
- **Add InLiven to your breakfast for probiotics on the go**
- **Savour a mid-afternoon pick-me-up by replacing your coffee with a hot BerryRadical. Just add a teaspoon of BerryRadical, a teaspoon of organic raw sugar and milk to taste.**

If you'd like other ways to incorporate DeepGreen, BerryRadical and InLiven into your every day routine, we're delighted to include three Smoothie Recipes especially developed by Miessence Independent Representatives.

As a bonus for you, you can download the official Miessence Recipe Book. Just go to our web site click on the Community Page and select the Vitality Challenge link.

Spiced Pear Pleasure

by Kristine Miles

Ingredients:

- 3-4 ripe pears
- 2-3 tablespoons hemp or sunflower seeds
- 1.5 cups of filtered water
- 2cm piece of fresh ginger
- 1/2 tsp cardamom ground
- 1 teaspoon cinnamon ground
- 2 teaspoons DeepGreen
- 2 teaspoons InLiven
- Optional - extra leafy greens

Method:

Just assemble and blend for a delicious drink





BerryRadical Banana Fruit Smoothie

by Narelle Pearce

Ingredients

- 1 teaspoon BerryRadical Antioxidant Superfood
- 1 teaspoon InLive Probiotic Superfood
- 1 teaspoon DeepGreen Alkalisng Superfood
- 1 cup skim milk
- 2 tablespoons organic yoghurt
- Frozen Fruit: (I like to use frozen fruit so it makes a nice thick smoothie)
- 1 Banana
- Watermelon
- Rockmelon
- Berries

Method

Blend together in a blender, serve with a strawberry to garnish and enjoy!



Sonja's Super Smoothie

by Sonja Cooper

Ingredients

- 1 banana
- 1 cup of mixed berries (fresh or frozen)
- 1/2 dragon fruit
- 1 small ripe avocado
- 1/4 cucumber, peeled
- 1 organic raw egg (optional)
- 2 tablespoon organic natural yoghurt
- 1 tablespoon frozen yoghurt (optional)
- 1 Cup coconut water
- 1 teaspoon each of: InLive, DeepGreen & BerryRadical
- 1 teaspoon each of: maca powder, black chia seeds, white chia seeds, Linseed, Sunflower and Almond (all of these are optional according to your taste - I do add them all :D)

Method

- Combine all ingredients into a blender & blend
- Pour into 2 tall glasses
- Garnish as desired (I used a strawberry)
- Enjoy

Options

- Experiment with your favourite fruits & veg :D
- Substitute the coconut water for almond milk, rice milk etc

Tip: It is easier to blend by adding ingredients gradually & blending as you go.



Benefits of the Vitality Challenge

The Vitality Challenge with Miessence Superfoods is the first step in creating a new you!

Look forward to increased wellness and vitality.

The benefits of taking part in this 10 day challenge and then making a commitment to continue using the Miessence Superfoods every day, include:

Eliminating toxins

We're exposed to many toxins every day – environmental pollution, exposure to heavy metals and free radicals. While our bodies are designed to deal with natural toxins in foods, the massive increase in environmental, dietary and pharmaceutical toxins are a burden on our system and accumulate faster than we can release them, which results in our bodies working at below peak efficiency.

By eliminating toxins, your body can focus on maintaining optimal health and well-being.

Improved immunity

One of the best ways to improve immunity to ensure that your body receives the phytonutrients (plant-based nutrients) it has evolved over millennia to thrive on.

Other important immune boosters are regular, high quality sleep, plenty of fresh, clean water, regular exercise and a diet rich in fruit and vegetables.

Improved skin and hair texture

One of the great benefits of a natural and effective detox is the difference it makes to your hair and skin texture.

Many people report that their skin looks more fresh and radiant. The occurrence of unpleasant skin conditions such as blemishes and eczema was greatly reduced. They also note that their hair became shinier and more manageable.





More energy

When your body is not working hard to eliminating toxins, it can concentrate on giving you the energy you need to do the things you love.

People who undertake the Vitality Challenge report making other important lifestyle changes such as regular exercise because they feel more energetic.

Improved focus and concentration

A successful natural detox may assist in decreasing incidents of 'brain fog'.

Blood cells deliver much needed oxygen molecules to all parts of our body, including the brain. Cleaner blood, better circulation and improved oxygen supply can aid memory and concentration.

Improved nutrient absorption

By taking part in the Vitality Challenge with Miessence Superfoods you will be helping your digestive system eliminate toxins and improve nutrient absorption and assimilation.

Improved nutrient absorption has the benefit of helping your body's cells remain nourished and better able to fight illnesses and infections.





