


# CONSULTANT PRODUCT GUIDE



**NATURAL + PURE + SAFE + EFFECTIVE**

**Just**<sup>+</sup>

ORIGINAL - SINCE 1930



## *Just* Welcomes You

As an **Independent Consultant** you are embarking on a new and exciting career helping others achieve physical and emotional wellbeing through our exclusive Swiss quality natural products. Inside this **Consultant Product Guide**, you will find everything you need to know about the many benefits of **Just** products, their ingredient profiles, how to best use and demonstrate them, and much more. Always keep it handy and refer to it whenever you need to.



ORIGINAL - SINCE 1930

# CONSULTANT PRODUCT GUIDE

## Contents

Introduction .....	2
<b>Just Family of Well-Being Products</b> .....	6
Definition of Terms .....	8
Aromatherapy .....	13
Products for Mental & Emotional Well-Being .....	53
Products for Physical Well-Being .....	65
Products for Dermo-Cosmetic Well-Being .....	95
Quick Reference Guide .....	187
Yield Table .....	199
A Unique Opportunity .....	208
Product Index in Alphabetical Order .....	210
Natural Ingredients Index .....	212



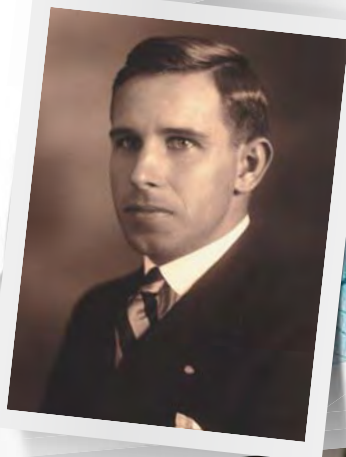
# Pioneers in herbal therapies since 1930

89 years ago, from a little village nestled deep within the Swiss Alps, Ulrich Jüstrich had a dream. He envisioned a natural approach to well-being and health using the beneficial effects of nature in harmony with the human body. Years later, this small company would earn worldwide prestige and today, almost 90 years since their inception, **Just** (pronounced "Yoost") products have gone far beyond the Swiss borders and are now sold in more than 35 countries around the world by over 90,000 Independent Consultants. With the addition of advancements in science and biotechnology, **Just** products continue today to be developed by the third generation of Jüstrich family with the same original focus and impeccable quality standards set by their grandfather. Today, **Just** products are manufactured in modern, high tech facilities governed by the strictest international production regulations: Manufacturing Best Practices (GMP), Quality Management (ISO 9001:2015) and Environmental Management (ISO 14001:2004).

Original yarn workshop of Tobias Jüstrich and later the location of **Just** international headquarters.



Ulrich Jüstrich



Hansueli & Marcel Jüstrich





ORIGINAL - SINCE 1930

## Swiss Natural Essential Oil-Infused Products



*Just* manufacturing facilities in Walzenhausen Switzerland.

“ Our Mission is to provide the beneficial effects of nature to millions of homes by means of a progressive and committed organization filled with opportunities for professional development and personal growth. ”

## The Power of Natural Essential Oils

*Just* brings you all the excellence of nature through the power of essential oils extracted from natural and classic medicinal herbs that we incorporate in products that are very easy to use. Through our creams, gels and foams, developed from these delicate essential oil synergies, *Just* offers a line of wonderful products for you and the whole family.

## Our Commitment

We use only 100% pure essential oils without preservatives and of the highest quality. To ensure freshness and efficacy, *Just* products have expiration dates not exceeding 30 months. Our products are not tested on animals and dermatologically tested on human volunteers. Our desire is that you and your Customers are able to choose products simply and easily. That's why in this manual we provide you with all the information you need to make an informed recommendation.

## Our Master Galenic Formulators

Our investigation and development team is formed by Master Galenic Formulators who work on the creation of products based on natural components that provide well-being solutions for the whole family. Based on the principles of aromatherapy and processes of Galenic formulation, we combine essential oils and plant extracts in a synergistic manner, optimizing aromas and absorption in the body.

*Michael Laun, Master Galenic Formulator*





## Products designed for your specific needs

Essential oils are the “soul” of a plant, possessing tremendous power and energy. As a general rule, between one and ten tons of flowers or plants is needed to distill one liter of essential oil. For medicinal purposes, these oils may be used in their purest and most concentrated forms. However, most common uses require oil-infused product blends such as lotions, creams, salts or bath essences.

*Just* offers a wide array of products infused with essential oils and natural extracts. In addition to undiluted -100% pure-essential oils for those who enjoy aromatherapy and the art of personally combining them, *Just* blends and applies these essential oils in products that can be grouped in the following product families depending on their use.

### MENTAL & EMOTIONAL WELL-BEING



### PHYSICAL WELL-BEING



### DERMO-COSMETIC WELL-BEING



# Just Family of Well-Being Products

## AROMATHERAPY

Pure essential oils for use in concentrated applications.

### MENTAL & EMOTIONAL WELL-BEING

Products designed to promote a general state of revitalization, energy, peace, harmony, relaxation and well-being.

They enhance moods and the lift emotions through intense aromas and wonderful textures.



### PHYSICAL WELL-BEING

Products that help promote well-being by easing every day physical tensions and discomforts.

#### Frequent Care



#### Feminine Care



#### Muscle & Joint Care



#### Respiratory Care





## DERMO-COSMETIC WELL-BEING

Products that help promote the health and appearance of the skin, covering its essential needs.

### Skin Care



### Body Care



### Hand, Foot & Leg Care



## Definition of Terms

*Just* products have been scientifically formulated with essential oils and extracts to give effective relief for many of the most frequent and commonly experienced everyday problems.

Essential oils and extracts are absorbed by the skin and respiratory system providing immediate effects on feelings of relief, energy, relaxation and general well-being. How the body reacts to these natural ingredients may vary according to the application method.





## Aromatherapy

Aromatherapy is an ancient therapy that promotes the use of aromatic essential oils for the health of the body, the mind and emotional well-being, restoring inner harmony and balance to the individual. Aromatic essential oils have the power to provide positive physical, emotional and psychological benefits. Essential oils evaporate into the air when exposed to heat or are absorbed by the skin when applied through different carriers, depending on the chosen method.



## Hydrotherapy

The powerful benefits of herbal baths and showers have been known since ancient times.

The warm water evaporates essential oils into the air and facilitates the dilation of the pores of the skin so that the active ingredients of the herbs can more easily penetrate into the organism, either through the respiratory system, or through the skin.

One of the best ways to take advantage of the benefits of hydro-aromatherapy is through an immersion bath or shower, with natural bath essences, bath foams or shower gels.



The effects of a warm bath or shower with natural essential oils and extracts offer a variety of benefits described below:

- ▶ Detoxifies
- ▶ Helps improve your mood by relaxing tension and reducing anxiety
- ▶ Invigorates and stimulates the senses
- ▶ Soothes joint and rheumatic pains
- ▶ Provides relief and comfort to the symptoms of common colds and congestion
- ▶ Helps diminish the appearance of dimpled skin
- ▶ Soothes skin irritations





### General Directions for a Hydrotherapy Bath or Shower

- ▶ Before bathing, prepare your skin with an exfoliating massage with a luffa sponge or our Cellfit Exfoliating Gel. This will remove the dead cells from the surface of the skin and enhance its circulation to promote better absorption of the natural ingredients in the bath essences, foams and showers.
- ▶ Keep water temperature between 90-100°F. A bath may be relaxing or stimulating depending on the water temperature and on the choice of **Just** bath essences, foams or showers.

### Immersion Bath:

- ▶ Enjoy immersion in bath for 15-20 minutes. Caution: Check with your physician in cases of pregnancy, hemorrhoids, varicose veins or high blood pressure.

### Shower

- ▶ **Just** products can also be enjoyed in the shower. Simply plug and fill the base of the shower with water. Essential oils and bath foams can be absorbed through your feet and the aromas through your nose. This way you will be combining the benefits of a foot bath with the stimulating properties of a shower.



**Disclaimer** · **Just** products are meant to soothe and provide well being. Please be reminded that no product mentioned herewith replaces the qualified recommendation of your health care provider or physician. **Just** products are not intended to diagnose, mitigate, treat, cure or prevent any disease. · Use **Just** products responsibly. Follow instructions carefully. · Before using a **Just** product for the first time, we recommend performing a patch test on the forearm to ensure tolerance to the high concentration of natural essential oils and extracts. If reddening occurs, dilute the product in a carrier cream or lotion or discontinue use · If pregnant, or experiencing any other medical condition, consult your doctor prior to using essential oils. · **Just** products are not hypoallergenic. · **Just** Products are meant to be used externally. Do not swallow. · Avoid eye contact. Should this occur, flush with cold water. In cases of severe irritation, contact your doctor. · **Just** shall not be held responsible for the misuse or incorrect use of their products. · **Just** products should be used under adult supervision. · Keep out of reach of children and pets.

#### CARE AND STORAGE

- Keep tightly closed container in a dark place and avoid extreme cold and heat.



## PRODUCTS FOR AROMATHERAPY

➤ 100% pure, pharmaceutical-grade essential oils.



# The art of creating special moments

Essential oils are the “soul” of a plant and have a tremendous charge of plant energy. At *Just* we believe fervently in this power and that’s why we offer a line of 12 essential oils, 100% pure and of pharmaceutical grade, which provide wellbeing solutions for the whole family. We understand aromatherapy to be a natural option for those of us who are not willing to resign our physical and spiritual well-being by living in a modern world.



An essential oil for every moment

## DIRECTIONS

- **Burner/Ultrasonic Diffuser:** Add 5 drops of essential oil into hot water.



- **Tissue:** Put 1-2 drops of essential oil on a tissue, rest lightly on your face and inhale.

- **Pillow/Air/Body:** Blend your favorite essential oil into the Aromablends Mist and spray on your pillow, clothes, body or directly into the air for a quick change of mood.



- **Body Massage:** Dilute 3-5 drops of essential oil in a capful of Sweet Almond Oil or a teaspoon of Aromablends Body Lotion or Body Oil.



- **Inhalations:** Add 5 drops to ½ liter of boiled hot water, cover head with towel and lean over the bowl for direct inhalations. Add 5 drops in a pot of boiling water so that the molecules of essential oils diffuse into the air.



- **Baths:** Add 3 drops to a sitz bath. For a hand or foot bath, add 5 drops blended into bath salts or any *Just Bath*, to prevent them from floating on the surface of the water.

- **Compresses:** Place 3 drops in cold or warm water depending on need. Soak a washcloth and apply to the desired area. Re-soak the cloth each time it loses the desired temperature.



- **Direct application:** Place 2 drops on the desired area.



- **Mouthwash:** Add 2 drops in a glass of either cold or warm water and rinse.



## DEMONSTRATION TIPS

- Place a couple of drops onto a paper tissue –1 per guest– for them to place on their face for 5 minutes.
- After the 5 minutes are up, encourage guests to take along the tissue in their pocket or handbag. The aromas will still be there hours after they left the Swiss Herbal Spa to remind them of how relaxed they felt.
- Pour a couple of drops of the essential oil in the guests' palms. Ask them to vigorously rub their hands together and then cup them to their face so they can inhale the aromas of the essential oils.
- Add 5 drops in a burner with hot water to scent the room.

## FREQUENTLY ASKED QUESTIONS (FAQ'S)

---

### 1. Are Just Essential Oils 100% pure and natural?

Yes.

### 2. What does Pharmaceutical Grade mean when we talk about essential oils?

It means that every essential oil is tested against the parameters of existing pharmacopeia whose standards must be achieved to determine the oil's purity. Among those parameters evaluated are the oil's density, refraction index and more importantly its chromatographic analysis –the "finger-print" of each element. If this standard is met, an essential oil can be defined as pharmaceutical grade or pharmacopeia grade.

Our **Sweet Almond Carrier Oil** is the only oil in our aromatherapy family that is enhanced with an additional ingredient (vitamin E) to prevent oxidation and brings anti-oxidant properties to the skin. Therefore, as it has an added ingredient, it cannot be considered pharmaceutical grade.

### 3. Why are essential oils preserved in amber-colored bottles?

High-quality essential oils must be stored in dark containers in order to prevent oxidation when exposed to sunlight.

### 4. How long do essential oils last?

Essential oils should be used within an 18 month period. However, they may be used for a longer period of time provided their aroma and texture remain the same. Shelf life can be extended by storing essential oils in a cool, dark place.

### 5. Where are Just Essential Oils sourced?

The source varies depending on each essential oil and the place where the best quality of that particular oil can be found.

### 6. What happens if I go in the sun after using a citrus essential oil on my skin?

Citrus-based essential oils can increase photo-sensitivity. It is therefore recommended to limit sun exposure for 12-24 hours after use to avoid skin pigmentation.

### 7. Can pregnant women use essential oils?

Yes, provided she has her doctor's permission. Many physicians prefer that their patients refrain from using essential oils during the first trimester. In addition, there are specific essential oils that should be avoided during pregnancy and breast-feeding due to their menstruation inducing properties. Essential oils to avoid: Rosemary, Jasmine and Peppermint.

### 8. Can children use essential oils?

Yes, though we usually suggest using half of the recommended amount in order to avoid skin irritations.

### 9. Can seniors use essential oils?

Yes, but as with young children, we also suggest using half of the recommended amount in order to avoid skin irritations.

### 10. If someone has high blood pressure, lupus, epilepsy, or any other chronic illness, can they use essential oils?

Yes, provided they do it under medical supervision.





---

## GENERAL WARNINGS

- Due to their high concentration, essential oils should not be applied directly on the skin. Dilute any essential oil of your choice in Sweet **Almond Carrier Oil** or any other **Just Lotion** or **carrier** to spread them onto the skin safely and effectively. **Lavender Essential Oil** is one of the few essential oils that can safely be applied pure on the skin.
  - Each time an essential oil is recommended or used for the first time, a patch test in the inner part of the arm should be done to test for irritation on the skin.
  - Children, elderly people and those with delicate and sensitive skin should use essential oils in half the recommended proportions.
  - During pregnancy and breast feeding, women should check with their doctor before using essential oils.
  - Check with your pediatrician before using essential oils on infants (0-12 months). Once cleared, use 1 drop of essential oil diluted in 1 capful of **Almond Carrier Oil**.
  - Do not ingest.
  - The use of essential oils is not a substitute for professional or medical advice.
- 



# Sweet Almond Carrier Oil

*(Prunus amygdalus dulcis)*

## HERBAL TRADITION



► **Almond:** Originally from Central Asia, today the almond tree grows mainly in the Mediterranean region and in California.

The almond tree is among the first to flower in the spring after a harsh winter. In fact, in Israel, it is customary to eat almonds during the feast of Tu B'Shevat, a holiday associated with the advent of spring, when the "new year" of the trees is celebrated as they begin to bloom. Greek mythology tells the story of Demophon – king of Greece, married to Phyllis. The story tells that he had to leave his bride the day after their wedding to fight in the Trojan War. Phyllis waited for her husband day after day, but, giving up hope for his safe return, she hung herself from a tree. Legend says that an almond tree grew on the spot where she was buried. When Demophon returned to Greece from the war and found out that his beloved had died, broken at heart he wrapped his arms around the trunk of the tree which magically blossomed with beautiful pink and white flowers.



## BENEFITS

### Moisturizing Nourishment

With its delicate scent, Sweet Almond Oil is a favorite when it comes to carrier oils. It gently glides over your skin to provide moisture and nourishment, and allows essential oils to slowly release their vital healing powers.

- Rich in vitamins A, B1, B2, B6 and E, it offers anti-oxidant properties and protects the skin from free radicals.
- Softens, nourishes and comforts the skin.
- Serves as the perfect transport for diluting those essential oils that should not be used directly on the skin.
- Improves glide and distribution of essential oils on the skin.
- Its slow absorption locks in the essential oils during a massage, preventing them from evaporating.
- Creates a protective barrier on the skin which prevents moisture loss.
- Returns luminosity to the skin.
- Does not block pores.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for all types of massage. May be used on its own, or as a carrier for other essential oils.
- Great for all skin types due to its low allergenic properties.
- Ideal for relieving itchy skin due eczema, psoriasis, stretching during pregnancy, etc.
- Wonderful for nourishing dry, irritated, or chapped skin.
- Ideal when applied to moist skin, after a bath or shower to nourish and moisturize.
- Ideal for use on babies, children and adults.
- Ideal during pregnancy and breast-feeding to maintain the skin's elasticity.
- Great for loosening and removing cradle cap in babies.
- Ideal for nourishing the skin after sun exposure and making your tan last longer.
- May be applied pure on the skin.

*PARABEN FREE*

## DIRECTIONS

### Useful conversions:

- 2 ml = 1 demitasse spoon = 40 drops = ½ capful
- 5 ml = 1 teaspoon = 100 drops = 1 capful
- 15 ml = 1 tablespoon = 300 drops = 3 capfuls

### Recommended amount for a body massage:

- Whole body: approximately 20 ml
- Small areas: 10 ml

### Recommended dilution of Essential Oil in Almond Carrier Oil:

- 3-5 drops of essential oil in 5 ml (1 capful) of Sweet Almond Carrier Oil.
- 6-10 drops of essential oil in 10 ml of Sweet Almond Carrier Oil.
- 9-15 drops of essential oil in 15 ml of Sweet Almond Carrier Oil.
- 12-20 drops of essential oil in 20 ml of Sweet Almond Carrier Oil.

## PERFECT PARTNERS

- Sweet Almond Carrier Oil combines perfectly with any essential oil as its light aroma does not interfere with the fragrant aromas of other essential oils.



## EXTRACTION METHOD

Cold pressing of the fruit.



## OPENING QUESTIONS

- Do you love essential oils but don't know how to use them other than on a burner/diffuser?
- Have you ever thought of using your favorite essential oil in a massage?

## DEMONSTRATION TIPS

- Place a small amount on the back of the guests' hands so they can feel the oil's texture, easy glide on their skin, and subtle aroma.
- Another option: Mix a few drops of an essential oil of your choice in the recommended proportion with Sweet Almond Essential Oil for guests to perform a massage on their shoulders, necks, arms, calves or abdomen, depending on the oil selected.

# Lavender Essential Oil

(*Lavandula Angustifolia*)

## HERBAL TRADITION



► **Lavender:** Lavender: Native to the Mediterranean region, lavender grows in sun-filled, rocky landscapes. Years of farming in the region of Grasse, in the south of France, have yielded better and more sophisticated types of lavender. It also grows throughout southern Europe (Spain, England and Italy), as well as in Tasmania (Australia) and in the United States. Of the many existing types of lavender, it is the "Angustifolia" variety that is most commonly used with medicinal purposes. Its name is rooted in the Latin word, "Lavare", since it was frequently used in Roman baths to purify the body and spirit. During the middle ages, its flowers were scattered on the stone floors of castles so that when stepped on, they would scent the air and ward off plagues. It was also customary for people to fill their pillowcases with lavender flowers to help them relax and fall asleep. Jean Maurice Gattefossé was the first scientist to document lavender's ability to promote skin tissue regeneration. While working in his laboratory, Gattefossé suffered a serious burn and, out of desperation, stuck his hand in the first available jar that happened to be lavender essential oil. He was amazed by the results, as his pain was relieved immediately and his skin healed quickly and without scars.



## BENEFITS

### Relaxation

With its soft floral scent and herbal notes, **Lavender Essential Oil** is a versatile, valuable essential oil in every home. Its soothing and calming aroma eases stress and anxiety to help you relax and rest peacefully. Lavender's amazing skin-healing properties also make it the go-to oil in your first-aid kit to soothe burns, and calm eczema and skin allergies.

#### Emotional Benefits:

- Great tonic for your nerves.
- Releases tensions that can bring on migraines and headaches.
- Aids in moments of anxiety, panic, hysteria, depression, tension and emotional stress. Promotes healthful sleep.

#### General Benefits:

- Soothes minor burns, sunburns and insect bites, comforts red and itchy skin due to skin allergies, eczema, etc.
- Repels mosquitoes and moths.

