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# Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

## EDITORIAL



*Spring will soon be here!*

*Although, to be fair, as I write this at the end of February, the weather is still more Winter than Spring.*

*With the weather*

*continuing to challenge our health, it is important to keep up a good intake of nutrients to maintain our health. I drink Aloe Vera Gel and Forever Freedom every day to help me do just that.*

*As we look forward to better Spring-time weather we have both Mother's Day and Easter Day falling in the same month this year – on the 10th and 31st March respectively. Strictly speak, of course, Mother's Day is Mothering Sunday and is a Christian festival. Servants were given the day off to visit their mothers (and other family), and so the association is supposed to have spread. So, I make no apologies for mentioning some of the same gifts as last month – ideally suited to both events and mothers everywhere!*

*Simon*



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Gifts for Mother's Day from Forever – a real treat for someone special.

## Mother's Day & Easter Gifts From Forever

**M**other's Day is an excellent chance for us to let our mothers know how much we appreciate them, and what better way is there than with a gift to pamper.

### Aroma Spa & Sonya Skincare

These are two excellent collections and ideal gifts at any time of the year. Both of these were described in more detail last month, but briefly the Aroma Spa contains Relaxation Bath Salts, Shower (or bath) Gel, and a soothing Massage Lotion. Available separately, together they come in a free travel bag. The Sonya Skincare Kit is a premium range of products that are designed to work together to achieve beautiful, healthy, radiant and soft skin. It comprises a purifying cleanser, exfoliator, toner, nourishing serum balancing cream and deep moisturising cream.

### Make-up

Forever has a range of incredible cosmetics formulated with aloe vera to protect and moisturise, with antioxidant vitamins, herbs and marine extracts. There is a superb range of tones designed to suit every skin tone and every mood with a rich palette of shades for eyes, cheeks, face and lips. They are perfectly suited to all skin types, including sensitive skin.

### Alpha-E Factor

This is probably the most versatile skincare product ever! It replenishes, clarifies and balances the skin to reduce dryness, and has a powerful combination of antioxidants, leaving younger-looking skin. It is also an exceptional skin nourisher and a shaving barrier for men and women.

### Avocado Face & Body Soap

This wonderful soap is made with 100% pure avocado butter to moisturise and clean with the natural, rejuvenating properties of this powerful fruit. This rich and gentle soap is the ideal way to pamper someone you love. Happy Easter!



Aloe Blossom Tea – refresh your day with style



## THE EASTER EGG CHALLENGE TO YOUR LIFESTYLE!

**A**t this time of year, our tradition of giving and receiving Easter eggs is a wonderful thing, but it can wreck our diet! Don't get me wrong, I love chocolate eggs (hint!), and chocolate can actually be very good for us, but the extra sugar ...

Fortunately, Forever has a good answer to all that with the Forever Nutri-Lean Programme: a two step process combining a 9-day nutritional cleansing plan (Clean 9, illustrated), followed by a long-term weight management plan (Forever Nutri-Lean).

Together they take the guesswork out of a lifetime of healthy eating and diet control. You start with the **Clean 9** Pack and this cleanses the body of unnatural chemicals to kick-start a cleaner, healthier lifestyle.

Follow this up with the **Forever Nutri-Lean** Pack to aid the body's natural

cleansing process while burning stored fat cells to achieve and maintain a healthy weight. This will also help you to develop good eating habits for life-long weight management and overall improved health.

Doctors and the media are constantly expressing concern about the growing levels of obesity in this country and the many health risks associated with excess weight being clearly proclaimed. Here is your opportunity to take the initiative and set a healthy lifestyle example this Springtime.



Look after your lifestyle

