

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

AS I SIT HERE, there is still snow in my garden! And Scotland is experiencing severe Winter weather. But it will pass. With Mothering Sunday and Easter just around the corner, Forever's products are a wonderful choice of gift to pamper and prepare for the sun. Our **Sonya Skincare Collection** is just the thing to repair the ravages of Winter. • Did you know Forever uses a unique stabilisation process for our Aloe? Pardon? Actually, that is very important because we can deliver Aloe to you as fresh as when it was picked, stabilised to protect its essential nutritional content. It isn't boiled, pasteurised, freeze-dried or filtered. It is 100% inner gel. That is why Forever Aloe Vera truly is the very best you can buy.



Robin

Here comes the sun, & high pollen counts!

With snow still on the ground or a recent memory, it is all too easy to forget the pleasures of Summer: sunshine, balmy breezes, green countryside, friendly insects, grass pollens, and fresh dust! With Forever we have some wonderful products to help take the 'sting' out of enjoying the sun. Whether here or abroad – perhaps you are planning a sunny Easter break? – by preparing yourself in advance you can have a more enjoyable time.

Sensitivities

Sensitivity to dust or pollens plague many people's lives. They may over-react to things such as pollens, spores and chemicals in our environment.

Maintaining a healthy immune system and respiratory function can help us cope with these environmental challenges.

A – is for Aloe Vera. So good because it has a positive effect on our body's immune system. Aloe Vera doesn't cause drowsiness; it is often preferred by those looking to maintain a healthy digestive system and a healthy energy level.

B – is for Bee Pollen. A great multi-vitamin and multi-mineral supplement that is easily absorbed and is ideal to take during the Summer months when the pollen count is high.

C – is for Vitamin C. Forever's delayed-release Vitamin C formula Absorbent-C is the perfect partner to Bee Pollen and Aloe Vera Gel. Vitamin C helps maintain healthy connective tissues, skin, joints and respiratory functions.

Aloe Berry Nectar

As an alternative to the plain Aloe Vera Gel, you might like to try our **Aloe Berry Nectar**. This has all the benefits of Aloe Vera Gel coupled with a sweet blend of apple and cranberry juice – high in antioxidant vitamin C and A, potassium and pectin to aid in cleansing the digestive system. It is a health drink with a great taste that can help maintain a healthy urinary system.

It is sensible to start using these products four to six weeks before going on holiday. According to scientists, our seasons are arriving earlier than before, so forget the snow and prepare for the Summer with Forever.

Prepare for Summer with Forever Aloe Vera Gel, Aloe Berry Nectar, Absorbent-C and Bee Pollen.

NUTRITION AND VITAMIN SUPPLEMENTS

Every so often, we hear about the health benefits of different dietary supplements. You only have to be reading the national press or listening to the news to be aware of such claims, and maybe wondering if dietary supplements may be of benefit to you.

Many of these claims are now being examined scientifically, and results are often promising. It seems that somewhere along the line we have lost touch with

'real' food in the race to boost the quantity of food production.

It may not be possible to say for sure that supplements are essential, but it makes sense, if we do choose to take them, to choose high quality products, made to the highest standards. Forever does just this, but the choice is yours. With an unconditional 60-day money-back guarantee, Forever offers you the chance to try without the risk.



Holiday Skincare

Whether you are planning an Easter break in the sun, or remaining at home, looking after your skin is important. Maybe you are experiencing skin dried by central heating and cold winds. Or are you seeking the sun to brighten your days?

Moisturising

Aloe Vera is excellent for moisturising the skin. Forever has a large range of products to moisturise and protect your skin.

Aloe Sunscreen is suitable for use all year round to moisturise and protect your skin from the sun; even Winter sunshine can be damaging. With an SPF of 30, it is a silky smooth waterproof formula that retains its SPF for 40 minutes in water. It soothes and protects against the sun and the wind, and also makes an ideal after-sun lotion. It is excellent for children as it is easy to apply and is non-greasy.

For a natural-looking streak-free, even tan without the damage of UV rays, try the **Aloe Sunless Tanning Lotion**. It moisturises the skin on application, has no unpleasant smell and doesn't rub off onto clothes.

Forever's rich **Aloe Moisturising Lotion** is lightly fragranced and provides all-over moisturisation for face, hands and body. Great for rough skin on hands and feet because the collagen and elastin keep the skin feeling smooth, soft and supple. It does not contain lanolin.

For a great light moisturiser for all-over body use, try the **Aloe Lotion**. Soothing, so ideal as an after-sun, it contains pure stabilised Aloe with jojoba oil, collagen, elastin and vitamin E. Lighter than the Aloe Moisturising Lotion it soothes minor skin conditions.

Open a tube of the **Aloe Vera Gelly** and it is just like using the inner gel straight from the Aloe leaf. It is 100% stabilised Aloe Vera gel that lubricates sensitive tissue safely. It is absorbed quickly and calms irritated skin and helps reduce scar formation. (NB suitable for use by people prone to eczema and psoriasis)

Our lips are prone to experience, both in the Winter and the Summer, the drying winds and the sun's heat. **Aloe Lips** is a moisturising and soothing balm for lips that soothes and protects in hot and cold temperatures. In a handy pocket-sized stick it is easy to carry at all times. It can be used on other parts of the body to calm irritated skin.

Aloe Vera will soothe and protect your skin all year round. Give Forever's excellent products a try, and feel a real difference.

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