## PRIMARY USES AND RECOMMENDATIONS

- Place a few drops on the pillow to rest easier and fall asleep faster.
- Add a couple of drops on a tissue and rest over face for 5 minutes for deep relaxation.
- Massage onto neck, shoulders, nape of neck and back to release stress and nervous tension.
- Inhale before going into dentist or gynecologist's office to ease the anxiety these visits often cause.
- Use in a cold compress to relieve discomfort of the skin after prolonged sun exposure.
- Add to a **Just Bath Foam** or **Shower Gel** to relax and regenerate the skin.
- In case of burns, put the burned area under cold water immediately. Follow by applying a few drops of **Just Lavender Essential Oil** directly on the affected area to soothe the skin.
- Add a few drops on your skin to keep mosquitoes away. In case of an insect bite, apply the essential oil directly onto the area to soothe the itching and discomfort.
- Put a few drops on a small pillow or handkerchief in your drawers to scent your clothes and keep moths away.
- Put 1-2 drops on clothes hangers to ward off moths and scent your clothing.
- **Lavender Essential Oil** is one of the few essential oils that can be applied directly on the skin.

*PARABEN FREE*

## PERFECT PARTNERS

- Bergamot, Lemon, Neroli, Geranium, Palmarosa, Chamomile and Orange Essential Oils.
- Anti-Stress
- Melissa Bath Essence
- Lavender Cream



## EXTRACTION METHOD

Steam distillation of flowering spikes.

One ton of lavender flowers are needed to extract 9 liters of essential oil through distillation.



## OPENING QUESTIONS

- Do you feel that stress makes it hard to unwind? Does anxiety keep you from a good night's sleep and prevent you from feeling confident and relaxed?
- Do you have a quick problem solver in your first aid kit at home?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses
- Direct application

# Orange Essential Oil

(*Citrus Aurantium Dulcis*)

## HERBAL TRADITION



➤ **Orange:** Native to South and Southeast Asia, it is one of the most accessible fruits of modern times. There is evidence that the orange trade dates back to 2500 BC. It is estimated that about the year 1450, Italian merchants introduced the orange to the Mediterranean region and that by the middle of the 17th century, the fruit was popular and available worldwide.



## BENEFITS

### No More Conflict

The sweet, fresh, citrus aroma of Orange Essential Oil soothes anger and irritability as it instills peaceful feelings. Just a few drops make you feel calmer and in control. With Orange Essential Oil, you can handle life's aggravations confidently with a cool head. From now on you'll never be worried about conflicts escalating past the point of no return.

#### Acción Emocional:

- Provides a sense of happiness and relaxation that lifts your spirits and comforts the soul.
- Appeases feelings of anger and aggression.
- Wards off negative feelings and sadness.
- Reduces irritability, anxiety and stress.
- As opposed to Bergamot Essential Oil, which has a stimulating effect, Orange Essential Oil is calming.

#### Acciones Generales:

- Purifies your environment.
- Thanks to its disinfectant qualities, it has multiple uses in the home.
- Has insect-repellent qualities.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for calming unruly children after school or at dinnertime.
- Ideal for creating a relaxed environment that is light-hearted and friendly for parents to interact with their children, even after a long and stressful workday.
- Great in keeping small squabbles from becoming big fights.
- Ideal for placating nerves and dissipating anxiety caused by stress or sadness.
- Like many essential oils, it may be used as an insect repellent. However, be sure to avoid sun exposure if applied on skin to avoid photosensitivity and staining of the skin.
- In locations where long winters prevail and days are shorter and people tend to suffer from lack of exposure to sunlight, it is customary to scent the air with Orange Essential Oil to help prevent depression.
- The ideal oil for beginners.

*PARABEN FREE*

## PERFECT PARTNERS

- Lavender, Jasmine, Neroli Essential Oils as well as balancing Geranium and Palmarosa Essential Oils.
- Melissa Bath Essence
- St. John's Wort & Bitter Orange Bath Foam

## Specific Warnings

- When citrus-based oils are used on the skin, sun exposure should be avoided the following 12-24 hours in order to prevent photosensitivity and possible skin staining.



## EXTRACTION METHOD

This essential oil is extracted from the orange peel through a cold press extraction method. 50 orange peels are needed to extract 30 ml of Orange Essential Oil.



## OPENING QUESTIONS

- Is the atmosphere around you –either at home or at work– tense and prone to fighting, bickering and conflict?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Geranium Essential Oil

(*Pelargonium Maculatum/Graveolens*)

## HERBAL TRADITION



➤ **Geranium:** Native to South Africa, particularly the regions of Madagascar, Egypt and Morocco, geranium was later introduced to Italy, Spain and France in the 17th century.

In ancient times, geranium was usually planted around homes to keep away evil spirits. In the Victorian era it was common to place a geranium plant in a home's entrance to freshen the room; the leaves were placed in small bowls during formal dinners to refresh fingertips during a meal.



## BENEFITS

### Balanced Confidence for Women

Wrap yourself in the sweet floral scent of geranium to experience the harmonizing effect that makes **Geranium Essential Oil** "the" perfect oil for women of all ages. Geranium creates an overall sense of peace and serenity by helping to balance those unexpected mood swings that come from nowhere, making you feel so puzzled and misunderstood. As the best accessory a woman can own, **Geranium Essential Oil** lets the steady, confident woman shine through, day after day.

#### Emotional Benefits:

- Helps calm the mind and emotions, motivating the spirit.
- Ideal for soothing emotional disorders related to menopause, PMS and stress.
- Helps balance sudden mood swings.
- Helps ward off negative feelings and unpleasant memories, promoting a sense of inner peace, balance and tranquility.

#### Benefits on the Skin:

- Regulates dry and oily skin's oil production.
- Ideal for combination, dry and oily skin as well as skin with acne problems.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal when one feels uncomfortable in our own skin or when we barely recognize ourselves.
- Ideal when your mood swings from euphoria to sadness for no apparent reason.
- Ideal for women of all ages and in all stages of life – adolescents during puberty, women suffering from PMS and women going through menopause.
- Perfect for when your mind races faster than your body to help restore balance and stability.
- Ideal for every woman who celebrates being a woman.
- Add a couple of drops of **Geranium Essential Oil** on a tissue and carry it tucked in your décolletage or shirtsleeve throughout the day.

*PARABEN FREE*

## PERFECT PARTNERS

- Bergamot, Lemon, Jasmine, Lavender, Neroli, Orange, Palmarosa and Peppermint Essential Oils.
- Gel Intim
- Deo Intim
- St. John's Wort & Bitter Orange Bath Foam



## EXTRACTION METHOD

Steam distillation of leaves and flowers of the geranium plant.



## OPENING QUESTIONS

- Do the first days of your period keep you from fully enjoying your activities?
- Are there times when you feel that your hormones are taking over your body?
- Do you feel hypersensitive and experience sudden mood swings for no apparent reason?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Palmarosa Essential Oil

(*Cymbopogon Martini*)

## HERBAL TRADITION



► **Palmarosa:** Native to Pakistan and India, it is also known as Turkish Rose. Its oil has been distilled since the 18th century. Palmarosa is mentioned in the Indian book, "Medical Matter" and is widely recommended in Ayurvedic medicine. Eastern medicine venerates its "cold and damp" energy that strengthens the "yin." It was also used as incense in Egyptian temples. Because of its intense rose fragrance and relatively low cost, it is often used to adulterate rose essential oils.



## BENEFITS

### Harmony

With its dewy, rose-like scent that is both subtle and elegant, **Palmarosa Essential Oil** is the symbol of balance and serenity. This light and fresh oil blends beautifully with your skin and promotes feelings of total peace and harmony. Palmarosa helps clarify your mind and stay clear of negative thoughts that interrupt the natural flow of your daily life.

#### Emotional Benefits:

- Stabilizes the body and mind.
- Provides balance and self-confidence.
- Relaxes nervous tension, levels emotions and helps people find their center.
- Dispels negative thoughts and feelings of oppression.
- Helps problems flow easily, avoiding stagnation.

#### Benefits on the Skin:

- Promotes the health and beauty of the skin, regenerating and regulating oils and moisture.
- Offers high moisturizing properties.
- Refreshes the skin.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people who suffer from nervousness, insecurity and are fearful of change.
- Ideal when jealousy takes over or when we cannot control our possessive feelings over someone.
- Ideal for times when we have to make decisions and are faced with a dilemma.
- Ideal when our stomach is in knots and we need to regain our balance and harmony to let go of what is bothering us.
- Ideal during convalescence, when the body is struggling to regain its balance and recover from exhaustion.
- Ideal for dry, undernourished skin due to its hydrating properties.
- Ideal for regulating oily skin.

*PARABEN FREE*

## PERFECT PARTNERS

- Geranium, Orange, Bergamot, Lemon, Neroli, Chamomile, Lavender and Peppermint Essential Oils.
- St. John's Wort & Bitter Orange Bath Foam



## EXTRACTION METHOD

The oil is obtained by removing and distilling the leaves of the palmarosa plant before they flower. The yield of essential oil is 1-1.5%.



## OPENING QUESTIONS

- Are there times when you only see the glass as half empty and lack the clarity you need to make decisions, or feel as if you need to regain your center and balance?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Bergamot Essential Oil

(*Citrus Bergamia*)

## HERBAL TRADITION



➤ **Bergamot:** Native to Southeast Asia, but very common in Europe, specifically Calabria, the south of Italy, Ivory Coast, Morocco, Tunisia and Algeria.

Brought to mainland Europe from the Canary Islands by Christopher Columbus and from there to the city of Bergamo in northern Italy, where bergamot essential oil was traded for the first time. It appears to be a cross between an orange and a grapefruit, but shaped like a pear. Apart from neroli, bergamot is one of the most commonly used essential oils in the perfume industry and one of the key ingredients in eau de cologne. It is bergamot that lends "Earl Grey" tea its distinctive flavor. A psychiatric clinical study conducted by University of Milan Professor Paoli Rovesti, concluded that among the most important psychological effects of bergamot essential oil is its ability to calm anxiety and relieve feelings of fear and apprehension.



## BENEFITS

### Happy Drops

With its sweet, fruity, happy scent, **Bergamot Essential Oil** is the one to rely on for an instant positive attitude. Chase away the blues and experience the comfort and heart-warming effects that bergamot offers. A companion you can count and depend on, to remind you that...this too shall pass.

#### Emotional Benefits:

- Provides positive effects for those who feel depressed, sad and unable to face their days.
- Promotes a positive, happy and friendly attitude.
- Improves your mood.
- Balances unstable emotions.
- Reduces anxiety, stress and feelings of fear and apprehension.
- Provides confidence and security while diminishing feelings of shyness in new situations.

#### General Benefits:

- Purifies the environment.
- Offers insect-repellent properties.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for times when sadness overcomes us and we can't uncover the energy to face our day.
- Ideal when we feel like we are carrying the weight of the world on our shoulders and want to unload and feel "lighter".
- Ideal to lift your spirits and dispel sadness.
- Ideal to help overcome periods of sadness brought on by any reason, whether it be the loss of a loved one, a fight or a break-up.
- May be used as an insect repellent. Like with any citrus essential oil, be sure to avoid immediate sun exposure after use if applied directly to the skin.

*PARABEN FREE*

## PERFECT PARTNERS

- Lemon, Neroli, Lavender, Geranium, Palmarosa, Jasmine and Rosemary Essential Oils.
- Mountain Hayflower & Edelweiss Bath Foam

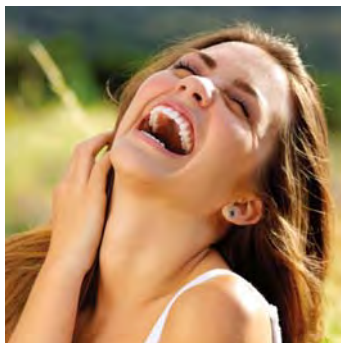
### Specific Warnings

- When citrus-based oils are used on the skin, sun exposure should be avoided the following 12-24 hours in order to prevent photosensitivity and possible skin staining.



## EXTRACTION METHOD

The peel of the fruit is used –either green or ripe–, and the oils are extracted by cold pressing. Each fruit yields 0.5% of essential oil.



## OPENING QUESTIONS

- Are there times when you feel sad, anxious and lack the energy to face your day?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Lemon Essential Oil

(*Citrus Limonum*)

## HERBAL TRADITION



➤ **Lemon:** Native to South and Southeast Asia, today Lemon is cultivated in Southern Europe, the United States, India and China. Its name is derived from the Arab word "laimun" or the Persian word "limun." Arab merchants introduced it to Europe during the Middle Ages, and to the Americas by Christopher Columbus. Lemon possesses a high amount of vitamins A, B and C and for this reason, lemon was given daily to the sailors in the Royal British Navy to prevent vitamin deficiencies, particularly vitamin C deficiency, commonly known as scurvy. In Japan, it is often used in diffusers and placed in air conditioning ducts in factories and banks to diminish levels of human error during repetitive activities.



## BENEFITS

### Inspiration

The tangy smell of **Lemon Essential Oil** will release your blocked energy, stimulating creativity and awareness. It comes through like a breath of fresh air, spreading positive energy, lifting your spirits and inspiring you to accomplish anything!

#### Emotional Benefits:

- Promotes creativity and alertness.
- Improves focus and promotes clarity for decision-making.
- Stimulates, energizes and increases memory capabilities.
- Lifts spirits and creates a positive, cheerful environment.
- Disperses mental fatigue and psychological pressure.

#### Benefits on the Skin:

- Stimulates skin circulation.
- Possesses astringent properties to help regulate oily skin.

#### General Benefits:

- Purifies the environment.
- Thanks to its disinfectant properties, there are multiple uses for it at home.
- Possesses insect-repellent properties.

## PRIMARY USES AND RECOMMENDATIONS

- Bored at work, at school, at home because you have to do repetitive, tedious routines that don't stimulate you anymore? A few drops of **Lemon Essential Oil** will brighten your day and add color to liven up even the most mundane tasks.
- Do you have a long and monotonous drive ahead? A few drops of **Lemon Essential Oil** will help you stay alert and vigilant.
- A few drops mixed with **Cellfit Anti-Cellulite Treatment** will enhance the product's effect on the appearance of cellulite.
- Add a few drops of **Lemon Essential Oil** to your shampoo to add shine to your hair.
- Like most essential oils, it can be used as an insect repellent. However, take care to limit sun exposure if used directly on the skin.
- Mix a drop or two in water or dishcloth to wipe kitchen surfaces and enjoy its wonderful antibacterial properties.
- A few drops will help remove chewing gum, oil, grease stains and crayon scribbles from surfaces. Make sure to test on a small hidden area before applying on large areas to test tolerance in different surfaces.
- A few drops added to a pot of boiling water will freshen up heavy odors in your kitchen after frying or cooking fish.
- Dip recently washed fruit in a bowl of water with a few drops of **Just Lemon Essential Oil** to keep them fresh for longer periods of time.
- Moisten a cotton ball with 10 drops of **Just Lemon Essential Oil** and place it inside your vacuum cleaner bag.

*PARABEN FREE*

## PERFECT PARTNERS

- Jasmine, Neroli, Bergamot, Geranium, Palmarosa, Lavender, Rosemary, Peppermint and Eucalyptus Essential Oil.
- Mountain Hayflower & Edelweiss Bath Foam
- Cellfit Line

## Specific Warnings

- When citrus-based oils are used on the skin, sun exposure should be avoided the following 12-24 hours in order to prevent photosensitivity and possible skin staining.



## EXTRACTION METHOD

Extracted from the lemon peel by cold pressing.



## OPENING QUESTIONS

- Are you out of ideas? Do you feel stuck in a rut? Do you need to come up with new creative solutions at work or at home?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Peppermint Essential Oil

(*Menta Piperita*)

## HERBAL TRADITION



► **Peppermint:** Native to Europe, specifically the Mediterranean region, today Peppermint is grown in Italy, the USA, Japan and Great Britain. Several interesting studies have been performed that highlight peppermint's ability to improve concentration, to improve athletes' performance and to promote the feeling of satiety. Dr. Dember, of the University of Cincinnati, studied and confirmed peppermint's ability to increase mental sharpness and alertness by 28%. Dr. Brian Raudenbush, from Wheeling Jesuit University in West Virginia, studied peppermint's ability to affect the brain's satiety center and found that peppermint gave people a greater feeling of fullness after meals. The study was done with 40 subjects who were asked to inhale peppermint every 2 hours for 5 days. A placebo was provided during the next 5 subsequent days. The results were astounding since during the week in which the subjects inhaled peppermint vapors, they consumed - on average - 1,800 fewer calories than during the week they were given the placebo. Because of this, peppermint is often used to supplement weight loss programs. Another study, also performed by Dr. Raudenbush, which focuses on athletes, proved that inhaling vapors of Peppermint Essential Oil improved the physical performance of athletes.



## BENEFITS

### Concentration

Renowned for its stimulating, fresh and minty smell, **Peppermint Essential Oil** enhances your precision and focus. When you're having difficulty concentrating, peppermint offers clarity so your mind is sharper and your senses are keener. With a clear focus, you'll masterfully handle all of life's many details.

#### Emotional Benefits:

- Increases concentration, clears the mind and encourages action.
- Enhances ability to focus and decreases distractions.

#### Physical Benefits:

- Comforts and refreshes in case of colds and congestion.
- Its fresh aroma reduces feelings of nausea and indigestion.
- Refreshes and relaxes fatigue and headaches brought on by stress and exhaustion.

#### Benefits on the Skin:

- Cools the skin.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for anyone who needs to stimulate or be stimulated: teachers, activity directors, mentors and students.
- Ideal for periods of prolonged study or work, when tasks require a great deal of focus and concentration.
- Ideal to helping athletes improve their performance and focus on their goals.
- Ideal inhaled or rubbed under the nose or on the chest and neck, diluted in **Just Almond Carrier Oil** or a **Just Lotion or Cream**, to comfort colds and congestion.
- Ideal for relieving indigestion – use in diluted form and massage on stomach area in a clockwise motion.
- Ideal when applied on forehead and nape of neck, diluted in **Just Almond Carrier Oil** or a **Just Lotion or Cream**, to refresh and relieve discomfort due to headaches and to help maintain energy levels.
- Great for staying alert during long drives or when performing a solitary tasks that require concentration.
- Ideal to relieve motion sickness by inhaling its refreshing vapors.
- Ideal for freshening breath when used as mouthwash.
- Ideal for soothing tired feet and legs. Provides a feeling of relaxation and freshness when a few drops are diluted in **Pedibalm** or in a footbath containing **Pedibath Foot Salts**.
- Increases the effectiveness of cold compresses when used to lower fever. Place icy compresses with **Peppermint Essential Oil** on armpits, forehead and groin area of children and adults.

PARABEN FREE

## PERFECT PARTNERS

- Lemon, Rosemary, Geranium, Palmarosa and Eucalyptus Essential Oil.
- Just Foot Care Line
- Eucasol, Eucalyptus Bath Essence
- Echinacea & Ginseng Bath Essence

## Specific Warnings

- Pregnant and nursing mothers should refrain from using **Peppermint Essential Oil**.



## EXTRACTION METHOD

Steam distillation of the entire plant prior to flowering.



## OPENING QUESTIONS

- Are every day distractions getting in the way of your productivity?
- Do you get easily sidetracked when you study, work, or multi-task?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses
- Mouthwash

# Jasmine Essential Oil

(*Jazminum Officinale*)

## HERBAL TRADITION



> **Jasmine:** Native to China and Northern India, jasmine was brought to Spain by the Moors. Today France, Italy, Morocco, Egypt, China, Japan and Turkey are the largest producers of this essential oil.

Originally used by the Chinese and Arab people for medicinal purposes, Jasmine Essential Oil was also used for its aphrodisiac properties and in ceremonies. Ancient Hindus wove garlands of jasmine flowers to honor special guests. It is also considered the sacred flower of the Hindu god of love, Kama and still used during wedding ceremonies to wish the new couple eternal love. Commonly known as the "King of Flowers", jasmine essential oil is said to have aphrodisiac properties greater than any other essential oil.



## BENEFITS

### Sensual & Passionate

Jasmine Essential Oil caresses you with its sensual, sweet, exotic and intensely floral aroma. Feel your inhibitions melt as fiery passion emerges to create unforgettable moments.

#### Emotional Benefits:

- > Its intense and exotic aroma promotes romance and boosts libido. Considered an aphrodisiac 'par excellence', since it reduces tensions caused by inhibition and anxiety during romantic encounters.
- > Produces feelings of lightness and relaxation comparable to the effects of a glass of wine.
- > Promotes self-confidence, optimism and revitalizing euphoria.
- > Reduces apathy and feelings of sadness.

