

Fall 2011

balance

YOUR LIFE

magazine

IN EVERY ISSUE
WE HELP YOU BALANCE IT ALL
MONDAY - FRIDAY

OLIVIA NEWTON- JOHN

On A Mission
To Help Others

Top Cancer Fighting Foods

A Darker Night...
A Brighter Day!

Halloween Tricks & Treats

Fall Beauty Tips

I Am A Survivor...
Hear Me Roar!

COUPONS
& SAVINGS
INSIDE!

Created by the producers of

THE
BALANCING
ACT

on *Lifetime*
TELEVISION

TUNE-IN MONDAY-FRIDAY AT 7 AM ET/PT

balance YOUR LIFE

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Olivia Newton-John: On a

Written By Danielle Silverman, Editor-in-Chief

After almost missing my interview with Olivia Newton-John due to some time zone confusion and working around her busy schedule (between meetings, interviews, and supporting her husband John in Orlando at an event launch for Amazon Rain), her agent was able to arrange a last-minute call.

A few minutes prior to the call I remembered how much I had loved Olivia in the '70s and '80s, as she played Sandy Olsson in Grease alongside John Travolta (he was so adorable and sexy back then). During the interview I couldn't help but smile when I heard her sweet voice and accent. And yes, she still sounds exactly like she did in Grease.

Danielle: Olivia, it's so nice to have the opportunity to meet you over the phone and interview you for our Health and Wellness edition of *Balance Your Life* magazine. Can you tell me about your active role in women's health care, along with your passion for finding a cure for breast cancer?

Olivia: Everything I'm doing in my life is around health and wellness. I'm building a health and wellness center in Australia, I have a spa called the Gaia Retreat and I have a skincare line (Amazon Rain) with my husband.

Danielle: Tell me about your retreat in Australia; when are you taking me (LOL)?

Olivia: Oh, I'd love to! Gaia Retreat & Spa is in the hinterland of Byron Bay in Australia—which is about 45 minutes away from the Gold Coast. It's one of the most beautiful spots in the world and my favorite place to visit. I have a farm in that area and that's really how we found the land for this beautiful health retreat and spa. My friend Greg and two other friends started this together and we've been open for about five years now. It's a very healing place, very small and intimate with incredible, beautiful, organic food. It has a wonderful spa with the best treatments and fantastic healers.

You can go there and relax, "just do nothing," work on your health and wellness, or enjoy a glass of wine each day with dinner to complete your gourmet meal. It's a haven and I just love it. It's where I go first when I get to Australia. I'll go and spend a couple of days there to "catch up."

Danielle: I'll have to add this to my list! How many guests can stay there at one time?

Olivia: Well, we have about 20 units. I think two suites and then the rest are double-occupancy. The most we ever have at once was about 40 people. That way it never feels crowded.

Danielle: I can't wait to see it in person! I understand that you have a line of skincare that you developed with your husband. Tell me all about it.

Olivia: We've actually launched a new brand this month that's called "Amazon Rain." It's an absolutely beautiful skincare—it's actually what I use all the time! I'm always teasing my husband that I married him for the Camu C Serum™ (one of the main ingredients in the formula). It's so amazing! It's from a plant in the Amazon Rainforest; and it has the highest source of naturally-occurring vitamin C of any plant in the world.

Danielle: Is Amazon Rain available for consumers to purchase?

Olivia at Gaia Retreat



Mission to Help Others

Olivia: Yes. They can get the products online at www.MyAmazonRain.com.

Olivia and her husband, "Amazon John" Easterling, on the Amazon River



Olivia proceeded to talk about how truly enjoys helping women across the globe since recovering from breast cancer in the early '90s. She has been the voice and face for the LIV[®] Self-Breast Examination (www.liv.com), in which she continues to share her own personal experiences and talk about the importance of performing all steps to early detection. Not only did it make me think about my own breast exam, but as a mom of two girls it made me think about having this conversation with them. Olivia also mentioned, "The earlier you understand breast health, the better."

Olivia has been fundraising for over eight years to build the Olivia Newton-John Cancer and Wellness Centre in Melbourne, Australia. The facility, that will focus on healing the whole person—body, mind and spirit—is set to open in 2012.

Olivia's personality, ongoing involvement for finding a cure, inspirational music and spirit for life (even between meetings and interviews) was genuine, refreshing and completely motivational. To learn more about what Olivia is involved with and how she is living a "balanced life," visit her website at www.olivianewton-john.com.

Olivia Newton-John was diagnosed with breast cancer in 1992 and that same weekend her father died from cancer. After undergoing a partial mastectomy and breast reconstruction, Olivia has been cancer-free for more than 19 years.