Quality of Life Health Survey – START Date at the start of the challenge: ___ / ___ / ____

Frequency of physical symptoms

(1=never, 2=rarely, 3=occasionally, 4=regularly, 5=constantly)

1. Pain <i>(joints, neck/back ache, sore arms/legs etc.)</i>	1	2	3	4	5
2. Fatigue or low energy.	1	2	3	4	5
3. Colds and flu.	1	2	3	4	5
4. Headaches <i>(of any kind)</i>	1	2	3	4	5
5. Abdominal pain, diarrhea or constipation.	1	2	3	4	5
6. Menstrual discomfort or PMS N/A	1	2	3	4	5
7. Allergies or skin problems <i>(acne, eczema, psoriasis, rashes)</i>	1	2	3	4	5
8. Dizziness or light-headedness.	1	2	3	4	5
9. High blood pressure	1	2	3	4	5
10. Poor concentration	1	2	3	4	5
11. Memory loss or brain fog	1	2	3	4	5
12. Sleeping poorly	1	2	3	4	5
13. Bad breath despite brushing teeth	1	2	3	4	5
14. Other:	1	2	3	4	5
15. Other:	1	2	3	4	5

Frequency of mental/emotional symptoms

(1=never, 2=rarely, 3=occasionally, 4=regularly, 5=constantly)

1. Negative or critical feelings about yourself	1	2	3	4	5
2. Moodiness or angry outbursts	1	2	3	4	5
3. Depression or lack of interest	1	2	3	4	5
4. Overly worried about small things	1	2	3	4	5
5. Difficulty making decisions	1	2	3	4	5
6. Fear and anxiety	1	2	3	4	5
7. Fidgety or restless; difficulty sitting still	1	2	3	4	5
8. Feelings of having no purpose in life	1	2	3	4	5
9. Other:	1	2	3	4	5
10. Other:	1	2	3	4	5



Level of stress in the following areas

(1=never, 2=slight, 3=moderate, 4=pronounced, 5=extreme)

1. Family	1	2	3	4	5
2. Relationships	1	2	3	4	5
3. Health	1	2	3	4	5
4. Finances	1	2	3	4	5
5. Work/school	1	2	3	4	5
6. General well being	1	2	3	4	5
7. Emotional well being	1	2	3	4	5
8. Coping with daily problems	1	2	3	4	5
9. Other:	1	2	3	4	5

Life Enjoyment

(1=extensive; 2=considerable; 3=moderate; 4=slight; 5=not at all)

1. Experience relaxation, ease and well being	1	2	3	4	5
2. Presence of positive feelings about yourself	1	2	3	4	5
3. Interest in maintaining a healthy lifestyle	1	2	3	4	5
4. Level of confidence in dealing with adversity	1	2	3	4	5
5. Level of compassion & acceptance to others	1	2	3	4	5
6. Satisfaction with the recreation in your life	1	2	3	4	5
7. Time devoted to things you enjoy	1	2	3	4	5

Overall quality of life

(1=perfect; 2=happy; 3=mixed feelings; 4=unhappy; 5=terrible)

1. Your personal life	1	2	3	4	5
2. Your job	1	2	3	4	5
3. The handling of problems in your life	1	2	3	4	5
4. What you are actually accomplishing in your life	1	2	3	4	5
5. Your physical appearance	1	2	3	4	5
6. Your self	1	2	3	4	5
7. Your ability to adjust to change in your life	1	2	3	4	5
8. Your purpose in life	1	2	3	4	5
9. Overall contentment with your life	1	2	3	4	5
10. Recreational activities / hobbies	1	2	3	4	5



Quality of Life Health Survey – END Date at the end of the challenge: ___ / ___ / ____

Frequency of physical symptoms

(1=never, 2=rarely, 3=occasionally, 4=regularly, 5=constantly)

1. Pain <i>(joints, neck/back ache, sore arms/legs etc.)</i>	1	2	3	4	5
2. Fatigue or low energy.	1	2	3	4	5
3. Colds and flu.	1	2	3	4	5
4. Headaches <i>(of any kind)</i>	1	2	3	4	5
5. Abdominal pain, diarrhea or constipation.	1	2	3	4	5
6. Menstrual discomfort or PMS N/A	1	2	3	4	5
7. Allergies or skin problems <i>(acne, eczema, psoriasis, rashes)</i>	1	2	3	4	5
8. Dizziness or light-headedness.	1	2	3	4	5
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10. Poor concentration	1	2	3	4	5
11. Memory loss or brain fog	1	2	3	4	5
12. Sleeping poorly	1	2	3	4	5
13. Bad breath despite brushing teeth	1	2	3	4	5
14. Other:	1	2	3	4	5
15. Other:	1	2	3	4	5

Frequency of mental/emotional symptoms

(1=never, 2=rarely, 3=occasionally, 4=regularly, 5=constantly)