#### Benefits on the Skin:

- > When combined with creams and lotions it helps reduce the appearance of stretch marks and improves the skin's elasticity.

#### Physical Benefits:

- > A massage with Jasmine Essential Oil relaxes muscle tension.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal to boost low libido caused by stress, fatigue and hectic daily obligations.
- Ideal during busy work periods to light up the spark after a long, tiring day.
- Ideal during post-partum periods, when desire seems to have vanished forever!
- Ideal during menopause when libido may drop temporarily.
- Ideal to complement a sensual massage and create a romantic atmosphere.
- Ideal to enhance a relaxing massage or to blend in a bath to release muscle tension and stress.
- A warm compress with **Jasmine Essential Oil** may be used to soothe stomach and menstrual cramps.
- Combined with creams and lotions it helps reduce the appearance of stretch marks and improves the skin's elasticity.
- It is suggested that only a few drops are used, since its intense aroma may mask other aromas unintentionally.

*PARABEN FREE*

## PERFECT PARTNERS

- Lemon, Bergamot, Orange, Geranium and Neroli Essential Oil.
- Just Delicate Soy Moisturizing Gel
- Deo Intim
- Sandalwood Bath Essence & Body Butter
- Marigold Cream

## DEMONSTRATION TIPS

- Since jasmine has a very intense scent, we recommend that you use a small amount during the demonstration to avoid overwhelming guests with its aroma.
- Place one drop on several piled tissues and invite guests to rest one tissue on their face for 5 minutes and immerse themselves in deep relaxation.

## Specific Warnings

- Pregnant women or nursing mothers should refrain from using **Jasmine Essential Oil**.



## EXTRACTION METHOD

Jasmine petals are harvested at night, when its aroma is most intense. An experienced farmer may collect between 10,000 and 15,000 buds per night. The extraction process is lengthy and begins with the preparation of a "concrete" from which an "absolute" is obtained to later extract its essential oil. Approximately 1,000 pounds of flowers yield roughly one pound of essential oil.



## OPENING QUESTIONS

- Do you miss the passion and desire of the early days in your relationship?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue/Lingerie
- Body Massage
- Inhalations
- Baths
- Compresses

# Neroli Essential Oil

(*Citrus Aurantium Amara* Flower)

## HERBAL TRADITION



➤ **Neroli:** Neroli is obtained from the bitter orange tree blossom. Native to southern Vietnam, today its main producers can be found in Italy, France, Tunisia, Egypt and Sicily.

It is believed that the name "neroli" comes from the name of an Italian princess of Spanish descent, Anne-Marie de la Tremoille (Princess of Ursini or Nerola). It is said that she used neroli to perfume her gloves and bath water. Today it is still used as a key ingredient in perfumes and eau de cologne. Orange blossoms are often associated with weddings and brides, who traditionally dressed their hair with neroli flowers and carried them in their wedding day bouquets to soothe the tension and anticipation of their impending wedding night.



## BENEFITS

### Romantic & Dreamy

Romantic in spirit with a sweet, floral aroma, neroli awakens your senses and your heart with hope and the desire to dream and explore. Neroli Essential Oil gently leads you on the pathway to positive energy and a renewed self-confidence.

#### Emotional Benefits:

- Enhances romantic feelings, desire, creativity and foreplay.
- Soothes, relaxes and diminishes fear and anxiety.
- Comforts during moments of sadness and depression.
- Possesses an almost "hypnotic" effect, which will help you fall asleep faster and for longer periods.

#### Benefits on the Skin:

- Improves skin's overall appearance, reducing the appearance of open pores, stretch marks and scars.
- Balances the skin's oil production.

#### Physical Benefits:

- Neroli Essential Oil effectively helps relax tense muscles, soothe menstrual and stomach cramps, much in the same way Chamomile Essential Oil does.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for those who want to rekindle romance, fantasy and the ability to dream.
- Ideal to lift your spirits and dissipate feelings of sadness and depression.
- Ideal as a sensual and natural perfume.
- Reduces the appearance of stretch marks and scars.
- Ideal for a relaxing and soothing massage.
- A warm compress with **Neroli Essential Oil** may be used to soothe menstrual and stomach cramps.
- Ideal in stressful situations to relieve anxiety: before entering the dentist or gynecologist's office for example.

*PARABEN FREE*

## PERFECT PARTNERS

- Geranium, Palmarosa, Jasmine, Lavender, Lemon, Bergamot and Orange Essential Oil.
- Sandalwood Bath Essence & Body Butter
- Juniper Cream & Bath Essence
- Marigold Cream
- St. John's Wort & Bitter Orange Bath Foam



## EXTRACTION METHOD

Recollection of neroli flowers is done with a great deal of care since the blossoms are very fragile and easily bruised, risking a lower yield of essential oil. One ton of neroli flowers are needed to produce 1kg of the essential oil via steam distillation.



## OPENING QUESTIONS

- Do you feel that as a couple you have lost the romance and the spark?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Chamomile Essential Oil

(*Matricaria recutita*)

## HERBAL TRADITION



➤ **Chamomile:** Native to Europe, Iran and Afghanistan, today chamomile is mainly cultivated in Hungary, Egypt, Eastern Europe and France.

Ancient Egyptians dedicated this tiny flower, which resembles a daisy, to the sun when they wanted to cure a fever, and to the moon when they wanted to be refreshed. Discorides Anazarbeo first mentioned chamomile in the year 78 BC in the book "De Materia Medica," the first European medical book of its kind, which has served as the basis for all herbal treatments during the following 1700 years. Its botanical name, "matricaria," literally means "care of the womb". This name is related to plant's use in popular medicine to induce menstruation and its strong connection with the female reproductive system. It is also widely used for its digestive and decongestive properties.



## BENEFITS

### Naturally Comforting

Upset stomachs from overindulging are no match for **Chamomile Essential Oil**. Chamomile soothes and comforts adult and children's tummies through its wonderful calming and relaxing properties. With its sweet, fruity scent, **Chamomile Essential Oil** should be in every home —for whatever life dishes out.

#### Emotional Benefits:

- Its sedative and calming properties serve as a tonic for the nervous system.
- Relaxes and calms nervous tension.

#### Benefits on the Skin:

- Soothes uncomfortable, itchy, dry, red skin.

#### Physical benefits:

- Relaxes tense and "knotted" muscles improving the ability to move.
- Soothes stomach troubles and menstrual cramps.

## PRIMARY USES AND RECOMMENDATIONS

- Warm compress for both children and adults brings almost immediate relief to upset stomachs, indigestion and menstrual cramps. As an alternative, you may prefer to perform a clockwise massage of **Chamomile Essential Oil** diluted in **Sweet Almond Essential Oil** directly on the stomach area.
- Ideal for travel, when meals can become erratic and unpredictable.
- Ideal for soothing fussy, irritable babies or young children who might suffer from colic or may become fussy when teething. A gentle clockwise massage on the stomach and back will work wonders to calm and relax them.
- Ideal to loosen up tight or sore muscles caused by tension or stress.
- Commonly used to reduce insomnia and anxiety due to its sedative and relaxing properties.

*PARABEN FREE*

## PERFECT PARTNERS

- Orange, Lavender, Neroli, Geranium and Palmarosa Essential Oil.
- Melissa Bath Essence
- Juniper Cream and Bath Essence

## DEMONSTRATION TIPS

- Combine 3 drops of **Chamomile Essential Oil** and add one capful of **Almond Carrier Oil** in a small bowl.
- Offer guests a small amount for them to perform a massage on their own stomachs and see how quickly they feel a sense of relief and comfort.



## EXTRACTION METHOD

Steam distillation. Chamomile flowers yield approximately 0.2-0.4% of essential oil.



## OPENING QUESTIONS

- Do you sometimes overeat and indulge in rich foods?
- Do the first days of your period keep you from fully enjoying your activities?
- Do your kids complain about frequent stomachaches?

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Eucalyptus Essential Oil

(*Eucalyptus globulus*)

## HERBAL TRADITION



► **Eucalyptus:** Native to Australia, eucalyptus is the main food for koala bears. Today it is grown in China, Portugal, Spain, India, Brazil, Chile, Bolivia, Uruguay and Paraguay.

It has always been used as a decongestant in a variety of over-the-counter cough and cold medications to open up the lungs and restore free breathing. There are over 300 kinds of eucalyptus, but 'eucalyptus globulus' has always been used for medicinal purposes. During the First World War, it was used to combat an outbreak of meningitis as well as the flu pandemic of 1919. Because of its properties, eucalyptus has been used to fight cholera and purify low-income and rural areas. There are studies that prove that, when vaporized, eucalyptus can eliminate up to 70% of staphylococcus bacteria present in a closed environment.



## BENEFITS

### Breathe Easy

Breathe in the fresh, lively scent of eucalyptus for relief from nasal woes. Deeply aromatic, **Eucalyptus Essential Oil** is the ideal choice to help you breathe easier during allergy season and the inevitable colds that come along. Free breathing won't be your problem next winter!

#### Physical Benefit:

- Restores the pleasure of breathing freely.
- Emotional Benefits:
- Clears the mind and stimulates.

#### Benefit on the Skin:

- Refreshes.

#### General Benefits:

- Purifies the environment.
- Effective when used as an insect-repellent

## PRIMARY USES AND RECOMMENDATIONS

- Blend into a **Just Cream** and place directly below your nose to restore the pleasure of free breathing.
- Use through inhalations to comfort and relieve congestion.
- Increases the effectiveness of cold compresses when used to lower fever. Place icy compresses with **Eucalyptus Essential Oil** on armpits, forehead and groin area of children and adults.
- Ideal to purify a sickroom.
- Ideal for use in oral hygiene through a mouthwash, to refresh and promote gum health.
- Ideal as an insect-repellent.

*PARABEN FREE*

## PERFECT PARTNERS

- Eucalyptus can be blended effectively with the following essential oils: **Peppermint, Lemon and Rosemary.**
- **Eucalyptus Bath Essence and Eucasol**
- **Echinacea & Ginseng Bath Essence**
- **Thyme Cream & Bath Essence**

## Specific Warnings

- Do not use **Eucalyptus Essential Oil** on or near the face or mouth of children under 2 year of age.
- People who suffer from asthma should check with their doctor prior to using **Eucalyptus Essential Oil.**



## EXTRACTION METHOD

The essential oil is obtained by distilling the plant's leaves. 50 pounds of this plant yield one pound of oil. 15 tons of leaves yield 150 liters of eucalyptus oil.



## OPENING QUESTIONS

- Did recent weather changes catch you by surprise?

## DIRECTIONS

- **Aromatherapy Burner/Diffuser**
- **Pillow/Tissue**
- **Body Massage**
- **Inhalations**
- **Baths**
- **Compresses**
- **Mouthwash**

# Rosemary Essential Oil

*(Rosmarinus Officinalis)*

## HERBAL TRADITION



► **Rosemary:** Native to the Mediterranean region, today rosemary grows wild in many places throughout the world. Considered sacred by the ancient Egyptians, Greeks, Romans and Jews, it was used widely during the Middle Ages to ward off evil spirits. Until not long ago, French hospitals burned bunches of rosemary during epidemics to avoid the spread of the disease. It was also an ingredient of the "Marseille Vinegar", used by tomb raiders to protect them from the plague during the 15th century. It is said that the plant's flowers were originally white and turned a purple when the Virgin Mary placed her robe on a rosemary bush. For ages, rosemary has been used to treat alopecia, an affliction characterized by partial or total hair loss on different parts of the human body.



## BENEFITS

### Renewed Energy

The spicy, clean and crisp scent of Rosemary Essential Oil renews and re-energizes your body and mind. When you're running on empty, rosemary strengthens your spirit making your energy last longer, while you enjoy the ride.

#### Emotional Benefits:

- Reduces mental fatigue and stimulates intellectual activity and concentration.
- Awakens the senses and helps maintain alertness.
- Its stimulating aroma has positive mood-altering effects.

#### Physical Benefits:

- Stimulates the body through massages or immersion baths.
- Soothes muscle and rheumatic discomfort.

#### Benefits on the Skin:

- Activates hair follicles, promoting a healthier scalp and stronger, shinier, healthier hair.
- Highly anti-oxidant.

## PRIMARY USES AND RECOMMENDATIONS

- Perfect in times when it's hard to get started in any activity due to fatigue and exhaustion.
- Great stimulant when you feel bored and lethargic.
- A few drops in an immersion bath are the perfect way to end a long, tiring day.
- Great during exam periods or intense study periods.
- Ideal for soothing physical tension caused by bad posture, muscle aches or rheumatism.
- Ideal for use in an invigorating massage on tired, sore muscles.
- Ideal for massaging the scalp to promote hair health and growth.

*PARABEN FREE*

## PERFECT PARTNERS

- Lemon, Bergamot, Peppermint and Eucalyptus Essential Oil.
- San'Activ Shampoo & Salts
- Juniper Cream & Bath Essence
- Mountain Hayflower & Edelweiss Bath Foam
- Just Shampoos and Intensive Hair Treatment

## Specific Warnings

- Those who suffer from epilepsy or high blood pressure should check with their physician before using Rosemary Essential Oil.
- Should not be used by pregnant or nursing mothers.



## EXTRACTION METHOD

Rosemary Essential Oil is obtained by distilling the plants and flowers of the rosemary plant.



## OPENING QUESTIONS

- Are you sometimes overcome by fatigue, making it difficult for your body and mind to keep up? In the morning, after lunch, when you get home from work, before you go out in the evening...

## DIRECTIONS

- Aromatherapy Burner/Diffuser
- Pillow/Tissue
- Body Massage
- Inhalations
- Baths
- Compresses

# Aromablends

## Aromatherapy by design



The Aromablends line was specially designed so you can create your own aromatherapy synergies in an easy and fun way. Just blend a few drops of one or more of your favorite essential oils within the Aromablends carrier of your choice, and enjoy the power of nature every day.

It is so easy to prepare a blend with the Aromablends Vehicles that you will want to create a new combination every day.

### BENEFITS OR AROMABLENDS CARRIERS

- Created especially for the use and enjoyment of essential oils at any moment.
- Combine one or more essential oils depending on the mood you want to achieve.
- We suggest not blending more than 3 essential oils to preserve the purity of the aromas.
- The carriers do not have aroma or fragrance so as not to interfere with the natural scents of the essential oils.
- Reduces the evaporation of essential oils to promote their best absorption.
- Soluble with essential oils allowing for efficient and total emulsification.
- Ideal for the whole family.

**Just** offers a complete line of 100% pure, pharmaceutical grade essential oils you can combine and blend with any **Aromablends Carrier**. Here are a few of our favorite combinations.



### BLISS

Feel joyful, cheerful, delighted, ecstatic, chirpy.

Bergamot + Lemon + Neroli



### CREATIVITY

Be ingenious, innovative, original, visionary.

Lemon + Neroli + Rosemary



### REVIVE

Awaken, activate, get going, greet the day!

Bergamot + Lemon + Peppermint



### FOCUS

Concentrate, reflect, be productive. Clarify your mind.

Peppermint + Lemon + Palmarosa



### PASSION

Be exciting, sensual, sexy, intense. Lose your inhibitions and let go!

Jasmine + Bergamot + Lemon



### TRANQUIL

Keep your cool. Feel serene, soothed, relaxed. Relieve nerves, stress and anxiety.

Lavender + Orange + Palmarosa



### LOVE

Flirt, romance, play, be intriguing. Open your heart.

Neroli + Palmarosa + Orange



### COURAGE

Escape your fears and face the music.

Orange + Lavender + Neroli



### FEMININE BALANCE

Ease PMS, Post-menopausal syndrome and mood swings.

Geranium + Lavender + Orange



### TUMMY COMFORT

Comfort nausea, hangover, colic, upset stomach, indigestion, cramps.

Chamomile + Peppermint + Lavender

## DEMONSTRATION TIPS

- We recommend the "Introduction to Aromatherapy" Spa as one of the themes to demonstrate the full line of **Just Essential Oils**. To demonstrate **Aromablends**, choose your favorite blends and create them at that moment with three presentations - Oil, Lotion and Mist - so that the guests see how easy it is to create their own synergy.
- If you do not have all the essential oils for your demonstration, choose blends that you know you can create.

## OPENING QUESTIONS

- Did you know that you can change your mood by creating a personalized blend with essential oils in just two minutes?
- Would you like to incorporate aromatherapy into your daily routine in an easy and fun way?
- Do you like aromatherapy but you're not sure how to blend or apply essential oils? **Just** has the solution to make aromatherapy easier to use!



# Aromablends Body Lotion

Formulated with natural oils and enriched with vitamin E for their effective hydrating and antioxidant properties. Choose and blend in your favorite essential oils to moisturize your skin and set your mood every day.

## MAIN ACTIVE INGREDIENTS

- Sweet Almond Oil
- Jojoba Oil
- Corn Oil
- Vitamin E (Tocopherol)



## BENEFITS

- Help achieve the effect or state of mind that you desire by blending a few drops of Just Essential Oils in Aromablends Body Lotion.
- Protects and deeply hydrates skin.
- Anti-oxidant properties combats the effects of free radicals that age prematurely the skin.

## PRIMARY USES AND RECOMMENDATIONS

- Quickly enhances the mood desired.
- Ideal for perfuming skin naturally.
- Ideal to moisturizing skin daily.
- Ideal to comfort irritated and sensitive skin.
- Ideal for dry and dull skin.
- Ideal to promote the elasticity of the skin.

*Dermatologically tested · No fragrance ·  
Not tested on animals · No dyes · TACC-free ·  
No mineral oils · Paraben free.*

## SUGGESTED BLENDS

- Invite guests to create their own blend according to the mood they want to achieve by guiding and inspiring them with some ideal combinations. Suggest using the **Aromablends Body Lotion** to apply their own personal blend on the arms, legs and décolletage. After a few minutes, ask them how they feel.



## OPENING QUESTIONS

- We all moisturize our skin everyday to keep it hydrated, soft and silky. What would you think about adding a few drops of your favorite essential oils to a body lotion that is fragrance free, that moisturizes your skin and elevates your mood all at once?

## DIRECTIONS

- Mix a total of 3-5 drops of **Just Essential Oil** into a teaspoon of **Aromablends Body Lotion** and apply over your whole body.



# Aromablends Body Oil

Aromablends Body Oil is an exquisite blend of oils with a sumptuous, rich and silky texture. Softens and nourishes the skin providing a unique and special application. Choose your favorite essential oils to create your own custom blend to nourish your skin and create the effect or the mood you need.

## MAIN ACTIVE INGREDIENTS

- Sweet Almond Oil
- Corn Oil
- Sunflower Oil
- Jojoba oil
- Wheat Oil
- Avocado Oil
- Hypericum Extract
- Vitamin E (Tocopherol)



## BENEFITS

- Deeply nourishes and comforts very dry skin.
- Leaves skin luminous and silky.
- Anti-oxidant properties combat the effects of free radicals that age the skin prematurely
- Ideal for a massage as it improves the application of essential oils without allowing them to evaporate for the duration of the massage.

## PRIMARY USES AND RECOMMENDATIONS

- **Aromablends Body Oil** has a silky and soft texture, ideal for all types of massages.
- Apply on damp skin after bath or shower to nourish and moisturize.
- Combine one or more essential oils depending on the effect that you desire.
- Especially recommended for dry skin.

*Dermatologically tested · No fragrance · Not tested on animals · No dyes · No mineral oils · No Parabens.*

## SUGGESTED BLENDS

- Place a small amount of **Aromablends Body Oil** in the palms of guests, adding a few drops of one or two essential oils, depending on the mood they want to create. Ask them to blend and apply on their skin (suggesting some of your own favorite combinations). Ask them to share their thoughts and what they feel.



## OPENING QUESTIONS

- What do you think about enjoying a massage that was tailored to soothing both your physical and emotional needs?

## DIRECTIONS

- Mix a total of 3-5 drops of **Just Essential Oils** into a teaspoon of **Aromablends Body Oil** and apply over your whole body or over a specific area for a massage.

# Aromablends Body Mist

## HERBAL TRADITION



➤ **Echinacea:** It is known by naturists as the “plant antibiotic”, and considered to stimulate and reinforce immunological system activity. From North America, echinacea has been widely used in traditional medicine for its soothing properties and prevention of infections.



