

# Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



**WELL!** April was certainly different from March; and our unpredictable weather presents a challenge for looking after our skins – the biggest organ of the human body. Aloe can play an important rôle in keeping skin healthy – for men, women and children (it's never too soon to start looking after your skin). • I have people often asking me how they can take their Aloe away with them, either for business trips or holidays, when they don't have access to a fridge. The foil pouches provide an ideal solution. • Aloe Vera is an excellent base ingredient for makeup – protecting and moisturising whilst helping you to look beautiful. It works for women too! No, I don't use it myself; I can only go on the recommendations of others!

## Aloe on Holiday: Take It With You!

**W**hen we're off on holiday, it is just as important as at any other time of the year to take the very best supplement, Aloe Vera, with you. Holidays bring many challenges to our wellbeing: travelling stress, adapting to different time zones, different foods, different hygiene conditions, and different bugs! But what about carrying and storing your favourite aloe drink? The bottles, practical though they are for most purposes, are bulky and, once opened, need to be kept cool, which is difficult in many holiday situations.

### Aloe2Go & Freedom2Go

Forever has come up with a clever solution. Pouches of Aloe Vera, with added nutrients, each containing a daily drink to supply your needs. They need no refrigeration, are easy to pack, and take the guesswork out of knowing how much to drink when you may not have your measuring glass with you. The single serving foil pouches make these ready to drink anytime, anywhere; ideal when travelling, working, or out on the go!

**Forever Aloe2Go** is Aloe Vera Gel blended with Pomesteen Power, a powerful antioxidant supplement that helps to keep your immune system strong and healthy. **Pomesteen Power** contains two of the most potent fruits found in nature – pomegranates and mangosteens – plus a delicious mix of pear, raspberry, blackberry, blueberry and grapeseed extract.

**Forever Freedom2Go** has all the exceptional benefits of Forever Freedom combined with the exotic flavour of pomegranate. The healthy benefits of Aloe Vera Gel, plus glucosamine, chondroitin and MSM, and the sweet taste of antioxidant-rich pomegranate juice combine to make a refreshing drink packed with the supplements you need to maintain healthy joint function.

### Forever Active Boost

A quick, refreshing way to stay energised and alert all day long so you really can get the most out of your holiday! FAB contains Aloe Vera Gel, with guarana and ADX7 technology – a blend of adaptogenic herbs and nutrients.

What's more, as from May, it has a new, lower price – just ask your Distributor (details below).



Aloe2Go and Freedom2Go – bursting with the best, ready to go with you wherever you go.

## ALOE SKINCARE

**A**ll seasons bring their own challenges for our skin, whether cold and wet or hot and dry. Our skin needs sunshine in order to produce Vitamin-D (converted by ultra-violet rays from cholesterol) which is essential to prevent rickets, is believed now to prevent many cancers, and is vital for our immune systems to function well. Supplements can help, but produced in our own bodies, Vitamin-D is not only more effective, but lasts much longer. (Forever do not produce a Vitamin-D supplement yet).

But of course, we are all aware that too much sun, too quickly can damage our skin, and can even cause cancer! The answer is to be sensible in exposing our skin to the sun. Gradually increasing our exposure as the weather warms and the sunlight strengthens allows our skin to build its own protection. A good sunscreen protects vulnerable and light skins from over-exposure. A good moisturiser prevents skin from drying out and can restore moisture lost during sun exposure.

### Aloe Sunscreen

Forever's Aloe Sunscreen has an SPF of 30, and is a silky smooth waterproof formula that retains its SPF for 40 minutes in water, making it excellent for active children and adults enjoying the sea, lake, river or paddling pool. It soothes and protects against excessive sun exposure and the effects of the wind, and also makes an excellent aftersun lotion.

### Aloe Sunscreen Spray

Protection at the push of a button! All the benefits of the Aloe Sunscreen, plus speedy application (and re-application) making it excellent for use with children.

### Aloe Lotion & Moisturising Lotion

Simply the very best moisturising lotions you can buy, with all the benefits of Aloe Vera to provide all-over moisturisation to keep your skin feeling soft and supple.



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## Makeup with Aloe Vera

**T**he Sonya Makeup range was created to help you look as beautiful on the outside as you feel on the inside. The vital natural ingredients used in our makeup range help soothe, moisturise, and protect the skin.

### Aloe Vera

Research has shown that Aloe Vera Gel, a super emollient and emulsifier, moisturises human skin faster than water. Aloe Vera also has the ability to moisturise without excluding

oxygen from the skin in the way petroleum-based man-made chemicals can.

### Sonya Colour Collection

- Perfectly suited for all skin types
- Contains Aloe Vera, marine extracts and soothing chamomile
- Feeds and protects the skin with clogging pores
- Avocado oil is great for keeping lips soft and moisturised
- Antioxidants: vitamins A, C & E help protect against free radical

damage

- Rare pigment colourings, safe to use and providing colours which work with the natural chemistry of your skin tone
- It has a natural SPF of 15 created by our Aloe Vera and antioxidants
- Powders for face, cheeks and eyes are 0.5 of a micron (many other cosmetics are 30 microns), so they won't crease or fade, are easy to use and give a professional finish
- Hypoallergenic
- Not tested on animals