



## Media Release

### **DYNAMIC YOUNG BUSINESS WOMAN OFFERS EVERYTHING ORGANIC**

After studying couture fashion at East Sydney Technical College and with a burning desire to create and design beautiful things, Lyn Yu started her first business seven years ago. "Rosebud Designs specialises in unique handcrafted stationery for weddings and special occasions and in original handmade jewellery, under the 'Tessa Rose' label," says Lyn. Both lines are sold throughout Australia, in the United Kingdom, USA, New Zealand and Asia.

"While the success of Rosebud Designs continues, I felt it was time for a change, a time to channel my energy into other areas," explains Lyn.

"My mother has always had an interest in holistic and complementary therapies and as a family we have eaten organically for the past 12 years. We live in a modern, fast-paced world, which is unfortunately filled with chemicals, preservatives and pollution that I strongly believe have an affect on our whole being." With this in mind, plus her ever-present love for entrepreneurial pursuits and the inspiration and encouragement from her mother, the concept of a wellness centre was borne.

During this time Lyn enrolled in Nature Care College studying Natural Beauty and Spa Therapy, of which she is currently in her second year.

So in February this year, after 12 months of planning, Lyn in partnership with her sister, Kathryn Lawson, opened Organic Living Wellness Sanctuary in Mosman.

"The Sanctuary encompasses everything we truly believe in – holistic, natural therapies and products that nurture the mind, body and spirit to create an awareness of the whole self and enhance quality of life," says Lyn.

All treatments are non-invasive and where possible skin care products are pure and organic. "We offer Endermologie, Cosmecanique, FIR Sauna, Thermal Imaging, Tactile Massage Therapies, Beauty Therapies, and Slimming Treatments, and later in the year will introduce consultations with nutritionists, naturopaths and presentations on health and wellbeing."

And the organic produce section is something not to be missed, with an abundance of fresh fruit and vegetables, chicken, meat, dairy, cereals, pasta, breads, flour, chocolate, baby food, vitamins and supplements and cakes and cookies. "We offer take-away options including gourmet sandwiches, salads and take-home meals, so it's easy to eat organically on the run," says Lyn.

“In business it is essential to believe wholeheartedly in what you do, be willing to work hard, believe in yourself and your product and always have integrity. It is essential to dedicate your time to your clients.

“We are already looking toward the future and planning a second centre this year. Expansion into an organic catering division is just around the corner, headed by my brother Simon Lawson who is a qualified chef.

“While my priorities have changed in the past seven years, I plan to continue with Rosebud Designs,” says Lyn.

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