

HEALTH & BEAUTY

SENSITIVITY

Sensitive Skin? Heal Your Gut.

The benefits of drinking kefir.

Beautiful glowing skin comes from the inside out. Recent science confirms that your skin and your gut are connected, by the "Gut-Skin axis." Spots, blemishes, breakouts and reddened or itchy skin are actually the symptoms of autoimmune disorders that sit inside the gut. You must heal your gut, to clear your skin! Drinking all-natural probiotic kefir can help undo the damage caused by sugar, stress, antibiotics and environmental toxins. A 9-week course of Chuckling Goat kefir will restore the good bugs inside your gut, allowing your natural healthy skin to emerge.



Probiotic Goats Milk Kefir – Made by hand with absolutely ZERO added ingredients.



Amazing range of handmade lotions and cleansers. Heal your skin from the outside and inside at the same time, by applying probiotic kefir skincare while you drink your kefir. Chuckling Goat's unique probiotic kefir skincare is made by hand in small batches on their family farm, and is free from any parabens, phthalates, petrochemicals, perfumes or dyes. Scented with therapeutic essential oils, these award-winning cleansers and

lotions contain pure, natural roots, herbs and clays to calm and nurture your sensitive skin. Suitable for those who are prone to acne, eczema, psoriasis or rosacea.



Chuckling Goat Teas. Natural herbal teas can help reduce inflammation and soothe the skin, without harmful chemicals. Give your skin the extra healing boost it needs, with Skin Rescue Tea. This loose-leaf tea contains chickweed, chamomile, nettle, yarrow and calendula. Lightly floral and caffeine-free, it's the perfect healthy tea to drink throughout the day. Grab one of Chuckling Goat's infuser teapots to create your own spa-style ritual whenever you need a break.



The real deal – Made using actual herbs, roots and flowers!

For more information and to shop visit www.chucklinggoat.co.uk, email info@chucklinggoat.co.uk and follow us on social @chucklinggoat