

Anwernekenhe mape
apurtele arrintetye-ileme

Together, healing our people



Interrentye
body products



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Old Way. New Way. Our Way.

Interrenye Body Products is a community enterprise initiative of Akeyulere Healing Centre, a not-for-profit community organisation. Akeyulere is a cultural healing centre for Aboriginal people in Alice Springs. It was developed 15 years ago by a group of senior Arrente people of Central Australia to promote cultural practices that are recognised as being integral to the wellbeing of the community. It is a place where community people can come and sit down, talk, share ideas and seek advice and support if they desire. Akeyulere supports people to access Ngangkeraes (Traditional Healers), smoking ceremonies, bush foods and medicines. It supports families to educate and teach their children and grandchildren by supporting country visits, cultural identity and law, and family and social systems.

Interrenye is an old (eastern) Arrente word meaning: growing/healing

together.

How Interrenye came about . . .

At Akeyulere, the women make and provide traditional bush rubs for their family and the community free of charge. This is an important service as it provides many people with their only access to their traditional medicines. In order to financially support this activity, Akeyulere established Interrenye through which the products can be sold to the wider public.

Why it is important to us . . .

The women are involved in collecting the plants and preparing the medicines, in an environment where senior knowledge holders can pass on important cultural knowledge to the younger generations. Interrenye also provides an important social enterprise for young women where they are able to gain skills and experience in running a small business initiative.



About our products . . .

All our products are locally handmade with natural ingredients. The plants for the bush products are prepared by using the traditional grinding method but instead of animal fat, we use modern ingredients. The rubs contain Olive and Soya bean oils and Beeswax and the body oils are made with Macadamia, Sunflower and soya bean oils.

Traditionally Plants where used for a wide variety of ailments and collection of plant material depended on seasons, location and availability. These products are made by incorporating this knowledge that has been passed on for generations. Products are made with the highest quality ingredients to ensure you are receiving the best quality product for your skin.



Arrethe Rub: Often rubbed on the chest for the relief of cold and flu symptoms. .

Utnerenge Rub: Used on the body to nurture dry and irritated skin.

Aherre-intenhe Rub: Used for the relief of skin sores and muscle pain.

Natural Lip Balm: Nurtures and soothes lips

Apere (Eucalyptus) Soap: Nourishes, cleanses and soothes skin.

*All rubs are also available as a body oil.

To use: Simply rub onto the skin. For best results, use after a hot shower or add a few drops of the body oil into your bath for a soothing, relaxing soak.