1. Negative or critical feelings about yourself	1	2	3	4	5
2. Moodiness or angry outbursts	1	2	3	4	5
3. Depression or lack of interest	1	2	3	4	5
4. Overly worried about small things	1	2	3	4	5
5. Difficulty making decisions	1	2	3	4	5
6. Fear and anxiety	1	2	3	4	5
7. Fidgety or restless; difficulty sitting still	1	2	3	4	5
8. Feelings of having no purpose in life	1	2	3	4	5
9. Other:	1	2	3	4	5
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10. Recreational activities / hobbies	1	2	3	4	5



The Miessence Detox Guide

Detox symptoms occur when your organs and cells release toxins at a greater rate than your body can eliminate them, so they get recirculated making you feel a little off your game.

Don't worry. This is a normal and healthy process. Your body is doing exactly what it's designed to do.

For most people, the detox symptoms will last only a short while. Please know that if you bear through this detox period, you WILL emerge on the other side, better, clearer, more energised and healthier than before.

If you answered 4 or 5 on *fewer* than 5 survey questions, we recommend that you take one teaspoon of each product every day over 10 days.

If you answered 4 or 5 on *5 or more* questions, we recommend that you take half a teaspoon of each product per day for 20 days to minimise any discomfort you may experience during the detox process.

Some commonly reported healing symptoms people experience during a detox include:

- Tiredness, lethargy
- General aches and pains
- Headaches
- Symptoms of an existing illness may flare up
- Skin eruptions such as pimples, cysts and rashes
- Excess mucous, phlegm, sinus conditions, dry mouth, coating on the tongue
- Sticky, dark or loose stools, frequent bowel movements, gas, cramps, diarrhoea
- Disturbed sleep, strange dreams
- Sensitivity to heat and cold
- Irritability and mood swings

The human body is very good at knowing what it needs to do to heal itself and will do so with the right support. But there are plenty of other things you can do to help:

- **Be still and breathe.** Calm your body and calm your mind. Rest as much as possible and consider regular meditation. Slow, deep breathing is an excellent way to calm the nervous system.
- **Eat lightly.** You may feel your appetite wax and wane during this process. Light broths such as organic chicken and vegetable and non-irritating foods such as quinoa or millet are ideal.
- **Drink plenty of water.** Ideally, spring water is best, otherwise filtered water is vitally important. You should aim for about two litres a day.
- **Avoid pain killers that mask symptoms.** It might be tempting to pop an aspirin, paracetamol or ibuprofen to alleviate the symptoms but it will hinder the cleansing process and prolong the discomfort.
- **Treat yourself!** This a part of the new you – a massage not only feels wonderful, but it is also an excellent way to help relieve aches and pains you might experience
- **Dry skin brushing daily before a shower helps remove dead skin cells and boosts circulation.**
- **Relaxing baths with salts that contain plenty of minerals will help reduce symptoms as well as nourish your body.**

The healing process is as unique as each individual, so some people might experience many symptoms and others hardly any at all. If you do have concern about the type or duration of detox systems you might be experiencing then consult with a trusted health practitioner.



20% Discount for Life!

Feeling better after 10 days? Imagine how good you'll feel when you're feeding your body the nutrients it loves every day!

If you enjoyed the Vitality Challenge with Miessence Superfoods, you can enjoy a life time* 20% discount on these products plus the complete Miessence certified organic range.

It is completely FREE to become a Miessence Lifestyle Member.

Imagine receiving the very best in certified organic products for you health, home and body at 20% off recommended retail price.

To join, just place your order for the Miessence Vitality Pack (or any Miessence product order over \$150) to receive an automatic 20% off the total (excluding shipping).

Every future order will be given to you at a 20% discount.

If you would like to know more, including how you could receive up to 40% off your orders as a Miessence Independent Representative, talk to your Independent Representative today.

*To maintain your Lifestyle Membership, just purchase from Miessence a minimum of once a year.





Miessence is committed to providing products that support the health and vitality of our customers and the planet. Our sustainable approach for sourcing raw materials respects, supports, and nurtures the ecology and energy of the planet, our customers, and the indigenous people who labour to grow our pure ingredients.

Miessence stands in a class of its own as the creator and manufacturer of the world's first certified organic skin care range, certified to organic food standards.

The certified organic seal on Miessence products is your guarantee of the authenticity and integrity of our claim that our products are 100% toxic synthetic and chemical free, containing only quality organic and natural ingredients.



All Miessence products carry a 30-Day guarantee.

If you are not totally satisfied with any Miessence product, simply contact your point of purchase.

Organic & Natural Enterprise Group

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Miessence® products are never tested on animals.

Your Representative:

Certified Organic:



Australian Certified Organic - Your guarantee of purity.

www.australianorganic.com.au