## MAIN ACTIVE INGREDIENT

➤ Echinacea Extract

## BENEFITS

- Aromablends Body Mist allows you to create your own aromatherapy blend to mist on the body, a handkerchief, bedding or directly into the air, depending on the need.
- Ideal for blending in small spray bottles and keeping one in each room of your home, at work, in your bag and another in the car.
- Light, comforting and refreshing.
- Provides the protective properties of echinacea.
- A practical and natural way to create your own aromatherapy synergy.

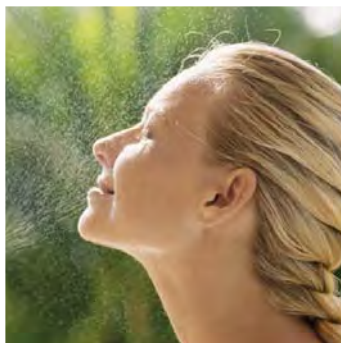
## PRIMARY USES AND RECOMMENDATIONS

- Create a specific mood by blending a few drops of your favorite essential oils into this perfect medium and vaporize the fragrant mist over your body, pillow linen or into the air.
- Create a blend for every need.
- Mix them in small spray bottles and keep one on your nightstand one in every room, take another to work and keep one in your car or your purse.

*Dermatologically tested · Fragrance Free · Cruelty Free · Dye Free · Gluten Free · Mineral Oil Free.*

## SUGGESTED BLENDS

- Fill small spray bottles so that guests can prepare their own **Aromablends Body Mist** with your suggestions and depending on the mood they desire.
- Bring a small container to fill the spray bottles and avoid waste.
- As an example, bring your own favorite blend and mist it in the room or on a tissue paper before starting the Spa.



## OPENING QUESTIONS

- One of our favorite ways to enjoy the positive emotional effects of essential oils is through the **Aromablends Body Mist**, uniquely blended for a variety of uses and benefits. How about we create one as a group?

## DIRECTIONS

- Mix a total of 6 drops of one or several **Just Essential Oils** for every 10 ml of **Aromablends Body Mist** in a small spray bottle.



## PRODUCTS FOR MENTAL & EMOTIONAL WELL-BEING

- ▶ Harmony & Relaxation
- ▶ Love & Care



#### CARE AND STORAGE

- Keep tightly closed container in a dark place and avoid extreme cold and heat.

# Guduchi Revitalizer

## HERBAL TRADITION



➤ **Guduchi:** Plant native to Tropical India. Also known as Amrita (which means immortality) due to its incredible ability to bring life to the body even in the worst conditions. An indication of this small miracle can be seen when a fresh branch of Guduchi is cut off from its tree and continues to grow without visible life support by taking the basic elements from the environment to produce its vital energy. In Ayurvedic medicine, Guduchi is used to relieve lack of energy by providing a revitalizing feeling and enhancing all aspects related to the power of the mind and short term memory.



## PRIMARY INGREDIENT

- Guduchi Extract

## SECONDARY INGREDIENTS

- Lime Essential Oil
- Lemon Essential Oil
- Rosemary Essential Oil
- Camphor
- Lavender Essential Oil
- Menthol

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Revitalize and renew lost vitality due to tiredness.
- Help keep up high motivation levels throughout the day, minimizing physical and mental exhaustion.
- Help you cope with life's challenges to enjoy 100% of your day.
- Stimulate, through its revitalizing aroma, the body's natural predisposition to generate endorphins, also called "happiness hormones", essential to our well-being since they produce pleasant feelings of vitality and energy.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal in case of tiredness, fatigue and exhaustion.
- May be used at any time and as often as needed.
- Recommended to deal with your routine and daily challenges with vitality and motivation.
- Best times to use **Guduchi Revitalizer**:
  - After lunch.
  - Before an evening out to regain that little extra energy you need to complete your day.
  - After working or studying long hours.
  - Monday mornings before confronting a complicated week.
  - Friday afternoons after a long week.
  - When you work late or if you work night shifts.
  - Before and after classes.
- Children and elderly: it is advisable to make a skin patch test on the inner part of the forearm to make sure that the product does not cause irritation.
- **Avoid contact with eyes.** In case of irritation, rinse with lukewarm water.
- **Guduchi Revitalizer** contains lemon and lime citric oils that could cause photosensitivity on the skin. Therefore, avoid applying this product on areas that will be exposed to intense sun exposure.
- Tiredness seems to descend from the mind onto the body (but not the other way around). **Body Balm** and **Mountain Hayflower & Edelweiss Bath Foam** are ideal in combination with **Guduchi Revitalizer** to relieve physical tiredness and exhaustion.

*PARABEN FREE*



## DEMONSTRATION TIPS

- The **Guduchi Revitalizer** is an ideal product to demonstrate at any Swiss Herbal Spa due to its immediate effect. At the end of the presentation, you may add: "There is another product that I would like to show you which is our latest launch and I wouldn't want you to go home without trying it". Continue with some of the opening questions. Offer guests to try **Guduchi Revitalizer**. Remind them to avoid contact with the eyes. At the end of the demonstration, ask them how they feel and invite them to share their feelings with the other guests.



## OPENING QUESTIONS

- When do you feel most tired? Monday mornings, Friday afternoon or after lunch?
- Haven't you ever felt too exhausted to go out but when someone suggested something fun all of a sudden you found energy you didn't know you had left? That shows that even when we think we have no energy left there is always a little bit left behind.
- Do you know what endorphins are? (Endorphins, also called "happiness hormones", are essential to our well-being since they stimulate the pleasure centers in the brain, producing very pleasant feelings of vitality and energy. Its levels increase or decrease depending on our mood and tiredness). Would you like to learn about a product that stimulates the body's natural predisposition to generate them?

## DIRECTIONS

- Apply on temples (far away from eyes), nape of neck, behind the ears and on the wrists. Reapply as needed.
- Yields 80 applications.



Just Anti-Stress Activator is a unique and balanced combination of 15 natural essential oils. This delicate combination of oils provides a sense of improved well-being and relaxation that helps cope with stress and the challenges of every day life.

## MAIN ACTIVE INGREDIENTS

- Peppermint Essential Oil
- Juniper Essential Oil
- Damask Rose Essential Oil
- Lemongrass Essential Oil
- Wild Pine Essential Oil
- Hop Essential Oil
- Cedar Essential Oil
- Geranium Essential Oil
- Rosemary Essential Oil
- Eucalyptus Essential Oil
- Chamomile Essential Oil
- Melissa Essential Oil
- Lavender Essential Oil
- Basil Essential Oil
- Fennel Essential Oil



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

The relaxing aromas of this unique blend of essential oils have been used for centuries to:

- Provide a soothing and calming effect to help cope with high moments of stress.
- Clear the mind to help improve efficiency levels.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people under physical or mental stress (exams, work, new baby, emotional problems, sports competition, etc.).
- Ideal for people who have a stressful job (presentations, meetings, decision-making, etc.).
- Ideal to soothe irritability and nervousness.
- Ideal for those whose mood is affected by stressful situations.
- Used through massage and local application on pulse points such as wrists, temples and nape of neck, provides soothing and calming effect.

PARABEN FREE



## GUDUCHI REVITALIZER VS. ANTI-STRESS

- ⬆️ **Guduchi Revitalizer** stimulates and replenishes lost energy to face the day with increased motivation; ideal for situations in which an extra dose of energy is needed.
- ⬇️ **Anti-Stress**, on the other hand, promotes a sense of calm and balance, decreasing the impact of stressful days and situations.

The simultaneous use of both products is not recommended since their effects cancel each other out. Use either one at different times of the day and as needed.

## DEMONSTRATION TIPS

- Add 3 drops into an aromatherapy burner with water and explain the benefits of the product.
- Ask a guest to apply 1 drop on the nape of his neck and behind his ears to demonstrate the relaxing and refreshing effects of this product.



## OPENING QUESTIONS

- Would you like to fight stress with a completely natural product?
- Do you know how many flowers and leaves are necessary to obtain this wonderful mix of oils? (See examples in aromatherapy section).

## DIRECTIONS

**Just Anti-Stress** may be used in combination with other **Just Bath** Foams, Essences, Essential Oils, and Creams.

- **Rubbing:** Rub 2 drops of **Anti-Stress Activator** on the nape of the neck and behind the ears.
- **Massage:** Mix 3-5 drops with a carrier product (Just Carrier Oil, Milks, or Creams) and massage gently.
- **Inhalation:** Put 3-5 drops in an aromatherapy burner, sauna or diffuser with water. Let the essential oil molecules vaporize into the room.

# Melissa Bath Essence

## HERBAL TRADITION



➤ **Melissa:** Melissa, sometimes called Lemon Balm, is a plant that grows in Europe, Central Asia and North America. This essential oil has a refreshing aroma that soothes and relaxes tension and provides a stimulating and pleasant feeling.



## PRIMARY INGREDIENT

➤ Melissa Essential Oil

## SECONDARY INGREDIENTS

- Eucalyptus Essential Oil
- Lemongrass Essential Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

➤ They have been known to promote tranquility and a good night's sleep thanks to its ability to ease the tensions related to stress, nervousness and irritability.

## PRIMARY USES AND RECOMMENDATIONS

- A relaxing warm bath and soothing properties of **Melissa Bath Essence** before bedtime will help promote a good night's rest.
- It is of great value for people who have difficulty sleeping.
- The relaxing effects of a warm bath, makes it ideal for babies and hyperactive children.
- Ideal for nervousness, stress or irritability.
- May be used alone or combined with other **Just Bath Essences** or **Foams**.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind guests of the principles of aromatherapy.
- Dissolve a few drops of bath essence in hot water. Call their attention to the color and aroma of the essence.
- When demonstrating a bath foam or essence, water must be very hot for the immediate release of their aromas, which will be easy to recognize and identify.
- Remind guests that regular soap destroys the properties of the essences. The use of bath foams is recommended for cleansing purposes.
- When you recommend a bath essence for the first time, test for irritation in the inner part of your customer's forearm. The Demonstration is an ideal time to teach this test.



## OPENING QUESTIONS

- Is there any one in your family who is particularly nervous and would benefit from a relaxing bath at the end of the day?
- Is it hard for you to fall asleep?
- Are you familiar with the soothing effects of Melissa?
- Would you like to relax without taking any pills?

## DIRECTIONS

- Add 1 or 2 capfuls of essence to a warm bath (90-100° F).
- For a foot bath, add 1/2 capful.
- Bath Essences are ideal for use in a whirlpool bath because they do not lather.

# Sandalwood Bath Essence

## HERBAL TRADITION



➤ **Sandalwood:** For many years, men have been using sandalwood based fragrances, because of its magnetism to attract women. Many chemists state that sandalwood's aroma is similar to that of a masculine hormone, explaining its erotic and aphrodisiac effect.



## PRIMARY INGREDIENT

- Sandalwood Extract and Oil

## SECONDARY INGREDIENTS

- Black Pepper Oil
- Hundred Petal Rose Oil
- Jojoba Oil
- Patchouli Oil
- Ylang Ylang Oil
- Jasmine Oil
- Cedar Oil
- Iris Oil
- Sage Oil
- Vetiver Oil
- Palmarosa Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

The combination of these highly erotic essential oils have been known to:

- Relax the senses and soothe the mind.
- Create an atmosphere that may help promote sexual desire, reduce inhibition and inspire creativity.
- Leave the skin with an exquisite and longlasting aroma.

## PRIMARY USES AND RECOMMENDATIONS

Creating an atmosphere with **Sandalwood Bath Essence** is:

- Ideal for people who want to enhance their love encounters and make them unique and unforgettable.
- Recommended for couples who want to break the routine and revive attraction and eroticism.
- Ideal to promote intimacy.
- Ideal for couples who want to share a sensual bath.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind guests of the principles of aromatherapy.
- Dissolve a few drops of bath essence in hot water. Call their attention to the color and aroma of the essence.
- When demonstrating a bath foam or essence, water must be very hot for the immediate release of their aromas, which will be easy to recognize and identify.
- Remind guests that regular soap destroys the properties of the essences. The use of bath foams is recommended for cleansing purposes.
- When you recommend a bath essence for the first time, test for irritation in the inner part of your customer's forearm. The Demonstration is an ideal time to teach this test.



## OPENING QUESTIONS

- There is always room to improve our love life if we use our imagination, add some details, and create just the right atmosphere. **Just** has developed the perfect product to create the mood and enhance your romantic encounters.
- Would you like to enjoy a sensual and aphrodisiac bath, which will revive feelings of attraction and eroticism?
- Would you like to discover a new **Just** product that will allow you to enjoy your moments of intimacy and sensuality?

## DIRECTIONS

- Add 1 or 2 capfuls of essence to a warm bath (90-100° F).
- For a foot bath, add 1/2 capful.
- Bath Essences are ideal for use in a whirlpool bath because they do not lather.

# St. John's Wort & Bitter Orange Bath Foam

## HERBAL TRADITION



➤ **St. John's Wort:** St John's Wort has balancing and soothing properties that are particularly effective in providing comfort to people who suffer from stress and depression.



➤ **Bitter Orange:** Originally from China with more recent expansion to the Mediterranean, USA and South America, the Bitter Orange tree provides a wonderful extract of Neroli. Bitter Orange is well known for its harmonizing properties of the nervous system for people who suffer from frustration, sadness and stress. Its wonderful sweet and sensual aroma has slight aphrodisiac properties.



## PRIMARY INGREDIENTS

- St. John's Wort Extract
- Bitter Orange Flower Extract

## SECONDARY INGREDIENTS

- Vitamin A
- Tocopherol (Vitamin E)
- Panthenol (Vitamin A & B)
- Biotin (Vitamin H)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Balance and regenerate.
- Improve, through a relaxing bath, conditions related to stress, fatigue and frustration.
- Contribute to a good night's sleep.
- Protect and oxygenate the skin.
- Provide moisture that lasts.
- Prevent dry skin.

## PRIMARY USES AND RECOMMENDATIONS

A warm bath provides comfort and restores balance. When you add St. John's Wort & Bitter Orange Bath Foam, the bath becomes:

- Ideal for people dealing with stress, lack of energy, feelings of sadness, and insomnia.
- Especially effective for those times that require a high level of concentration, or when you are faced with high-pressure situations at work, school or at home.
- Highly effective in balancing and regenerating tired and dull skin.
- Ideal when combined with Anti-Stress.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind guests that **Just Baths Foams** may also be used for personal hygiene, so there is no need to use soap.
- Explain that bubbles and foam are created when the running water falls over the bath foam.
- Dissolve a few drops of the bath foam in warm water. Invite guests to notice the color and aroma of the bath foam.
- Place a drop of the bath foam on the skin of a volunteer to demonstrate the silky texture of the product.
- Explain that Bath Foams can also be used by applying a small amount on a sponge in the shower.



## OPENING QUESTIONS

- Who doesn't need help to recover their balance after stressful moments?
- Are you under a lot of pressure at work or at home?
- Are you having problems resting?
- Do you have any children in college that might benefit from a mood balancing bath?

## DIRECTIONS

- Place 3 capfuls of **Just Bath Foam** into a bath with warm water (between 90-100°F/32-37°C). Soak for 20 minutes.
- In a footbath, add 1 capful.



## PRODUCTS FOR PHYSICAL WELL-BEING



- Frequent Care
- Feminine Care
- Muscle & Joint Care
- Respiratory Care



#### CARE AND STORAGE

- Keep tightly closed container in a dark place and avoid extreme cold and heat.



31 Herbal Oil is made with an exclusive combination of the following 31 -100% pure- essential oils. The benefits obtained will depend on how it is applied.

## MAIN ACTIVE INGREDIENTS

- Anise
- Basil
- Benzoin
- Cajeput
- Caraway
- Celery
- Chamomile
- Cinnamon
- Citronella
- Clove
- Dill
- Dwarf Pine
- Eucalyptus
- Fennel
- Ginseng
- Iris
- Juniper
- Lavender
- Lemon
- Melissa
- Myrrh
- Nutmeg
- Orange
- Rosemary
- Rosewood
- Sage
- Tarragon
- Thyme
- Vanilla
- Wild Mint
- Wintergreen



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Refresh and revitalize.
- Enhance physical well being.
- Ease tension and discomfort associated with headaches.
- Help soothe tension and discomfort related to rheumatic and muscular pain.

## PRIMARY USES AND RECOMMENDATIONS

- A few drops of **31 Herbal Oil** enhances the effects of all other **Just Products**.
- When applied and rubbed on the temples it helps ease the tension related to headaches.
- A breath of fresh air when combined with **Just Eucasol** to help comfort those affected by symptoms associated to cold and congestion.
- It is ideal in combination with **Just Body Balm** to refresh and invigorate.
- The refreshing aromas of **31 Herbal Oil** may help a person who has just fainted feel better.
- Utiliza el **Oleo 31** dentro de tu ritual diario de **Essential<sup>3</sup>**, al final de tu jornada de actividades o cuando necesites liberar tensiones.

PARABEN FREE



## DEMONSTRATION TIPS

- Offer the guests a few drops of **Just 31 Herbal Oil** on the temples (preferably someone who is particularly tired or has a headache). Ask him to feel the immediate freshness provided by **Just 31 Herbal Oil** (avoid contact with eyes).
- Mix 3-5 drops of **Just 31 Herbal Oil** with Juniper Cream and offer this blend for someone to rub on their back or neck and experiment the feeling of the relaxation of accumulated tension.



## WARNING

- We do not recommend this product for children under the age of 2, elderly people, and pregnant women without a medical approval due to the high concentration of essential oils contained therein.
- External use only.
- Keep away from eyes and mucous membranes. (Rinse thoroughly with cold water if contact occurs).
- Wash hands thoroughly after use to prevent contact with eyes and mucous membranes.
- Do not use on wounds or burns.



## OPENING QUESTIONS

- Isn't it amazing that **Just** was able to combine the benefits of 31 natural essential oils in this tiny bottle?
- Do any of you suffer from painful headaches?

## DIRECTIONS

- Immersion bath or shower: Add 15-20 drops in the bath and blend with your favorite **Bath Foam** or **Essence**.
- Rubbing: Apply a few drops and rub vigorously.
- Massage: Blend 3-5 drops with a carrier product (**Just carrier oil** or **body lotions**) and massage gently.
- Aromatherapy: Place 3-5 drops in a burner, diffuser, spray bottle or hot water with steam. Allow the essential oil molecules to vaporize into the air.
- Compress: Apply a cold water compress after rubbing a few drops of the **Just 31 Herbal Oil** on the temples to enhance the refreshing effect.



# 31 Herbal Cream

The 31 Herbal Cream contains the same essential oils present in our renowned 31 Herbal Oil. This new herbal cream is ideal to be applied directly on the temples, forehead and the back of the neck.

## PRIMARY INGREDIENTS

- Anise
- Basil
- Benzoin
- Cajeput
- Caraway
- Celery
- Chamomile
- Cinnamon
- Citronella
- Clove
- Dill
- Dwarf Pine
- Eucalyptus
- Fennel
- Ginseng
- Iris
- Juniper
- Lavender
- Lemon
- Melissa
- Myrrh
- Nutmeg
- Orange
- Rosemary
- Rosewood
- Sage
- Tarragon
- Thyme
- Vanilla
- Wild Mint
- Wintergreen

## SECONDARY INGREDIENTS

- Shea Butter
- Candelilla Wax
- Menthol



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Ease the tension associated with symptoms of headache when applied onto forehead, temples and the nape of the neck.
- Refresh and vivify.
- Help improve well-being.
- Contribute to reduce the appearance of small warts.
- Help calm the feeling of nausea thanks to the invigorating aromas of the essential oils.

## PRIMARY USES AND RECOMMENDATIONS

- Provides the same benefits as the traditional **31 Herbal Oil**, but in a perfect presentation that makes it easy to apply on temples, forehead, and the back of the neck.
- Recommended for people who are sensitive to the strong scents of pure essential oils.
- Ideal for people who find the traditional **31 Herbal Oil** too strong when applied directly on the skin.
- Thanks to its creamy base, the **31 Herbal Cream** provides a soft feeling and a longer lasting effect. This occurs because its creamy base delays the evaporation of the rich essential oils. For this reason, the refreshing effect is perceived a few minutes after the application.
- The **31 Herbal Cream** is ideal to carry with you everywhere, since it does not spill or leak. Its size and texture make it ideal to carry at all times.
- Ideal for people who spend long hours away from home.
- It is highly concentrated, and goes a long way. The **31 Herbal Cream** contains up to 300 applications.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Offer guests the new **31 Herbal Cream** to experience the refreshing and stimulating effect it provides when applied on the temples, forehead, and the back of the neck. A couple of minutes after it has been applied invite them to share what they feel.



