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A bad pap smear result 19 years ago gave me a reality check.

I was 21 at the time and I thought “oh my god, I am on my way to cervical cancer”. I decided to overhaul my diet and lifestyle. I already had an interest in natural health and wellbeing so I started eating organic foods and seeing naturopaths instead of doctors.

I was studying an Applied Science degree at university when I fell pregnant with our first child.

I needed part time work and a friend introduced me to a ‘natural’ skin product range that I started selling in my spare time. As any trusting customer would do, I initially believed the claims the company made about the products I was selling. However, when I started doing my own research into the ingredients that I couldn’t pronounce I realised the claims of ‘naturalness’ and ‘purity’ were false. It came as a real shock to me.

I started looking for a product range that had total integrity with its green claims.

I wanted to find something that I not only felt comfortable using on my own skin but also selling to my friends. At the time there was nothing. I searched on the internet, in health food stores and overseas to no avail.

I became really interested in learning about the toxins in personal care products.

The more research I did the more passionate I became. I had a real desire to educate women about these so-called natural products they were spending their hard-earned cash on. I felt they deserved to know about the products they use on their bodies and the possible health ramifications of doing so. I laugh about it now but I was quite radical at the time. I would tap people on the shoulder in the supermarket when they were buying their shampoo and say “Excuse me, do you actually know what’s in that product...”

It was out of need that I started making my own toxin free skincare products in my home kitchen.

My mother-in-law worked in a bookstore and started to give me books about herbal medicine and aromatherapy and how to make skin creams out of ingredients in your kitchen pantry. I learnt so much, especially about the amazing healing properties of essential oils, herbal extracts and plant oils and butters.

Figuring out how to make an organic skincare range was a massive challenge.

The only certified organic standards in Australia back in 2001 were food standards. No skincare products had ever been certified. I wanted to create something that could be guaranteed to be totally pure and the only way that could be done was to have the products certified. My products were the first products in the world to be certified organic. They are still amongst the few on the planet that are certified organic to food standards.

My skincare range is complete now so my new focus is nutrition.

There are a few tenets of health that are essential for optimal health; green alkalising vegetables, probiotics and antioxidants. I believe the closer our food is to its natural states, the better it is for us.

It was a natural progression from skincare to health foods as we need both for optimal health.

We all want to look beautiful on the outside but really the only way we can truly do this is if we are healthy. You can use the best skincare products on the planet but if you eat junk food no amount of skincare is going to make you look healthy. You have to work on both the inside and the outside. **GCM**