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Wacky Cactus

NATURAL PRODUCTS FROM THE ALOE AND THE BEEHIVE

EDITORIAL



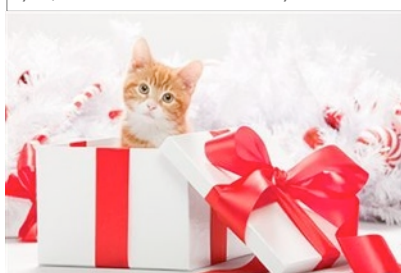
February is here now – and we had snow everywhere at the end of January. It is important to keep ourselves protected against the challenges to our health

when the temperature drops. But ice brings its own problems; making it very easy to slip and end up with bumps, bruises and stressed muscles. The Forever MSM Gel and Aloe Heat Lotion are excellent at providing blissful relief from everyday stress and strains. I know I found the warming from the Heat Lotion was very welcome after clearing snow from my car!

At this time of year, we often feel more tired than usual. I am sure the lack of sunlight has a real effect. We can't do much about the sunshine (short of jetting off to sunnier climes) but we can try some of Forever's products that might help. Also, being active can make a difference. It's all too easy to spend your time slumped on the sofa, but if you make an effort to get out into the fresh air, you'll feel the benefits in no time. It will boost your immune system, your energy and your mood. Plus, as well as burning calories, exercise helps to suppress your appetite.



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Gifts for St. Valentine's Day from Forever – what a delight!



Gifts for Your Valentine

St. Valentine's Day gifts are everywhere, and there are so many opportunities offered by Forever. From skincare to makeup, or perhaps try the high quality perfume or cologne?

Aroma Spa Collection

This truly must be the best-ever collection of skin-pampering products! With the **Relaxation Bath Salts** your loved one can soak away their cares with a blend of Dead Sea salt, Lavender and other essential oils. The **Relaxation Shower Gel** is formulated with aloe Vera, essential oils and fruit extracts to gently cleanse their skin and leave them feeling really fresh. Created to use after bathing, the **Relaxation Massage Lotion** contains the skin-conditioning benefits of aloe vera, essential oils, white tea and fruit extracts to make the perfect end to an in-home spa experience. To complete your gift, the set of three comes complete with a free attractive travel bag.

Sonya Skincare Kit

The Sonya Skincare Collection uses superior ingredients, designed to work together synergistically to achieve beautiful, healthy, radiant and soft skin. This premium skincare range has an easy five-step daily routine that suits all skin types and ages. The **Aloe Purifying Cleanser** cleanses with aloe and fruit extracts, leaving the skin feeling soft, clean and fresh. The **Aloe Deep-Cleansing Exfoliator** with aloe and natural jojoba beads leaves the skin feeling soft and smooth. Containing aloe, white tea and cucumber to leave the skin feeling fresh and hydrated, the **Aloe Refreshing Toner** is excellent to use after cleansing and exfoliating. The **Aloe Nourishing Serum** contains aloe, white tea extracts, mimosa bark and antioxidants to provide protection from free radical damage. Used morning and night it preserves and replenishes skin moisture. The **Aloe Balancing Cream** contains aloe, HA, vitamin E and revitalising extracts and advanced moisturisers. It is rich in texture to leave the skin hydrated, moisturised and protected. Finally, the **Aloe Deep Moisturising Cream** quenches the skin's thirst for moisture. It contains pine bark extract with OPCs that contain some of the strongest antioxidant properties in nature.

PUT A SPRING IN YOUR STEP WITH FOREVER!

Are you lacking in energy? Do you feel tired and lethargic? Has your 'get up and go' got up and gone? Forever has a number of products that can help you rediscover your vitality. Here are just three of them.

Aloe Vera Gel

Forever's flagship product is just the boost most of us need when we feel we would rather hibernate for the Winter! Though taken as a drink, aloe vera gel is better described as a liquid dietary food. It contains over 75 different natural nutrients, including Vitamin C that contributes to the reduction of tiredness and fatigue. Drinking any one of the four options on a daily basis assists digestion and absorption of nutrients, adds vitamins, minerals and amino acids to your diet, but above all, promotes good, healthy lifestyle.

ARGI+

This wonderful supplement provides 5 grammes of the amino acid L-Arginine per serving, plus synergistic vitamins including Vitamin C, B6, B12 and Folate that contribute to the reduction of tiredness and fatigue and which help your body to keep going all day long and to deliver optimal performance to nearly every system in your body.

FAB

Forever Active Boost (FAB) is a quick, refreshing way to stay energised and alert all day long. It gives both immediate and long-term energy, with the natural ingredient guarana and ADX7 technology: a proprietary blend of adaptogenic herbs and nutrients, and Vitamin B6, B12, Niacin, and Pantothenic acid that contribute to the reduction of tiredness and fatigue.

If you feel you're flagging at the start of a new year, this could be the time give one of these impressive products a try.



Energise your life!