## WARNING

- We do not recommend this product for children under the age of 2, elderly people, and pregnant women without a medical approval due to the high concentration of essential oils contained therein.
- External use only.
- Keep away from eyes and mucous membranes. (Rinse thoroughly with cold water if contact occurs).
- Wash hands thoroughly after use to prevent contact with eyes and mucous membranes.
- Do not use on wounds or burns.



## OPENING QUESTIONS

- Can you believe that *Just* managed to capture the wonderful effects of our world famous **31 Herbal Oil** into such a tiny container?
- Do any of you suffer from severe headaches?

## DIRECTIONS

- Massage gently (with a circular motion) on temples, forehead, and the back of the neck. The **31 Herbal Cream's** essential oils will provide a refreshing and stimulating effect after a few minutes.

# Echinacea & Siberian Ginseng Bath Essence

## HERBAL TRADITION



➤ **Echinacea:** Echinacea is known to naturalists as the “natural antibiotic,” as it is considered to be stimulating and strengthening to the immune system. Native to North America, echinacea has been widely used in traditional medicine for its soothing properties and to prevent infections.



➤ **Siberian Ginseng:** Today, ginseng is perhaps the most popular medicinal plant worldwide. It was originated in Asia and has been used for medicinal purposes for centuries. Siberian ginseng, as its name suggests, grows in certain regions of Siberia. It is notable for its capacity to increase mental and physical performance and provide an overall sense of vitality. It is known as a great regulator of the body and mind.



## PRIMARY INGREDIENTS

- Echinacea Extract
- Siberian Ginseng Extract

## SECONDARY INGREDIENTS

- Coriander Oil
- Cilantro Oil
- Siberian Fir Oil
- Cardamom Oil
- Juniper Oil
- Eucalyptus Oil
- Geranium Oil
- Palmarosa Oil
- Vitamin A
- Vitamin E

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

### Major Benefits Attributed to the Ingredients

- This stimulating blend of essential oils provides a pleasant feeling of wellbeing when the body's natural defenses are down.
- When used in a warm soothing bath, they invigorate and help fight mental and physical fatigue promoting an improvement in concentration and stress relief.
- They synergize to give the body an energizing and refreshing effect.
- They stimulate mental and physical performance.
- The reddish/yellow color of this bath essence conveys optimism, 'joie de vivre' and energy, creating a unique synergy between the physical and emotional benefits of this wonderful variety of ingredients.

## PRIMARY USES AND RECOMMENDATIONS

- It is known that when people feel strong and in good spirits, they are less prone to disease.
- A hot bath with **Echinacea & Siberian Ginseng Bath Essence** is very comforting for:
  - People with weakened immune systems. For example: after a flu, cold or disease.
  - People with low physical endurance.
  - People suffering from exhaustion or physical and mental stress; people who have high-demand jobs or who have heavy study periods and those who are going through tough emotional times.
  - People who are exposed to direct contact with the public or other means of possible transmission: schools, hospitals, health clinics, doctors offices, airports, etc.
  - School-age children.
  - Adults and the elderly.

PARABEN FREE

## DEMONSTRATION TIPS

- Remind guests of the principles of aromatherapy.
- Dissolve about 15 drops of bath essence in hot water. Call their attention to the color and aroma of the essence.
- When demonstrating a bath foam or essence, water must be very hot for the immediate release of their aromas, which will be easy to recognize and identify.
- Remind guests that regular soap destroys the properties of the essences. The use of bath foams is recommended for cleansing purposes.
- When you recommend a bath essence for the first time, test for irritation in the inner part of your customer's forearm. The demonstration is an ideal time to teach this test.

## DIRECTIONS

- Add 1 or 2 capfuls of essence to a warm bath (90-100° F).
- For a footbath, add 1/2 capful.
- Bath Essences are ideal for use in a whirlpool bath because they do not lather.



## OPENING QUESTIONS

- Do you, like me, get a cold with every sudden weather change?
- Do you feel your children catch most illnesses from their classmates?
- Do you notice that once your children return to school after a cold or flu, they often become sick again in a matter of days?
- Many times when we are tired, stressed or exhausted it takes a toll on our bodies. Some people suffer an increase in cholesterol levels, others have thyroid problems, some get skin rashes and some of us just go from one flu to the next...
- Are any of you, or any member in your family, going through a period of high demands at work or school that make you feel stressed or exhausted?
- Are any of you, or any member in your family, going through a difficult emotional time?
- Do any of you have a job that exposes you to contact with a lot of people? School, medical office, customer service, hospitals, etc.?
- Any of the situations that I just mentioned may weaken our defenses or can occur because we already have low defenses leaving us vulnerable to disease... **Just** tells you how you can regain your wellness and energy in a natural way.

## HERBAL TRADITION



➤ **Arnica:** The wonders of Arnica have long been appreciated in natural treatments throughout the world thanks to its calming and refreshing properties. Arnica is used externally as an application for bruises, sprains and stings to soothe and invigorate.



➤ **Witch Hazel:** Also known as Hamamelis has been highly valued and used in aboriginal medicine. Several tribes have long used this plant to calm and heal wounds and insect bites and to calm joint and muscle pain. Witch Hazel has astringent, refreshing and decongestive properties, in addition to perspiration inhibiting qualities.



## PRIMARY INGREDIENTS

- Arnica Extract
- Hamamelis Extract

## SECONDARY INGREDIENTS

- Bisabolol
- Camphor Oil
- Chamomile Extract
- Edelweiss Extract
- Glycerin
- Melissa Extract
- Marshmallow Extract
- Neroli Fragrance
- Sage Extract
- St. John's Wort Extract
- Yarrow Extract

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

The balanced blend of Arnica and other comforting extracts create a soothing balm that:

- Eases the discomfort related to bumps and bruises.
- Provides instant refreshing comfort to insect bites and stings.
- Invigorates the skin.
- Refreshes and dissipates tension related to muscle pain and cramps.

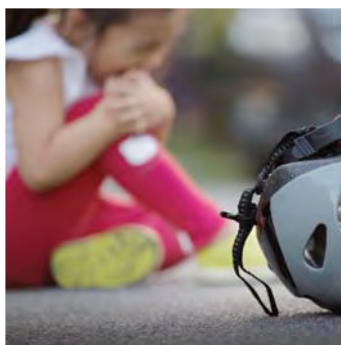
## PRIMARY USES AND RECOMMENDATIONS

- A refreshing massage in combination with herbal extracts is always comforting:
  - When there are children around who tend to fall often and bruise easily.
  - To ease discomfort related to insect bites and stings.
  - For people who suffer from muscles cramps.
  - When rubbed on the back of neck and arms to relieve fatigue, after a long day or drive.
- An ideal product to carry in your first aid kit.
- May be combined with **Just 31 Herbal Oil** or with any other **Just Aromatic Cream** or **Oil** in a massage. For example: To ease tension related to muscle pain: **31 Herbal Oil + Juniper Cream + Just Body Balm**.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Apply a few drops on the guest's hand for her to rub on the back of her neck, arms and legs.



## OPENING QUESTIONS

- Do any of you have children at home? Would you like to learn about a product that soothes their discomfort when they fall or bruise?
- Did you know that arnica extract is considered to be one of the best treatments for bruises and sprains due to its antiinflammatory and stimulant properties?
- Do any of you suffer from cramps?

## DIRECTIONS

- Apply a small amount of **Just Body Balm** on the palm of your hand and rub vigorously over your body.

# Mountain Hayflower & Edelweiss Bath Foam

## HERBAL TRADITION



➤ **Mountain Hayflowers:** A diverse array of wildflowers belonging to the Hayflower family that have been used for many years to provide an invigorating and stimulating effect.



➤ **Edelweiss Flowers:** The Edelweiss flower is a delicate flower yet surprisingly strong and able to survive all kinds of adverse weather in the high mountains of the Swiss Alps. This seemingly fragile flower survives, thanks to a wonderful protection system that the plant has naturally developed and perfected over thousands of years, that allows it to filter sunlight, retain moisture and reverse signs of oxidation, maintaining its beauty and lengthening its invulnerability. Its active ingredients work for the skin in much the same manner, almost as though they were in the flower itself.



## PRIMARY INGREDIENTS

- Mountain Hayflowers Extract
- Edelweiss Extract

## SECONDARY INGREDIENTS

- Vitamin A
- Tocopherol (Vitamin E)
- Panthenol (A and B Vitamin)
- Biotin (Vitamin H)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Revitalize and invigorate.
- Fight fatigue through a refreshing bath.
- Keep the body warm, especially hands and feet.
- Prevent signs of premature aging and protect skin from harmful external factors.
- Restore moisture to dry skin.
- The new synergy of natural ingredients further underscores its invigorating alpine aroma.

## PRIMARY USES AND RECOMMENDATIONS

- In their laboratories in Walzenhausen, Switzerland, **Just** adjusted the synergy of the ingredients in the **Mountain Hayflowers & Edelweiss Bath Foam** to further enhance its invigorating alpine aroma.
- Because of its reviving properties, this bath is ideal in cases of fatigue and physical exhaustion.
- Its energizing action is ideal before a night out.
- It is well known that a hot bath stimulates circulation and prevents burnout.
- It is an excellent way to add an energizing boost to your mornings before a long day of work.
- Ideal when combined with the new **Guduchi Revitalizer**.
- Also ideal as a warm bath on cold days which makes it the perfect product for elder people who suffer from cold in the extremities and chills.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind guests of the cleansing properties of **Just Bath Foams**, and that there is no need to use soap.
- Explain that it creates bubbles and foam when poured under running water.
- Dissolve a few drops of the bath foam in warm water. Invite guests to notice the color and smell of the bath foam.
- Place a drop of bath foam on the skin of a volunteer to demonstrate the silky texture of the product.



## OPENING QUESTIONS

- Would you like to enjoy a revitalizing bath that makes you feel energized in just 20 minutes?
- Did you know that a warm bath stimulates circulation?
- Do any of you suffer from cold hands and feet?

## DIRECTIONS

- Add 3 capfuls of **Just Bath Foam** to a warm bath (between 90–100°F/32–37°C). Stir and soak for 20 minutes.
- For a footbath, add 1 capful.
- The warming effect on the body that comes from a bath in **Mountain Hayflower & Edelweiss Bath Foam** is comforting for those who suffer from cold hands and feet.

## HERBAL TRADITION



➤ **Wheat Germ:** Ideal for sensitive skin. Has comforting, hydrating and softening properties. Its high content of vitamin E provides protecting and anti oxidant effects.



➤ **Chamomile:** The properties of chamomile have been known since ancient times. Chamomile was believed to be effective against nervous attacks and fever. Today chamomile is known for its calming relaxing and anti-inflammatory properties.



## PRIMARY INGREDIENTS

- Wheat Germ Lipids
- Chamomile Extract

## SECONDARY INGREDIENTS

- Coconut Oil
- Aloe Vera
- Witch Hazel Extract
- Marshmallow Extract
- Vitamin E
- Bisabolol (derived from chamomile)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

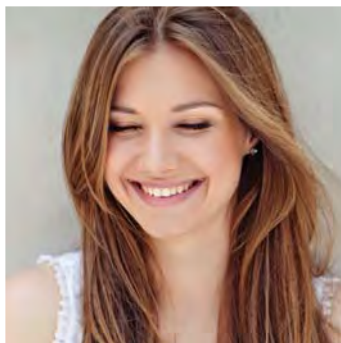
- Provide gentle deodorant protection.
- Soothe discomfort related to itching and irritations.
- Maintain the delicate balance of the vaginal area thanks to the perfect combination of natural extracts and oils.
- Maintain pH balance.

## PRIMARY USES AND RECOMMENDATIONS

- The gentle cleansing properties of coconut oil are ideal for intimate feminine hygiene.
- Due to its conditioning properties it is ideal to soothe and help prevent discomfort.
- Indispensable for an effective intimate hygiene for women of all ages.
- When cleansing, avoid very hot water or excessive water pressure since this could cause an imbalance in the natural defense system of the vaginal area.

## DEMONSTRATION TIPS

- Dissolve a few drops of **Deo Intim** in a bowl with warm water. Ask each customer to place a few drops on her hand and smell the delicate and natural fragrance of **Just Deo Intim**. Also ask them to notice the gentle feeling of freshness and cleanliness.



## OPENING QUESTIONS

- Did you know that excessive intimate cleansing with harsh products could actually be harmful?
- Did you know that regular soap alters the skin's pH?
- How would you like to learn more about the ideal product for your intimate feminine hygiene?

## DIRECTIONS

- Apply a small amount of **Just Deo Intim** on the palm of your hand. Gently wash the affected area.

# Gel Intim · Soy Moisturizing Gel

## HERBAL TRADITION



➤ **Soy:** The ancient Chinese considered soy to be a sacred food, and biology has given reason to the Chinese wisdom, proving the presence of phyto-estrogens – also called “plant estrogens” – that have a characteristic similar to those of estrogens, the female hormones that begin to decline and stop production during menopause.



## PRIMARY INGREDIENT

➤ Non-Transgenic Soy Extract

## SECONDARY INGREDIENTS

- Aloe Vera Extract
- Glycerin

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Intensely hydrate, restoring the pleasure of feeling naturally moisturized.
- Provide an immediate comforting feeling.
- Restore the skin's natural softness and elasticity.
- Have a soft and silky feeling with a light and natural texture.
- Provide a very pleasant feeling when applied since it does not feel oily or sticky.

## PRIMARY USES AND RECOMMENDATIONS

- Suitable for women who suffer from dryness that causes discomfort.
- Ideal for women of all ages who want to enhance the pleasure of feeling moisturized.
- Especially recommended for women who are experiencing lack of moisture due to the natural decline in estrogen production during pre-menopause and menopause.
- Ideal for use during intimate moments to soften and moisturize.
- A beautifully-designed product, delicate, feminine and discreet, for every woman to have on her nightstand.

*FRAGRANCE FREE, PARABEN FREE, COLORANT FREE.*

## DEMONSTRATION TIPS

- During the Herbal Spa, you can show its silky and natural texture applying a small amount on the guest's fingertips.
- Explain how this fragrance-free gel does not interfere with the body's natural scent.
- You can give the guests a sample of the new **Gel Intim** so they can experience its wonderful benefits at home.
- Remember the importance of individual closing time with your clients. The privacy of a one on one will help clients confirm their decision.
- The topic of dryness should be treated naturally and in a collaborative manner on your part in order to give your clients the strong desire to overcome a problem that is so easy to overcome, with a simple solution. For example: "Silvia, I highly recommend that you try this wonderful gel. You will see that after you try it, there will be a before and an after in your life."
- Be sure to suggest the use of **Deo Intim** for lasting fresh daily hygiene.



## OPENING QUESTIONS

- Today I will be talking about menopause. How many of you are familiar with the symptoms of menopause, or how many of you were surprised when you experienced them?
- Did you know that one of the physical symptoms of the decline of estrogen during pre-menopause is dryness? In the skin, hair, fingernails, and of course, vaginal dryness.
- This often creates discomfort. The good news is that today, we are bringing you a solution that proposes a before and after in your lives as you know it, and will allow you to turn over a new leaf. **IT IS TIME TO ENJOY LIFE, AND THERE IS NO REASON TO WAIT!**
- Did you know that there is evidence that soy contains phyto-estrogens, also called "plant estrogens", which are similar to estrogen, the female hormones, which stop being produced during menopause?

## DIRECTIONS

- Apply as necessary to the desired area.

# Juniper Bath Essence

## HERBAL TRADITION



► **Juniper:** Juniper is abundant in the Northern Hemisphere but the essential oil is mainly produced in Hungary. Refreshing and invigorating, this oil is primarily used to alleviate muscle spasms and contractures. It is also known for its antiseptic, astringent and diuretic properties.



## PRIMARY INGREDIENT

► Juniper Essential Oil

## SECONDARY INGREDIENTS

- Eucalyptus Essential Oil
- Cypress Essential Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

- A relaxing herbal soak in warm water is always therapeutic.
- The warming properties of Juniper is a perfect complement to an immersion bath to help reduce the discomfort of sore muscles.
- Helps loosen and ease the tensions of aching muscles.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people who practice sports both for warming up before and for relaxing after physical activity.
- A warm bath is always therapeutic for people who suffer from stiff muscles, tingling sensation in arms and legs and swelling of ankles and feet.
- Works wonders combined with **Mountain Hayflower & Edelweiss Bath Foam**, followed by a massage with **Juniper Cream**.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind guests of the principles of aromatherapy.
- Dissolve a few drops of bath essence in hot water. Call their attention to the color and aroma of the essence.
- When demonstrating a bath foam or essence, water must be very hot for the immediate release of their aromas, which will be easy to recognize and identify.
- Remind guests that regular soap destroys the properties of the essences. The use of bath foams is recommended for cleansing purposes.
- When you recommend a bath essence for the first time, test for irritation in the inner part of your customer's forearm. The Demonstration is an ideal time to teach this test.



## OPENING QUESTIONS

- Do any of you suffer from muscle contractions or stiffness?
- Do any of you participate in sports?
- **Just Juniper Bath Essence** is ideal for an immersion bath if you have strained muscles.
- Do any of you ever try a therapeutic bath to ease muscles tension and pain?

## DIRECTIONS

- Add 1 or 2 capfuls of essence to a warm bath (90-100° F).
- For a foot bath, add 1/2 capful.
- Bath Essences are ideal for use in a whirlpool bath because they do not lather.

# Juniper Cream

## HERBAL TRADITION



► **Juniper:** Juniper is abundant in the Northern Hemisphere but the essential oil is mainly produced in Hungary. Refreshing and invigorating, this oil is primarily used to alleviate muscle spasms and contractures. It is also known for its antiseptic, astringent and diuretic properties.



## PRIMARY INGREDIENT

► Juniper Essential Oil

## SECONDARY INGREDIENTS

- Soybean Oil
- Pine Oil
- Eucalyptus Oil
- Cypress Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

- A well applied massage with essential oils on sore muscles is always therapeutic.
- The warming properties of Juniper Essential Oil are the perfect complement to a relaxing massage that helps loosen and ease the tension of aching muscles.

## PRIMARY USES AND RECOMMENDATIONS

- A massage with **Juniper Cream** is ideal to relax and revitalize.
- It is highly effective for people who practice sports, both for warming up or for a relaxing massage after exercising.
- Ideal for people who suffer from stiff muscles, tingling sensation of arms and legs, swollen feet and ankles and tensions associated with painful menstruation who can benefit from a relaxing massage.
- Works wonders after a therapeutic soak in **Juniper Bath Essence**. For additional comfort, **Mountain Hayflower & Edelweiss Bath Foam** may be added to the warm water.

*Just* offers 3 levels of care for movement and elasticity:

### PREVENTION:

**Juniper Cream** · **WARMING EFFECT.**

Massage before and after exercising to relax your muscles.

### IMMEDIATE CARE:

**Comfrey Cream Gel** · **COOLING EFFECT.**

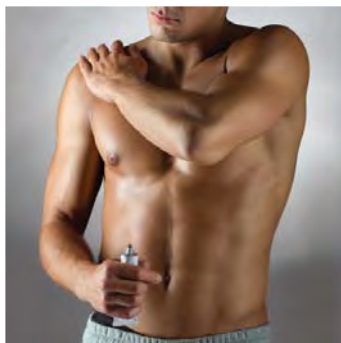
This refreshing herbal creamy gel provides comfort when there is pain due to over-exertion and muscle strain. Helps relax sore muscles and joints through a gentle massage.

### CHRONIC SITUATIONS:

**Arnica Creamy Gel** with devil's claw and frankincense. Apply daily to provide comfort and improve mobility. Ideal for long term use.

## DEMONSTRATION TIPS

- Offer a small amount of cream on the back of a volunteer's hand. Massage gently to demonstrate fast absorption by the skin.
- Ask guests to smell the appealing and refreshing fragrance of the product.



## OPENING QUESTIONS

- Does anyone in your family suffer from sore muscles?
- Do any of you participate in sports?
- Do all of you have good blood circulation or do you often have cold hands and feet during the winter?

## DIRECTIONS

- Apply **Just Juniper Cream** topically. Massage to speed up absorption of the cream into the skin.

