

# Wacky Cactus



NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

**APPEARANCE ISN'T EVERYTHING**, but most of us want to look our best. Good health can really help us. I know that when I feel really well, I feel a lot more positive about my appearance too. My own personal recommendation is the **Aloe Liquid Soap**. For shaving I really cannot think of anything better. It is really soothing when washing my hands, especially when I have been working in the garden, house or on my car. And yes, it does remove red wine stains from light carpets! • When I was teaching full-time (my chequered past!) I was keenly aware just how poor diet seemed to affect children's behaviour. If you want to make sure children you know are getting the right nutrients, then the **Forever Kids** multi-vitamin supplement might be the answer.



## FEEL GOOD & LOOK GREAT

**W**hen you feel healthy, you usually look good too. Even the modern use of the term 'looking fit' has migrated to meaning seeing someone as attractive, but is clearly based on appearance relating to someone's physical health. Possibly, the opposite can be even more true; if you feel unhealthy, you may not look good, and you probably won't think that you look good. So, good grooming starts with a healthy lifestyle – for everyone: men and women, young and old.

### Healthy Skin

Keeping our skin clean, but not stripping out the natural oils, is the basis of healthy skin. Forever **Aloe Liquid Soap** does just that. Its creamy, moisturising formula gently, but effectively cleans, leaving skin smooth and fresh. It is economical to use, and suitable for all the family. It is ideal to use when shaving, gentle enough to use on your face and kind to sensitive skin.

Aloe vera has been used for thousands of years to moisturise skin; Cleopatra is reputed to have used it as part of her beauty régime. Forever has some excellent moisturisers. **Aloe Lotion** is a soothing moisturiser particularly suitable for the whole body and ideal to use after exposure to the sun. **Aloe Moisturising Lotion** is richer in texture making it excellent for face, hands and feet. **Aloe Propolis Crème** also contains bee propolis, chamomile and comfrey making it a rich moisturiser that can also soothe irritated skin.

For men, there is the **Gentlemen's Pride** after-shave balm. It is an alcohol-free balm that will soothe and moisturise irritated skin at any time, but particularly after shaving. It has a clean, subtle fragrance and provides excellent daily protection.

### Healthy Hair

Our hair has to cope with the drying effects of wind and the sun, as well as collecting dust from our environment. **Aloe-Jojoba Shampoo** and **Conditioning Rinse** can help you create soft, shiny and manageable hair. It is a mild, long-lasting formulation, suitable for all hair types, that keeps scalp and hair looking clean and healthy.



### Makeup

The **Sonya Skincare Collection** uses superior ingredients – aloe vera, jojoba, white tea and mimosa bark extracts for example – designed to work together synergistically to achieve beautiful, healthy, radiant and soft skin. Forever's makeup range is formulated with aloe vera to protect and moisturise whilst providing colours to suit every skin tone and mood with a rich palette of shades for eyes, cheeks, face and lips. Perfectly suited for all skin types, particularly sensitive skin.

### Healthy Inside

Healthy skin needs the right nutrients as the cells grow. Good health on the outside starts with good health on the inside. Drinking **Aloe Vera Gel** every day assists digestion and the absorption of nutrients, adds vitamins, minerals and amino acids to your diet, but above all, promotes a good, healthy lifestyle. We are what we eat, so make sure you look and feel your best by giving your body the nutrients it needs.

## FOREVER GARDENING

**A**t this time of year, the garden tools beckon! You can be well-prepared with a selection of excellent products.

**Aloe First Spray** and **Aloe Vera Gelly** both soothe and moisturise irritated skin. Aloe First is ideal for children and the most sensitive skins. **Aloe Propolis Crème**, as well as the benefits mentioned opposite, can also be used as an effective barrier cream to protect your skin in the garden.

**Aloe Heat Lotion** is an excellent massage lotion if you have overdone it in the garden. Applied to the affected areas it brings soothing relief, going on cool it then gently heating up to help relax and soothe away the stress. The **MSM Gel** works well with the Heat Lotion to further soothe the joints and muscles. Essential tools for the garden!



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## VITAMINS FOR KIDS

**W**e all know that it can be difficult to get children to eat and drink the vitamins and minerals that they require as they are growing up. Meal times can become a constant battle to ensure fruit and vegetables become part of their balanced diet, and 'five-a-day' can seem like an impossible task.

Forever, through new processing techniques, now has the power to emulsify, dehydrate and flash-dry raw fruits and vegetables. This process protects the valuable phytonutrients, vitamins, minerals and enzymes. The result is a multi-vitamin that tastes great, is fun to eat and you'll have peace of mind!

