



# SURVIVING THE SEASON ARBONNE STYLE

Treating your **skin** the **natural way** 

BY INA LUTIN RN, CPCP, FAAM



Benefits of exfoliation include fresher, brighter looking skin, better penetration of ingredients in your skin care products and, for people with excessively oily skin, a varying degree of reduction in oil secretion oping to look dazzling for the holidays? Searching for some unique gifts this year? Arbonne offers endless solutions to the season's quandaries. From their unrivaled all-natural beauty products and exclusive scents to aromatherapy essentials and weight management plans, Arbonne can help keep you in the festive spirit this year.

The Arbonne phenomenon prides itself on products that are inspired by nature, that are safe and healthy, and are created with an incomparable combination of botanical ingredients. There's nothing like the holiday season to take advantage of the extraordinary Arbonne experience

## Let's Face It

Celebrations and holiday parties are upon us, but there is still plenty of time to get your skin in spectacular shape. The winter season can rob the skin of moisture, leaving it dry and flaky. So what can you do? First, go easier on daily cleansing. Start with gentle exfoliation once or twice a week to keep your skin clear of dry, dead cells and replaced with new ones ready to allow moisture into the skin's deeper layers.

Try Arbonne's FC5 Exfoliating New Cell Scrub infused with phytonutrients, vitamins, and antioxidants. It draws out impurities and exfoliates to uncover radiant, younger looking skin. Benefits of exfoliation include fresher, brighter looking skin, better penetration of ingredients in your skin care products and, for people with excessively oily skin, a varying degree of reduction in oil secretion.

Arbonne also features several distinctive product lines that are complete skin care regimens. The Revelâge collection includes anti-aging and brightening creams and serums that reduce the appearance of age spots, freckles and uneven pigmentation. The NutriMinC RE<sup>9</sup> series is an entire skin program that addresses the "after" effects of sun exposure and aging with special formulations. The line-up — a hydrating skin cleanser, balancing toner, day crème, night crème, corrective eye crème, and facial serum- promises to renew the skin surface, moisturize, and reduce the appearance of fine lines and wrinkles.

**Body Care** 

Arbonne's botanically-based body care line is sure to keep your skin in top shape this winter. For an effective body scrub treatment try the Aromassentials Awaken Sea Salt Scrub with avocado and sweet almond oils. It exfoliates and sheds dead surface cells to reveal brighter, healthier skin.

Next, follow up and hydrate your fresh new skin with a natural oil-based moisturizer. The FC5 collection, a Swiss skin care regimen, incorporates fresh cell technology, vital nutrients, and UVA/UVB protection for a comprehensive skin care package. It features a skin conditioning body oil and a conditioning body moisturizer.

#### **Arbonne For Weight Loss**

It seems redundant to mention that most of us will be hoarding extra calories, thus extra pounds this winter after our celebratory holiday eating and drinking binges. Though you probably wouldn't associate beauty care products with weight loss, Arbonne has a revolutionary method to help shed that unwanted, unnecessary weight.

The Figure 8 Healthy Living and Weight Loss Program is designed for our busy, hectic lifestyle and tasty enough to tantalize the palate. The supplements and formulations are based on scientific research and consider a broad base of nutritional needs; they include all of the necessary vitamins, minerals, antioxidants, digestive enzymes, and gender-specific botanical extracts

For an on-the-go fix the Arbonne weight loss fizzies will give you the energy you'll need to get through this chaotic time. They come in two delicious flavors — pomegranate and citrus — and curb your appetite so you don't feel the need to snack. Start your

day with a delicious protein shake, sprinkle with the tasteless fiber, and you will stay full through the morning. Add the great chewies in chocolate or chocolate mint and you won't feel like you are missing anything.

#### **Holiday Gift Giving**

Arbonne products make a perfect holiday gift for almost anyone on your list. There are special signature scents and sets available through the season, such as the Ginger Citrus, which is extremely popular and smells delicious.

The Pampermint set is a neat treat for feet – it includes a foot scrub and foot cream in a soothing peppermint aroma, finished with a cozy pair of soft microfiber socks. For a splash of luxury the Star Jasmine Tuberose ensemble is a stylish set with a fragrance mist, shower gelee, and body cream.

For the man on your list the sky's the limit with the Sky for Men package, complete with body wash, shave gel and aftershave balm.

### Savor the Moments

Take some time for yourself to relax and rejuvenate in between parties, shopping, wrapping, and stressing. Light an aromatherapy candle from the mesmerizing Black Orchid Cassis holiday line. Then apply the Sea Source Detox Mud Mask to face and chest. Take a quick shower and moisturize with the rich delicious Black Cassis body butter. You will be ready to party till the wee hours.

For more information on how Arbonne can work for you visit http://www.inalutin.myarbonne.com.

60 IMAGE December / January 2010 December / January 2010 IMAGE 61