# Comfrey Creamy Gel

## HERBAL TRADITION



► **Comfrey:** Dioscorides Anazarbeo was a medical doctor, pharmacologist and botanist in Ancient Greece who registered Comfrey, as a plant with medicinal properties to weld broken bones and heal bruises. At present, there are various published studies from the University of Köln, Germany, about the effectiveness of creams that contain comfrey extract. These studies certify that comfrey contains decongestive, anti-inflammatory and pain relieving properties.



## PRIMARY INGREDIENT

- Comfrey Extract

## SECONDARY INGREDIENTS

- Arnica Extract
- Macadamia Nut Oil
- Glycerin
- Tocopherol (Vitamin E)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Soothe sore muscles caused by strains and over-exertion during exercise and physical activity.
- Help cool down after exercise through a refreshing massage.
- Ease discomfort in the shoulders, back, arms, legs, feet and joints.
- Tone, refresh and relax.
- Ensure rapid absorption and ease spreading even over sore areas.
- Ideal for people in pain who do not tolerate too much pressure on the strained area.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people who practice sports as they are vulnerable to accidentally suffer strains such as sprains and muscle tears due to physical activity.
- Recommended after strains or over-exertion.
- Tips after a strain: Call your physician immediately; then lie down and apply ice or cold compresses on the sore area. If the strain is in the arm or leg, lift them up to limit inflammation and apply **Comfrey Creamy Gel** + 3 drops of **31 Herbal Oil** to comfort pain, impede inflammation and promote recovery. Immobilize depending on the degree of strain.
- Safe for children.

*PARABEN FREE*

*Just* offers 3 levels of care for movement and elasticity:

### PREVENTION:

**Juniper Cream** · **WARMING EFFECT.**

Massage before and after exercising to relax your muscles.

### IMMEDIATE CARE:

**Comfrey Cream Gel** · **COOLING EFFECT.**

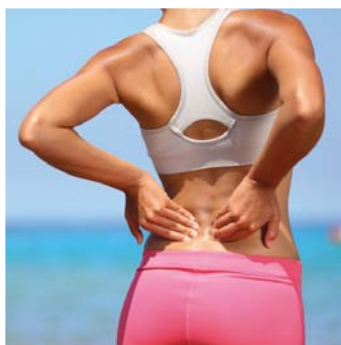
This refreshing herbal creamy gel provides comfort when there is pain due to over-exertion and muscle strain. Helps relax sore muscles and joints through a gentle massage.

### CHRONIC SITUATIONS:

**Arnica Creamy Gel** with devil's claw and frankincense. Apply daily to provide comfort and improve mobility. Ideal for long term use.

## DEMONSTRATION TIPS

- You may start your Swiss Herbal Spa by asking if any of the guests has recently suffered a strain due to brisk movements or over-exertion. If they are in pain, ask them if they would like to try a small amount of **Comfrey Creamy Gel** + 3 drops of **31 Herbal Oil** on the area. Meanwhile, start with any of the opening questions. When you finish your presentation ask them how they feel and invite them to share their thoughts with the rest. You may help them out by asking questions such as "Aren't you feeling better?" "Did you feel the refreshing and soothing effect of this wonderful creamy gel?"



## OPENING QUESTIONS

- Do any of you practice physical activity or sports? What about your family?
- Are there elder people in your family who are often in pain as a result of brisk movements or overexertion?
- Did you notice that the day after a strain or over-exertion you wake up in worse pain than the day it happened? For these situations, *Just* developed, a new and marvelous product that soothes and comforts sore muscles and joints. Let me introduce you our new **Comfrey Creamy Gel**.

## DIRECTIONS

- Apply a thin layer of **Comfrey Creamy Gel** and massage gently over the affected area. For better results add 1 to 3 drops of **31 Herbal Oil** to the creamy gel.
- Repeat application 3 to 4 times a day until necessary.

# Arnica Creamy Gel

## HERBAL TRADITION



➤ **Arnica:** Grows best in the alpine region and the extract is obtained from its yellow flowers. This wonderful herbal remedy has been used for more than 1,500 years with therapeutic purposes. Commonly employed as a pain reliever and for reducing inflammation and bruising. In the last few years it has also been used to help reduce swollen tissues after surgery. Promotes skin blood circulation. It is an essential item in first aid kits.



## PRIMARY INGREDIENTS

➤ Arnica Extract

## SECONDARY INGREDIENTS

- Devil's claw extract
- Frankincense oil and extract
- Sweet almond oil
- Vitamin E

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Help you forget the annoying discomforts that interfere with your daily activities due to chronic joint pain.
- Provide comfort without the common side effects of over the counter pain relievers.
- Provide a soothing sensation when massaged on neck, shoulders, elbows, hips, knees, wrists, knuckles, hands, feet and ankles.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people who live with chronic joint discomfort.
- Ideal for people who often take pain killers to relieve their chronic pains.
- Ideal for daily use.

PARABEN FREE

*Just* offers 3 levels of care for movement and elasticity:

### PREVENTION:

**Juniper Cream** · **WARMING EFFECT.**

Massage before and after exercising to relax your muscles.

### IMMEDIATE CARE:

**Comfrey Cream Gel** · **COOLING EFFECT.**

This refreshing herbal creamy gel provides comfort when there is pain due to over-exertion and muscle strain. Helps relax sore muscles and joints through a gentle massage.

### CHRONIC SITUATIONS:

**Arnica Creamy Gel** with devil's claw and frankincense. Apply daily to provide comfort and improve mobility. Ideal for long term use.

## DEMONSTRATION TIPS

- If anyone mentioned any sort of chronic pain that gets in the way of their active lifestyle make them be the first to try the **Arnica Creamy Gel**. You can also add a few drops of **31 Herbal Oil** to enhance the effect.

At the end of the Herbal Spa ask them how they feel or if they noticed any change after applying the product.



## OPENING QUESTIONS

- Do you ever wake up in the morning full of energy, ready to get out of bed and suddenly... ouch! There's that nagging pain again?
- Do you have any kind of joint pain that has been there for some time, getting in the way of you enjoying your day?
- Do you often take pain killers to relieve those types of pain?

## DIRECTIONS

- Massage a small amount of **Arnica Creamy Gel** on the desired area every day.
- Repeat as many times as necessary.

## HERBAL TRADITION



➤ **Eucalyptus:** Eucalyptus is one of the tallest trees in the world and is indigenous to Australia. The aborigines were the first to use eucalyptus essential oil for medicinal purposes. Eucalyptus is known to be one of the best oils for its ability to clear the air and provide comfort to those affected by symptoms associated with colds, sinus and allergies.



## PRIMARY INGREDIENT

- Eucalyptus Essential Oil

## SECONDARY INGREDIENTS

- Pine
- Rosemary
- Peppermint
- Camphor
- Menthol
- Vitamin F
- Clove
- Norway Spruce

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Soothe the mind and awaken the senses.
- Provide comfort in breathing the cooling and air cleansing aromas of eucalyptus and other refreshing essential oils.

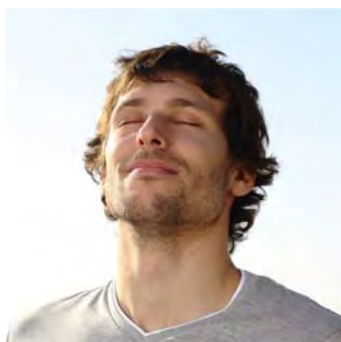
## PRIMARY USES AND RECOMMENDATIONS

- Very effective when the first symptoms associated to colds or allergies and sinus appears.
- Highly recommended for children.
- Effective when sprayed on tissue, handkerchief, clothes, or pillow.
- Eucalyptus has long been prized for its air disinfectant properties.
- Ideal to remove the smell of tobacco from the car or other enclosed environments, that can affect the quality of the air you breathe.
- Ideal in combination with a warm bath with **Eucalyptus Bath Essence**.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Spray a tissue with **Eucasol** and pass it around to the guests for them to smell and feel an instant breath of fresh air.
- Spray into the air in the room where you are demonstrating **Eucasol**.



## OPENING QUESTIONS

- When you have a stuffy nose, all you crave for is fresh air. Would you like to experiment the refreshing aroma of Eucalyptus and see for yourself what this incredible Eucasol blend can do for you?
- When your child has a cold, you only want to offer fresh air and comfort. Would you like to try Eucasol?

## DIRECTIONS

- During the day, spray on a tissue or handkerchief and into the air.
- At night, spray on the pillow, sheets, pajamas and into the air.

# Thyme Cream

## HERBAL TRADITION



➤ **Thyme:** Thyme essential oil was first used in Germany at the beginning of the 18th century. It was considered to be useful because of its antiseptic properties. Thyme has been traditionally used to ease coughing and other discomforts related to upper chest and respiratory complaints.



## PRIMARY INGREDIENT

➤ Thyme Essential Oil

## SECONDARY INGREDIENTS

- Soybean Essential Oil
- Rosemary Essential Oil
- Camphor
- Lemon Essential Oil
- Eucalyptus Essential Oil
- Chamomile Essential Oil
- Pine Essential Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

➤ This comforting Thyme Cream blended with a rich, soothing and calming combination of essential oils provides a feeling of well-being that helps allay malaise typically associated to winter complaints.

## PRIMARY USES AND RECOMMENDATIONS

- The uplifting qualities of a massage on the chest, back or soles of the feet with **Thyme Cream**, will make anyone affected by those typical winter complaints, feel instantly at ease.
- Ideal for children.
- Ideal when combined with a **Just Thyme Bath Essence**.

## DEMONSTRATION TIPS

- If one of the guests is feeling "under the weather" or experiencing the typical symptoms of a winter flu, let them try the refreshing and calming feeling that comes from applying the **Thyme Cream** on the chest.
- Asks the guests to apply a small amount of the cream on the back of their hand and smell the refreshing and comforting aroma.



## OPENING QUESTIONS

- Did you know that thyme has been long prized for its soothing effects on the respiratory system?
- Are you prepared with the basics for the winter season?
- Wouldn't you like to try a soothing chest cream?

## DIRECTIONS

- Apply a small amount of **Just Thyme Cream** to the chest, back and soles of the feet and massage gently.

# Thyme Bath Essence

## HERBAL TRADITION



➤ **Thyme:** Thyme essential oil was first used in Germany at the beginning of the 18th century. It was considered to be useful because of its antiseptic properties. Thyme has been traditionally used to ease coughing and other discomforts related to upper chest and respiratory complaints.



## PRIMARY INGREDIENT

➤ Thyme Essential Oil

## SECONDARY INGREDIENTS

- Orange Essential Oil
- Lemon Essential Oil
- Eucalyptus Essential Oil
- Lavender Essential Oil
- Chamomile Essential Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

➤ This comforting Thyme Bath Essence blended with a rich, soothing and calming combination of essential oils provides a feeling of well-being that helps allay malaise typically associated to winter complaints.

## PRIMARY USES AND RECOMMENDATIONS

- It is well known that vapors in an immersion bath soothe coughing and provide relief for a runny nose.
- The combination of **Just Thyme** and **Eucalyptus Bath Essences** -in a partial or complete bath- is ideal for soothing common wintertime complaints.
- Ideal for children and adults.
- The refreshing vapors of a thyme bath are ideal to soothe the morning discomfort of smokers.
- May be used alone or combined with other **Just Bath Essences** or **Foams**.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind guests of the principles of aromatherapy.
- Dissolve a few drops of bath essence in hot water. Call their attention to the color and aroma of the essence.
- When demonstrating a bath foam or essence, water must be very hot for the immediate release of their aromas, which will be easy to recognize and identify.
- Remind guests that regular soap destroys the properties of the essences. The use of bath foams is recommended for cleansing purposes.
- When you recommend a bath essence for the first time, test for irritation in the inner part of your customer's forearm. The Demonstration is an ideal time to teach this test.



## OPENING QUESTIONS

- Do any of you have school-age children? Wouldn't you love to ease their winter discomforts in a natural way?
- Do any of you smoke and wake up with a congested chest? A few drops of
- **Just Thyme Bath Essence** will provide the benefits of its refreshing and comforting vapors.

## DIRECTIONS

- Add 1 or 2 capfuls of essence to a warm bath (90-100° F).
- For a foot bath, add 1/2 capful.
- Bath Essences are ideal for use in a whirlpool bath because they do not lather.



## PRODUCTS FOR DERMO-COSMETIC WELL-BEING

- Skin Care
- Body Care
- Hand, Foot & Leg Care



### CARE AND STORAGE

- Keep tightly closed container in a dark place and avoid extreme cold and heat.



# - NEW - VITAL JUST

YOUTHFUL,  
FRESH SKIN  
FROM WITHIN

The new **Vital Just** line was developed in the **Just** Research and Development labs in Walzenhausen, Switzerland. Nestled in the heart of the beautiful Swiss Alps, the exquisite natural environment served as the inspiration for the addition of new and unique ingredients which usher real innovation in skin care.



3  
INNOVATIVE  
INGREDIENTS

## 1 Alpine Moisture Complex

This complex has managed to encapsulate Swiss Glacier Water and Edelweiss Extract inside microscopic transporting liposomes, which quickly and efficiently penetrate the skin. Glacier water begins its journey at 7,500 feet above sea level, melting as it descends, carrying rich minerals and nutrients that irrigate the wildflower Edelweiss fields of the Valais-Valley, which grow at 3,600 feet above sea level in southern Switzerland. The new Alpine Moisture Complex provides 24-hour extended release of the active ingredients that hydrate

and help activate the skin's own protection mechanism against the harmful environmental effects and free radicals, which can alter the skin's DNA and cause premature aging.

## 2 Snow Algae

The second innovation is the addition of Snow Algae, which is found at over 9,800 feet above sea level in areas unspoiled by man-made pollutants. Snow Algae Extract helps activate longevity properties in skin cells, diminishing the depth of wrinkles and restoring luminosity and radiance of the skin.

## 3 Flower Essential Oils and Extracts

The third innovation was the addition of essential oils and extracts from a wide range of flowers with unique survival qualities and skin caring properties, which give each product added potency and efficiency.



# 3

PRODUCT  
LINES

**Vital Just** is divided into 3 product lines of care to address the different needs of the skin not by age, but rather by the type and current state of the skin. The primary objectives are to protect, moisturize and repair damaged skin.

## 1 Basic Cleansing Care: Cleanses, tones and cares for the hydro-lipid layer of the skin.

- Micellar Makeup Remover with Damascene Rose & Edelweiss
- Cleansing Gel with Provence Rose & Edelweiss
- Clarifying Tonic with Damascene Rose & Edelweiss
- Micro-Peeling Cream with Provence Rose & Edelweiss

## 2 Anti-Age Skin Care: For skin that starts to show the first signs of aging such as expression lines, small wrinkles and loss of firmness.

- Moisturizing Day Cream with Edelweiss & Summer Snowflake
- Redensifying Night Cream with Edelweiss & Crocus
- Mattifying Hydro Gel with Edelweiss & Yellow Moambe
- Intensive Renewal Mask with Edelweiss & Black Rose

## 3 Mature Skin Care: For skin that needs to recover of firmness, contours and luminosity.

- Skin Perfecting Serum with Edelweiss & Snow Algae
- Eye & Lip Contour Cream with Edelweiss & Snow Algae
- Deep Hydration Day & Night Cream with Edelweiss and Snow Algae

While the products are grouped into three care categories, all products can be combined to deliver customized results through personalized skin care routines.

**CREATE YOUR OWN  
BEAUTY CARE RITUAL  
TO MEET YOUR SKIN'S  
SPECIFIC NEEDS.**



Dermatologically Tested - Paraben Free - Phthalates Free - Gluten Free - Cruelty Free.

## Vital Just Ritual

Vital Just Line	Pure Detox	Anti-Age	Mature Skin: Toning and Firming	SOS - Rescue	Luminous and Radiant Skin
Create your own beauty care rituals according to your skin's specific needs. Vary your products depending on the current needs of your skin.	For young and combination skin with excess oil.	For fine lines and first signs of aging.	For skin with deep wrinkles, uneven tone, loss of elasticity and firmness.	Instant shock treatment to reduce signs of stress and fatigue.	When your skin needs to recover it's even tone.
VJ Cleansing Gel	✓	✓	✓	✓	✓
VJ Micellar Makeup Remover	✓	✓	✓	✓	✓
VJ Micro-Peeling Cream - Once a week	✓	✓	✓	✓	✓
VJ Clarifying Tonic	✓	✓	✓	✓	✓
VJ Mattifying Hydro Gel	✓	✓			
VJ Hydrating Day Cream		✓			
VJ Redensifying Night Cream		✓			
VJ Intensive Renewal Mask - Once a week		✓	✓	✓	
VJ Eye and Lip Contour Cream			✓		
VJ Skin Perfecting Serum			✓		✓
VJ Deep Hydrating Cream - Day & Night			✓		✓
Jackfruit Whitening Cream					✓
Frequency	Daily Ritual	Daily Ritual	Daily Ritual	Once a week	4-6 weeks

## DEMONSTRATION TIPS:



- While the **Vital Just Line** has been dermatologically tested, anytime you are demonstrating a new product on the skin, especially on the face, it is recommended that a test be performed on the inside of the forearm to ensure skin tolerance.
- If you plan to do a demonstration that includes a complete **Vital Just Routine**, it is very important to remove all makeup from the face prior to starting. Follow with **Clarifying Tonic** and **ALL** subsequent products only on half of the face, so that, at the end of your demonstration, customers can compare the treated side of the face against the untreated one.
- The **Vital Just Line** is highly concentrated, thus a very small application quantity is needed to cover a great amount of skin surface.
- When you demonstrate the **Micro-Peeling Cream**, ensure your guests only apply a small quantity, otherwise they will have a difficult time removing it with only one wet cotton pad. This product is best removed with running water. If a guest suffers from rosacea or has very sensitive skin, ask her to try the product on the back of her hand instead of her face.

- The “layering” technique, that means applying various products on top of each other, is recommended to achieve a personalized treatment ritual.
  - Think about the different types of textures of the products you will apply. This will help you determine the order in which these need to be applied.
  - As a rule, less dense products need to be applied first, while progressively thicker products applied after.
  - Take product absorption rates into consideration. It is recommended that you wait 15-20 seconds between one product and the next, depending on an individual’s own absorption rate.
- Make your demonstration simple. The product results speak for themselves.
  - Use cotton pads to apply the **Micellar Makeup Remover** and **Clarifying Tonic**.
  - Use wet cotton pads to remove the **Cleansing Gel**, **Micro-Peeling Cream** and **Intensive Renewal Mask**.
  - Fill various containers with water for guests to soak their cotton pads.
  - Have several empty containers ready for guests to dispose of their used cotton pads.
  - Include several personal or purse mirrors so that guests can look at themselves as they apply the products and appreciate results.
  - Bring coffee stirrers or coffee spoons so that guests may serve themselves the creams without dipping their fingers into product containers.
  - Prior to conducting a demonstration with the new **Vital Just Line**, ensure you have downloaded our tutorial videos to your smart device, so you can share them with guests as needed.

**PRODUCT CARE:** Keep products in a dark place, well closed and away from extreme cold and heat.

# Micellar Makeup Remover with Damascene Rose & Edelweiss

## HERBAL TRADITION



➤ **Edelweiss:**  
The "Helvetia" variety of Edelweiss Flowers is organically cultivated in

the Valais Valley in the Alps at approximately 3,600 feet above sea level. This variety, developed in conjunction with the Swiss Institute of Agricultural Investigations, guarantees the maximum concentration of active ingredients. Its extracts contain antioxidant properties which soothe and protect the skin.

**Origin:** Switzerland. All Edelweiss fields are certified as organic and sustainable by Ecocert, Cosmos, Natur & Bio Inspecta.



➤ **Damascene Rose:** With a rich and intense floral fragrance, Damascene Rose Water

offers soothing and relaxing properties for the skin, reducing redness and irritation. Promotes cellular regeneration, moisturizes and prevents dryness. Has a light antimicrobial effect.

**Origin:** Turkey



Micellar Makeup Remover with Damascene Rose Water & Edelweiss Extract. This exquisite blend combines an aromatic experience with gentle and effective makeup removal for face, eyes, lips and neck.

Leaves skin feeling fresh and clean with a pleasant natural rose scent without drying or removing the skin's protective hydro-lipid layer. Ideal for sensitive skin.

No rinsing necessary – just one easy step!



## MAIN ACTIVE INGREDIENTS

- Damascene Rose Water
- Edelweiss Extract

## SECONDARY ACTIVE INGREDIENT

- Provence Rose Extract
- Vitamin B5

## BENEFITS ATTRIBUTED TO INGREDIENTS

- 3 benefits in 1 single product: gently removes makeup and dirt from face, eyes and lips.
- **“Intelligent” Makeup Remover**
  - This micellar solution contains micelles that -like tiny pins- have an a hydrophilic head and an oleophilic tip that attracts dirt.
  - Micelles move freely in the rose water solution and, when they come in contact with a cotton pad, their hydrophilic head attaches to the cotton surface while the oleophilic end adheres to the skin’s dirt and oils, easily removing them and leaving the skin feeling clean and moisturized.
- Its magnetic action on impurities eliminates the need for friction which helps avoid skin irritation.
- Soothes and moisturizes red, irritated skin.
- Refines the appearance of the skin.
- Ideal for all skin types, even highly sensitive skin.
- No added fragrance. 100% natural scent.

## PRIMARY USES AND RECOMMENDATIONS

- For women of any age.
- Ideal for sensitive skin.
- For people who use makeup daily or occasionally.
- Ideal for any time of day, when you need to retouch your makeup over clean and fresh skin.
- For people who do not wear makeup, but nevertheless need to clean the skin from environmental impurities and oily residue.
- Ideal for removing excess oil produced overnight, while the skin regenerates.
- For people who opt to clean their skin without water or rinsing.
- For people on the go, who need to clean their skin in one easy step.
- For people who like to alternate cleansing products between a **Cleansing Gel** and a **Micellar Makeup Remover**.
- For people who prefer products with no added fragrance.
- Tip: Use **Vital Just Cleansing Gel** in the shower, and **Vital Just Micellar Makeup Remover** out of the shower. Depending on the time of day, alternate use between one or the other.
- Tip: Before applying, inhale its delicious aroma to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- Do you prefer to use makeup removers with or without water?
- Do you know how micelles work in the **Vital Just Micellar Makeup Remover**?
  - Would you like to try the **Vital Just Micellar Makeup Remover** with a natural rose scent and no added fragrance?
  - How many of you skip removing your makeup at night? Why? Too tired? Laziness? I’m going to show you how to remove your makeup in one simple step without water or rinsing.

## DIRECTIONS

- Soak a cotton pad with the micellar solution and apply with gentle, circular motions on the skin. Repeat process until cotton pad looks clean.
- Follow with **Vital Just Clarifying Tonic** and the rest of the **Vital Just** products you have selected.

# Cleansing Gel with Provence Rose & Edelweiss

## HERBAL TRADITION



➤ **Edelweiss:**  
The "Helvetia"  
variety of  
Edelweiss  
Flowers is  
organically  
cultivated in

the Valais Valley in the Alps  
at approximately 3,600 feet  
above sea level. This variety,  
developed in conjunction with  
the Swiss Institute of Agricultural  
Investigations, guarantees the  
maximum concentration of active  
ingredients. Its extracts contain  
antioxidant properties which  
soothe and protect the skin.

**Origin:** Switzerland. All Edelweiss  
fields are certified as organic and  
sustainable by Ecocert, Cosmos,  
Natur & Bio Inspecta.



➤ **Provence  
Rose (Rosa  
Centifolia):**  
Has soothing  
and slightly  
astringent  
properties

which improve the appearance  
of enlarged pores and skin's  
overall texture.

**Origin:** Pakistan



Extremely gentle and delicate Cleansing Gel with Edelweiss and Provence Rose Extracts. Gently removes impurities and makeup residue without drying or damaging the skin's protective layer. Leaves the skin feeling radiant, clean and purified, with a pleasant natural rose scent.



## MAIN ACTIVE INGREDIENTS

- Provence Rose Extract
- Edelweiss Extract

## SECONDARY ACTIVE INGREDIENTS

- Canine Rose Extract
- Neroli Essential Oil
- Clove Essential Oil
- Litsea Cubeba Essential Oil
- Lemon Essential Oil
- Juniper Essential Oil
- Patchouli Essential Oil
- Vitamin B5

## BENEFITS ATTRIBUTED TO INGREDIENTS

- A great alternative for those who prefer to cleanse with water.
- Gently eliminates traces of environmental pollutants, impurities, makeup and creams from the skin.
- Prepares the skin for better absorption of all other products applied during the daily care routine.
- Cleanses without damaging the skin's protective layer.
- Its natural extracts soothe the skin and help relieve irritated skin.
- Has a slightly acid pH which helps balance the skin's own pH, preserving its protective hydrolipid layer.
- Maintains the skin's moisture.
- Its high concentration allows for a very small amount to deliver a highly effective cleansing.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for any skin type regardless of age.
- Ideal for people who prefer a cleansing routine with water.
- For people who use makeup daily or occasionally.
- For people who do not wear makeup, but nevertheless need to clean the skin from environmental impurities and oily residue.
- Ideal for removing excess oil that is produced overnight, while the skin regenerates.
- Ideal for deep cleansing of the skin.
- **Tip:** Use **Vital Just Cleansing Gel** in the shower, and **Vital Just Micellar Makeup Remover** outside the shower. Depending on the time of day, alternate use between one or the other.
- **Tip:** Before applying, inhale its delicious aroma to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- How many of you skip your makeup removal routine at night?
- Have you noticed that your face feels oily in the morning? This happens because when the body rests during the night, it releases oils which must be removed in the morning to apply your skin care routine over clean, fresh skin.

## DIRECTIONS

- Apply morning and night on moist face, neck and décolleté as part of your daily skin care routine.
- Gently massage with circular motions, then thoroughly rinse with plenty of water.
- Follow with **Vital Just Clarifying Tonic** and the rest of the **Vital Just** products you have chosen.

# Clarifying Tonic with Damascene Rose & Edelweiss

## HERBAL TRADITION



➤ **Edelweiss:**  
The "Helvetia" variety of Edelweiss Flowers is organically cultivated in

the Valais Valley in the Alps at approximately 3,600 feet above sea level. This variety, developed in conjunction with the Swiss Institute of Agricultural Investigations, guarantees the maximum concentration of active ingredients. Its extracts contain antioxidant properties which soothe and protect the skin.

**Origin:** Switzerland. All Edelweiss fields are certified as organic and sustainable by Ecocert, Cosmos, Natur & Bio Inspecta.



➤ **Damascene Rose:** With a rich and intense floral fragrance, Damascene Rose Water

offers soothing and relaxing properties for the skin, reducing redness and irritation. Promotes cellular regeneration, moisturizes and prevents dryness. Has a light antimicrobial effect.

**Origin:** Turkey



Made with Damascene Rose Water and Edelweiss Extract. With exquisite natural rose scent, it moisturizes and balances the skin's pH. Apply in the morning to remove excess oil. Use nightly to complete your daily skin care routine and generate an immediate soothing effect that leaves your skin feeling freshly radiant and energized.



## MAIN ACTIVE INGREDIENTS

- Damascene Rose Extract
- Edelweiss Extract

## SECONDARY ACTIVE INGREDIENTS

- Provence Rose Extract

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Clarifies skin, removing residual makeup and impurities.
- Instantly moisturizes.
- Has light, antiseptic properties.
- Reduces the appearance of enlarged pores.
- Delivers a soothing and pleasant effect to the skin.
- Preserves and helps balance the skin's pH.
- Ideal for sensitive and delicate skin.
- Ideal for combination skin as it balances oily and dry areas.
- With natural rose fragrance.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal after using **Cleansing Gel** or **Micellar Makeup Remover** or after exfoliating with **Vital Just Micro-Peeling** to balance the skin's pH.
- Ideal to use at night to remove makeup residue and impurities that remain on the skin even after cleansing.
- Ideal for all skin types and all ages.
- Ideal for both dry and sensitive skin.
- Ideal for preparing the skin for your hydration and firming daily routine.
- Ideal for people who look for products without added fragrance, as its scent originates from natural rose water.
- **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- Do you sometimes feel your skin is tight and dry after cleansing?
- What steps do you follow in your daily skin cleansing routine?

## DIRECTIONS

- Soak a cotton pad and apply morning and night.
- To prepare the skin for hydration, softly apply on the face, neck and décolleté, paying special attention to the t-zone.
- Do not rinse.
- Avoid eye area.

# Micro-Peeling Cream with Provence Rose & Edelweiss

## HERBAL TRADITION



➤ **Edelweiss:**  
The “Helvetia” variety of Edelweiss Flowers is organically cultivated in

the Valais Valley in the Alps at approximately 3,600 feet above sea level. This variety, developed in conjunction with the Swiss Institute of Agricultural Investigations, guarantees the maximum concentration of active ingredients. Its extracts contain antioxidant properties which soothe and protect the skin.

**Origin:** Switzerland. All Edelweiss fields are certified as organic and sustainable by Ecocert, Cosmos, Natur & Bio Inspecta.



➤ **Provence Rose (Rosa Centifolia):**  
Has soothing and slightly astringent properties

which improve the appearance of enlarged pores and skin's overall texture.

**Origin:** Pakistan



➤ **Bamboo:**  
The granules collected from bamboo reeds help to remove dead skin cells and

other impurities, refining the skin's appearance and promoting cellular regeneration. They cleanse the pores, aiding in the penetration of active ingredients into the skin.

**Origin:** India



Oil secretions and dead skin cells can block pores causing blackheads and preventing skin from proper oxygenation. As a result, this can create an ideal breeding ground for bacteria and in some cases, acne. In addition, excessive oil secretions and dead cells on the skin's surface can cause the skin to look dull.

Made with Provence Rose Water and Edelweiss Extract and enriched with micro-granules from bamboo cane and crushed rose petals, **Vital Just Micro-Peeling Cream** gently removes dirt and dead skin cells, revealing fresh and youthful skin. Ideal for all skin types.



## MAIN ACTIVE INGREDIENTS

- Provence Rose Extract
- Edelweiss Extract
- Bamboo Granules Extract

## SECONDARY ACTIVE INGREDIENTS

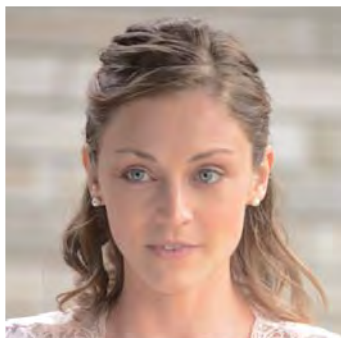
- Gallic Rose Powder
- Rosehip Essential Oil
- Neroli Essential Oil
- Castor Essential Oil
- Sweet Almond Oil
- Clove Essential Oil
- Litsea Cubeba Essential Oil
- Juniper Essential Oil
- Lemon Essential Oil
- Patchouli Essential Oil

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Stimulates cellular regeneration, revealing fresh and rejuvenated skin.
- Stimulates the production of elastin and collagen.
- Reduces the appearance of enlarged pores.
- Prevents the formation of blackheads.
- When applied in a soft circular motion, it promotes micro-circulation of the skin.
- Prepares the skin for a better absorption of subsequent products.
- Makes the skin look clean, fresh and rejuvenated.
- Leaves skin clean, fresh and rejuvenated.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for oily skin with a tendency to accumulate oily residues which prevent the skin from breathing freely.
- Ideal for older, more mature skin, where cellular regeneration is slower.
- Ideal for all types of skin, including extremely dry skin.
- Apply once or twice a week as needed.
- Ideal for smokers, or people who are exposed to environmental or air pollutants, and who may have dull-looking skin.
- If your client suffers from rosacea, avoid exfoliation altogether over the sensitive skin areas.
- Ideal for use prior to the **Vital Just Intensive Renewal Mask**.
- **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- ¿Do you feel that your skin has lost some of its brightness and radiance?
- Do you feel your skin is uneven and dull?

## DIRECTIONS

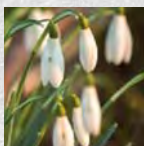
- Gently massage a small amount with soft circular strokes over moistened face, neck, and décolleté, to stimulate the skin's own microcirculation.
- Rinse thoroughly with plenty of water and follow with **Clarifying Tonic**.
- Avoid the delicate area around the eyes. In case of eye irritation, rinse thoroughly with water.
- Follow with the rest of the **Vital Just** products you have selected.

# Hydrating Day Cream with Edelweiss & Summer Snowflake

## HERBAL TRADITION



➤ **Alpine Moisture Complex:** Edelweiss + Swiss Glacier Water.



➤ **Summer Snowflake Extract:** Its key active ingredient is extracted from the

root of dormant bulbs before they bloom in the spring. Alternating between periods of rest and growth, nature's wisdom ensures the optimal conditions for cell turnover and survival in unfavorable environmental factors. Similarly, the Summer Snowflake's extract can transfer its vital energy conservation properties to the skin, slowing down the process of aging and reducing the signs of stress.



There are two basic principles to help prevent premature aging and delay the appearance of your first wrinkles. The first principle is to adequately hydrate the skin. The second is to protect the skin against free radicals. The new **Vital Just Hydrating Day Cream** was developed with Alpine Moisture Complex, Summer Snowflake Extract, sun filters and a new "Third Generation" Hyaluronic Acid precursor to stimulate the skin's own production of hyaluronic acid and help increase its hydration capacity and erase small wrinkles. Daily protection for your skin to look smooth and silky every day.



## MAIN ACTIVE INGREDIENTS

- Swiss Glacier Water
- Edelweiss Extract
- Summer Snowflake Extract
- Hyaluronic Acid Stimulant

## SECONDARY ACTIVE INGREDIENTS

- Sweet Almond Oil
- Shea Butter
- Vitamin B5

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Contains Swiss Glacier Water and Edelweiss micro-encapsulated liposomes that penetrate the skin deeply to release its hydrating and antioxidant properties beyond the skin's surface.
- "Plumping" effect: stimulates the skin's own Hyaluronic Acid production, multiplying its hydration, density and volume, thus filling tiny wrinkles.
- Sun filters, Edelweiss and Summer Snowflake Extracts protect the skin from free radicals which cause premature aging.
- The presence of Shea Butter and Sweet Almond Oil restore the skin's hydrolipid protective layer forming a shield against external harmful agents.
- When used together with **Vital Just Redensifying Night Cream**, the skin's regenerating capacities are enhanced.
- Delivers a youthful and radiant appearance to the skin.

## PRIMARY USES AND RECOMMENDATIONS

- The use of the Day Cream is important to protect the skin against the damaging effects of the environment and to avoid moisture loss.
- Ideal for skin that begins to show fine lines, regardless of age.
- Ideal for all skin types.
- Ideal for people with an active lifestyle looking to offset the effects of daily stressors with a skin care cream that offers effective protection.
- An essential hydration step in the daily skin care routine.
- Ideal to use under makeup to create a smooth and even surface.
- Ideal as a complement to **Redensifying Night Cream** or, if you want to enhance skin luminosity and improve facial contours, you can combine with the **Deep Hydrating Cream Day & Night** at the end of the day instead of **Redensifying Night Cream**.
- **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- How do you protect your skin against the sun, the wind and stress?

## DIRECTIONS

- Apply a small amount on fingertips and gently smooth over clean face, neck and décolleté after your daily cleansing and toning routine.
- Follow with the rest of the **Vital Just** products of your preference.

# Redensifying Night Cream with Edelweiss & Crocus

## HERBAL TRADITION



➤ **Alpine Moisture Complex:** Edelweiss + Swiss Glacier Water.



➤ **Crocus Extract:** The Crocus flower is one of the first to bloom in the spring,

announcing a rebirth after a long winter season. The flower bulbs contain a wide variety of nutrients responsible for growing a new plant after long dormant periods. The same concept applies to the skin, through the flower's extract, cell communication is improved resulting in an increased production of keratinocytes, collagen and elastin, a key factor in skin repair and renewal.

**Origin:** Netherland's sustainable crop fields.



While the body rests at night the skin increases its effort to repair the damaging effects of the environment accumulated during the day. With Alpine Moisture Complex, Crocus Extract and botanical oils, the Night Cream helps with the process of nightly cell renewal, visibly improving the skin's density, elasticity and firmness. Your skin will appear refreshed, radiant, renewed and healthy every morning.



## MAIN ACTIVE INGREDIENTS

- Swiss Glacier Water
- Edelweiss Extract
- Crocus Extract

## SECONDARY ACTIVE INGREDIENTS

- Sweet Almond Oil
- Shea Butter
- Essential Castor Oil
- Acacia Senegal Sap
- Vitamin B5

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Contains Swiss Glacier Water and Edelweiss micro-encapsulated liposomes that penetrate the skin deeply to release its hydrating and antioxidant properties beyond the skin's surface.
  - Promotes cell renewal during the night.
  - Neutralizes the negative effects of daily stress, pollution and fatigue on the skin.
  - Minimizes and prevents the appearance of wrinkles fine lines.
  - Enriched with peptides that support collagen and elastin production, so the skin recovers its tonicity, elasticity and firmness.
  - Incorporates Shea Butter and Sweet Almond Oil to help repair the skin's hydrolipidic layer.
  - Used in combination with the **Vital Just Hydrating Day Cream**, creates a synergistic effect that stimulates the skin's ability to self-repair.

## PRIMARY USES AND RECOMMENDATIONS

- The use of a night cream is important since its main purpose is to help repair the skin from
  - damaging effects of the environment while the body is resting.
  - Ideal for women whose skin begins to show the first signs of fine lines, regardless of age.
  - Ideal for people with a busy lifestyle and daily exposure to environmental stressors, cigarette smoke, air-conditioned or heating environments, all of which tend to dry out the skin.
  - Erases signs of fatigue at night.
  - Ideal complement to the **Vital Just Hydrating Day Cream**.
  - For radiant skin during the day, you can create your own routine by combining the **Deep Hydrating Cream** in the morning (instead of the **Hydrating Day Cream**) and applying the **Redensifying Night Cream** at the end of the day.
  - **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- Did you know that when you sleep, your skin is actively working to regenerate itself?

## DIRECTIONS

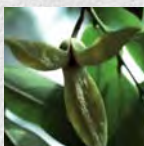
- Apply a small amount on the fingertips and gently smooth over clean face, neck and décolleté nightly.
  - Follow with the rest of the **Vital Just** products of your preference.

# Mattifying Hydro Gel with Edelweiss & Yellow Moambe

## HERBAL TRADITION



➤ **Alpine Moisture Complex:**  
Edelweiss + Swiss Glacier Water.



➤ **Yellow Moambe:**  
Derived from the Yellow Moambe tree trunk, this extract is an innovation in

skin treatments known for its remarkable ability to decrease sebum production, minimize pore size and reduce skin shine. Origen: Africa.



Hydrating and refreshing creamy gel for oily and combination skin. With Alpine Moisture Complex, and enriched with Hyaluronic Acid and Yellow Moambe Extract, it protects the youthful appearance of the skin. Fast absorbing, it minimizes excess oil and reduces the appearance of enlarged pores to restore the skin's smooth and silky texture.



## MAIN ACTIVE INGREDIENTS

- Swiss Glacier Water
- Edelweiss Extract
- Yellow Moambe Extract

## SECONDARY ACTIVE INGREDIENT

- Hyaluronic Acid

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Mattifies the skin, for a smoother even texture and shine-free appearance.
- Deeply hydrates without adding excess oil.
- Minimizes the look of enlarged pores.
- Increases and balances skin's water retention with Hyaluronic Acid reduces dryness.
- Minimizes and helps prevent wrinkle depth.
- Absorbs quickly.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for young or combination skin.
- Ideal for oily skin that, contrary to common belief, also needs deep hydration.
- Although not part of an acne treatment, it can complement such treatments as a moisturizer to help relieve dry skin.
- Ideal in combination with the basic cleansing care products to purify and detoxify the skin.
  - Micro-Peeling Cream
  - Cleansing Gel
  - Clarifying Tonic
- Ideal for very humid and warm climates, when you need an effective but light alternative to daily hydration.
- **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- How do you avoid shiny skin due to excess oil?
- Do you wash your skin frequently to minimize shine and excess oil?
- Did you know that, contrary to popular belief, oily skin also needs hydration?

## DIRECTIONS

- Apply a small amount on fingertips and gently smooth over clean face, neck and décolleté.
- Use morning and night.
- Follow with the rest of the **Vital Just** products of your preference.

# Intensive Renewal Mask with Edelweiss & Black Rose

## HERBAL TRADITION



➤ **Alpine Moisture Complex: Edelweiss + Swiss Glacier Water.**



➤ **Black Rose "Black Baccara Rose" (Hybrid Rose):** Created in 2000, black rose symbolizes

passion, luxury and elegance. These qualities are transferred to the skin providing care and silkiness. High levels of cyanidin protect the epidermis against cell oxidation, while high content of tannins regulate sebaceous secretion and protect sensitive skin. It also has moisturizing properties.  
Origin: France.



Made with different Rose extracts including Black, Rosehip and Canine, and the exclusive Alpine Moisture Complex, with a base of Shea Butter and Hyaluronic Acid, this product instantly renews and deeply hydrates skin reducing the appearance of fine lines enhancing facial contours. Beginning with the very first application, your skin will appear more relaxed, rested and stress-free.



## MAIN ACTIVE INGREDIENTS

- Swiss Glacier Water
- Edelweiss Extract
- Black Rose Extract

## SECONDARY ACTIVE INGREDIENTS

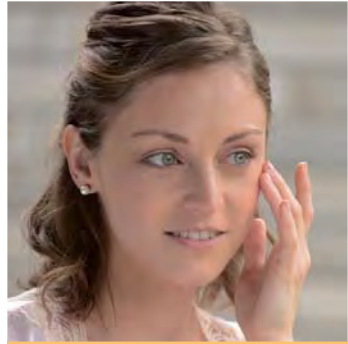
- Canine Rose Extract
- Canine Rose Essential Oil
- Rosehip Essential Oil
- Hyaluronic Acid
- Sweet Almond Oil
- Shea Butter

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Relaxes, renews and regenerates the look of dry, tired and dull skin.
- Repairs the protective layer and restores skin's balance, maximizing skin protection.
- Provides a deep and immediate infusion of hydration.
- Renews the skin's elasticity and resilience.
- Instantly restores vitality and natural luminosity to dry skin.
- The mask will slightly warm the skin upon application, activating microcirculation to maximize absorption of active ingredients.
- Soothes and naturally comforts skin.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal in combination with **Vital Just Micro-Peeling Cream** as part of the "SOS Rescue" Routine.
  - After a busy day or before going out, when you need to quickly erase the signs of stress and fatigue.
  - During periods of extreme sun exposure or cold, when you need to quickly rebalance your skin.
- Recommended use at least once a week to provide extra hydration and recover the skin's protective layer.
- **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- Do you ever feel that your face looks so tired that no nap or amount of makeup can make it look refreshed and renewed?
- How do you prepare your skin before going out or after an exhausting day or week?

## DIRECTIONS

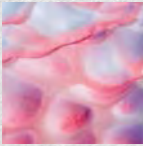
- Apply a generous amount over clean face, neck and décolleté and leave on for 15-20 minutes.
- Rinse well.
- Avoid the eye area.
- Repeat Once-Twice a week.

# Skin-Perfecting Serum with Edelweiss & Snow Algae

## HERBAL TRADITION



➤ **Alpine Moisture Complex:**  
Edelweiss + Swiss Glacier Water.



➤ **Snow Algae Powder.**



➤ **Vitamin C (Ascorbyl Tetraisopalmitate):**  
A new and innovative variety of stabilized

Vitamin C which, unlike the most common ones, is soluble in oil, for a highly effective skin penetration. Its inclusion in the Serum helps promote collagen production, fight free radicals, increase UV protection, and has a beneficial effect on dark spots and uneven tone.



Intense repairing, energizing and hydrating serum for high maintenance skin. Formulated with the exclusive Alpine Moisture Complex, Snow Algae Extract, and enriched with Vitamin C. Reduces the appearance of dark spots, promoting an even tone. Improves skin's elasticity, firmness, luminosity and softness.



## MAIN ACTIVE INGREDIENTS

- Swiss Glacier Water
- Edelweiss Extract
- Snow Algae Powder
- Vitamin C

## SECONDARY ACTIVE INGREDIENT

- Vitamin B5

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Activates skin longevity factors.
- Restores luminosity and evens the tone of skin with dark spots and hyperpigmentation.
- Deeply nourishes, energizes and hydrates skin.
- Activates the skin's protection system against oxidative stress.
- Strengthens the skin's protective barrier.
- Promotes the skin's ability to regenerate and self-repair.
- Softens the appearance of wrinkles and fine lines.
- Soothes skin redness.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for mature and demanding skin.
- Ideal before the **Hydrating Day Cream**, **Redensifying Night Cream** or **Vital Just Deep Hydrating Cream**.
- Combine **Vital Just Skin Perfecting Serum** with **Jackfruit Cream** to lighten dark spots.
- **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

- Do you have hyperpigmentation or dark spots?
- Do you feel that with age our skin started to show the signs of sun exposure and lack of care through dark spots and uneven tone?

## DIRECTIONS

- Apply morning and night on clean face, neck and décolleté.
- Follow with the rest of the **Vital Just** products of your preference.

# Eye & Lip Contour Cream with Edelweiss and Snow Algae

## HERBAL TRADITION



➤ **Alpine Moisture Complex:** Edelweiss + Swiss Glacier Water.



➤ **Snow Algae Powder.**



➤ **“Lifting” Complex:** A mix of Acacia Senegal Sap and hydrolyzed polysaccharides that instantly diminish the

appearance of wrinkle depth, making them less visible. Skin looks rejuvenated, especially around the eyes, where crow's feet appear.

**Origin:** Sub-Saharan Africa, sustainable cultivation



Formulated with the exclusive Alpine Moisture Complex, and enriched with Snow Algae Extract. Works to hydrate and firm the delicate skin around the eyes and lips. Reduces the appearance of fine lines and deep wrinkles. Results visible in minutes, improving with continued use.



## MAIN ACTIVE INGREDIENTS

- Swiss Glacier Water
- Edelweiss Extract
- Snow Algae Powder
- Acacia Senegal Sap

## SECONDARY ACTIVE INGREDIENT

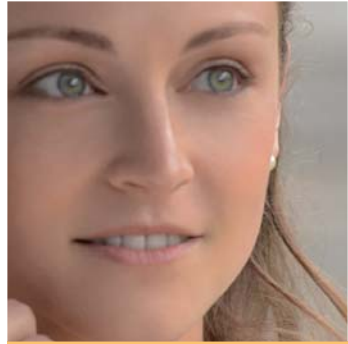
- Meadowfoam Seed Oil
- Shea Butter

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Regenerates skin, deeply hydrates, and fills fine lines around the eyes and mouth.
- Rejuvenates the appearance of the eyes and smile.
- Keeps lips moisturized.

## PRIMARY USES AND RECOMMENDATIONS

- May also be applied on deep wrinkles on the forehead.
- Ideal for people who smoke or often drink beverages with a straw.
- Tip: Before applying, inhale its delicious scent to release happiness and pleasure producing endorphins.



## OPENING QUESTIONS

- Is it possible to diminish the appearance of crow's feet?
- Do you agree that crow's feet and lines around the lips and corners of the mouth are the first signs of skin aging?

## DIRECTIONS

- Apply a small amount on fingertips and smooth around eye and lip contours morning and night.
- Apply over crow's feet and smile lines around the mouth.
- Follow with the rest of the **Vital Just** products of your preference.

# Deep Hydrating Cream with Edelweiss, Snow Algae and Peony - Day & Night

## HERBAL TRADITION



➤ **Alpine Moisture Complex:** Edelweiss + Swiss Glacier Water.



➤ **Snow Algae Powder.**



➤ **Peony:** Minimizes skin aging by regulating and controlling the communication between the

epidermis and the dermis. Soothes skin, minimizing redness. Helps recover volume, improving facial contours and skin luminosity. Origin: France and China.



Hydrating and regenerating day and night cream with ultra-silky texture. Formulated with the exclusive Alpine Moisture Complex and enriched with Snow Algae and Peony Extracts, it improves the definition of facial contours leaving the skin feeling rejuvenated. With illuminating and beautifying pigments that give the skin an instant flawless and radiant complexion.



## MAIN ACTIVE INGREDIENTS

- Swiss Glacier Water
- Edelweiss Extract
- Snow Algae Extract
- Peony Extract

## SECONDARY ACTIVE INGREDIENTS

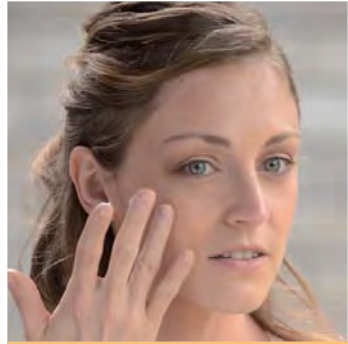
- Shea Butter
- Borage Extract

## BENEFITS ATTRIBUTED TO INGREDIENTS

- Protects skin during the day and supports regeneration at night.
- Reduces and prevents skin aging.
- Its “filling” effect minimizes the depth of wrinkles.
- Deeply hydrates for 24 hours.
- Soothes skin and minimizes redness.
- Firms and improves definition of facial contours.
- Improves skin’s elasticity.
- Softens and refreshes skin for a radiant look.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for mature and demanding skin.
- The **Deep Hydrating Cream** was developed to be used day and night for long periods of time or as a booster treatment for shorter periods.
- You can create your own routine combining the **Deep Hydrating Cream** in the morning and applying the **Redensifying Night Cream** at the end of the day.
- Ideal for those who value the convenience of having only one cream.
- **Tip:** Before applying, inhale its delicious scent to release happiness and pleasure-producing endorphins.



## OPENING QUESTIONS

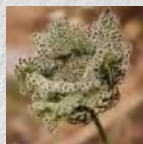
- Imagine the convenience of using just one face cream for day and night.
- Would you like your skin to recover a luminous “glow”?
- Have you noticed that your skin has thinned and lost volume with time?

## DIRECTIONS

- Apply morning and night on clean face, neck and décolleté.

# Men Care Hydrogel Moisturizing Cream

## HERBAL TRADITION



### ► Masterwort Leaf

**Extract:** Grows mainly in the Alps and Pyrenees. Its extract is produced from plants grown organically in Swiss plantations in

compliance with "Bio Suisse" certification standards. Its soothing, stimulating, antiseptic and skin hydrating properties are a perfect combination when caring for a man's skin.

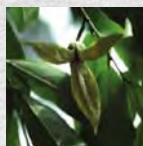


### ► "Hydro Energy"

**Complex:** A blend of taurine, Siberian ginseng, chlorella vulgaris seaweed bioferment and white lupine protein,

combined to increase male skin performance and resistance and to provide continuous hydration.

- Measurements taken two hours after application show 146% improvement in the healing of the micro-cuts that result from shaving.
- Measurements reflect a 49% increase in the skin's resistance to external stress when subjected to low and high temperatures.
- Measurements show that even after 24 hours, the skin still retains a 9.5% increase in hydration.



### ► Yellow Moambe

#### **Extract:**

- Yellow Moambe grows in Equatorial Africa, predominantly in Cameroon.
- Considered an

innovation in skin care treatment due to its surprising capabilities in decreasing oil secretions at the hair follicle level, shrinking pore size and reducing the skin's shiny, oily appearance.



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

- Repairs the hydrolipidic film that is grazed while shaving.
- Moisturizes deeply and is quickly absorbed.
- Soothes and heals irritated skin by regenerating the skin which has suffered micro-cuts while shaving.
- Mattifying effect by regulating the production of oil thus reducing skin shine.
- Minimizes the appearance of enlarged pores.
- Refreshes, energizes and revitalizes the skin.
- Presented in a genuinely masculine scent.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for men of all ages who like the convenience of using only one product and who appreciate quick results.
- Ideal for all types of skin, especially oily and sensitive skins.
- Ideal for men who shave since the skin's protective hydrolipidic layer, which protects and helps to keep the skin hydrated, is removed on a daily basis when shaving thus exposing the skin to environmental agents, bacteria and free radicals.
- Ideal to heal and regenerate micro-cuts that are produced while shaving and which need to heal quickly in order to avoid inflammation, infection and pain.
- Ideal for men with a tendency to have ingrown hairs; in some cases after a very close shave, the end of the hair curls and grows back into the skin, penetrating the wall of the follicle and causing swelling and an "ingrown hair".

*PARABEN FREE*

## DEMONSTRATION TIPS

- Apply a small amount of the product on the back of guests' hands to allow them to appreciate its quick absorption, soothing sensation and masculine fragrance.



## OPENING QUESTIONS

- Did you know that male and female skin ages at different rates?
- Did you know that male skin is thicker and more stable due to the grid-like pattern in which collagen fibers are intertwined? In women they run parallel making the skin more delicate.
- Were you aware of the fact that male skin is oilier and that their pores are larger?
- Did you know that men's skin ages at a slower rate than women's? However, once wrinkles appear their skin ages very quickly.

## DIRECTIONS

- In the morning and at night, apply a small amount on a cleansed face and neck. Ideal after shaving.

# Jackfruit Herbal Skin Whitening Cream

## HERBAL TRADITION



➤ **Jackfruit:** Jackfruit has had a very important role in Indian agriculture for centuries. Archeological discoveries date back 3000-6000 thousand years. Its big, juicy seeds have a particularly high level of unique proteins that inhibit the transference of melanin from melanocytes to keratinocytes in the epidermis, diffusing and preventing hyper-pigmentation of the skin.



## PRIMARY INGREDIENT

- Jackfruit Seed Extract

## SECONDARY INGREDIENTS

- Vitamin E
- Jojoba Seed Oil
- Aloe Vera
- Lemon Essential Oil
- Grapefruit Essential Oil
- Sun Filters

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Naturally lighten dark spots and hyper-pigmented areas of the skin.
- Provide a more youthful, radiant and smooth appearance in only 28 days, naturally and gradually, without invasive treatments.
- Give skin a softer, smoother appearance.
- Promote skin renewal and slow the aging process.
- Protect against free radicals that cause premature aging.
- Provide mild sun protection, thanks to enriched sun filters.
- Be gentle and not irritate the skin.

## PRIMARY USES AND RECOMMENDATIONS

➤ Ideal for those who have dark spots on their skin, whether from sun exposure, use of oral contraceptives or other medications, pregnancy, burns or acne scars.

➤ Don't stop the **Jackfruit Cream** treatment. Why? Most dark spots are the result of damage caused by sun exposure. Our skin is known to have a "memory", therefore if treatment is interrupted, spots may reappear.

➤ Prior to prolonged sun exposure, it is advisable to boost sun protection with a high SPF sun block.

➤ Every time you try a new product, it is advisable to perform a skin patch test on the inner part of the forearm to ensure that the product does not cause skin irritation.

*DOES NOT CONTAIN PARABENS,  
MINERAL OILS OR HYDROQUINONES.*

## DEMONSTRATION TIPS

➤ Hand out small hand mirrors and ask guests to point out any dark spots they may have on their faces/necks/décolletages. Ask them to identify which of those spots are due to aging/sun exposure/pregnancy/acne scars. They will be amazed at how many of those spots were not there since birth. Once they are finished with their self-evaluation, you can put a small amount on the back of the hand of each guest so they can feel the cream's texture and smell its distinctive fragrance.

➤ Don't forget to mention that **Jackfruit Herbal Skin Whitening Cream** was put through rigorous efficacy testing by dermatologists and that 80% of evaluated volunteers reported a significant reduction of dark spots and 100% of evaluated volunteers reported an increase in skin luminosity after 28 days of use. (\*Tested volunteers were women 28-58 years of age who used the product twice a day during 4 weeks, avoiding sun exposure).



## OPENING QUESTIONS

➤ In addition to wrinkles, have you ever thought about which other factors contribute to the skin's aging process? Dark spots and uneven skin tone make the skin look aged and lacking luminosity. Think about a little girl's skin. It's not only soft, but we also admire its smooth, radiant, luminous quality.

➤ Would you like to learn about a product that lightens dark spots and provides results in only 28 days? Let me show you the **Just Jackfruit Herbal Skin Whitening Cream**.

## DIRECTIONS

➤ Use twice daily. After using your preferred **Vital Just** skin care products, apply a small amount of **Jackfruit Herbal Skin Whitening Cream** on the desired area (face, décolletage, hands). Since protective sun filters in this cream are mildly occlusive to protect skin against UV rays, it is best to apply this product as a final step. By doing this, when **Vital Just** is applied, its active ingredients will be better able to travel to the deep layers of the skin without having to work their way through the barrier of the sun filters. -In order to noticeably improve the effectiveness of **Jackfruit Herbal Skin Whitening Cream**, we recommend exfoliating the skin 2-3 times per week with **Vital Just Exfoliating Cream** to remove dead cells from the surface of the skin. This allows both for a better absorption of the product and eliminates the pigmented cells which accentuate the dark spots.

➤ When the skin loses its even and uniform tone, apply a shock of whitening to restore its youthful and velvety appearance using:

- **Vital Just Cleansing Gel/Micellar Makeup Remover**
- **Vital Just Micro-Peeling Cream** (once a week)
- **Vital Just Clarifying Tonic**
- **Vital Just Skin Perfecting Serum**
- **Vital Just Deep Hydrating Cream for Day & Night**
- **Jackfruit Herbal Skin Whitening Cream** (spot application)

Frequency: 4-6 week treatment

# Mallow Facial Cream

## HERBAL TRADITION



➤ **Mallow:** Mallow has been used since ancient times for its cosmetic and therapeutic properties. Its extract is obtained from fresh mallow plant leaves and flowers. It has a high content of vitamins A, B and C, and is characterized by its soothing, softening and healing properties. It has a high percentage of mucilage, a botanic adherent that produces a protective and oil-absorbent coat.



## PRIMARY INGREDIENT

- Mallow Extract

## SECONDARY INGREDIENTS

- Chamomile Extract
- Wild Myrtle Extract
- Echinacea Extract
- Soy Oil
- Vitamin E
- Panthenol
- Alantoine
- Lactic Acid
- Hialuronic Acid

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Care, protect and deeply moisturize facial skin.
- Help diminish the appearance of symptoms associated to rosacea and the pinkish appearance of the skin.
- Have calming and soothing properties.
- Help diminish the appearance of age spots.
- Prevent and delay skin aging.
- Promote collagen and elastin production.
- Help eliminate dead cells from the surface of the skin, improving its appearance and texture.
- Give skin a soft and velvety texture.

## PRIMARY USES AND RECOMMENDATIONS

- **Mallow Facial Cream** is ideal for people who suffer from problem skin.
- Recommended for sensitive, thin, extremely dry, rough or irritated skin.
- Due to the soothing, calming and refreshing properties of mallow, this cream is ideal for people who live in extreme cold weather areas.
- Recommended to complement the treatment of rosacea.
- Ideal for people who tend to suffer from red, patchy skin or eczema.
- May be used as a daily moisturizer, day or night.
- Every time a new product is recommended, it is advisable to suggest a skin patch test on the inner part of the forearm to make sure that the product does not cause skin irritation.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Offer guests to apply a thin layer of **Just Mallow Cream** on their hand so they can enjoy its soft texture and delicate mallow scent.
- Take a moment to explain that the light beige color of the **Just Mallow Cream** comes from Azulene, (a compound derived from Chamomile Extract), one of the extracts present in this formula.



## OPENING QUESTIONS

- Did you know **Just Mallow Cream** has been specially formulated for sensitive, delicate, thin skin, and for people with a tendency to get red skin?
- Did you know wild myrtle helps diminish the appearance of rosacea and the pinkish appearance typical of this condition?
- Do any of you use the **Just Mallow Milk** skin moisturizer?
- Then, let me introduce to you the **Just Mallow Cream** for the face.

## DIRECTIONS

- After cleansing with **Vital Just Cleansing Gel**, apply a thin layer of **Just Mallow Cream** on face, neck, and neckline, massaging gently.

# Tea Tree Cleansing Gel with Manuca & Rosalina

## HERBAL TRADITION



► **Tea Tree:** Since the times of Captain Cook who used this incredible essential oil to heal his soldiers during his trips through Oceania, Tea Tree oil has been used to cover a wide variety of therapeutic purposes: antiseptic, antiviral, fungus fighting, anti-inflammatory, wound healing, analgesic and soothing of the nerve endings. Tea Tree essential oil, unlike other well known bacteria fighting remedies, has the unique characteristic, since it does not damage the tissues surrounding the affected areas. There are more than 300 varieties of Tea Tree, being *Melaleuca Alternifolia* the most common one for therapeutic uses.



## PRIMARY INGREDIENT

- Tea Tree Essential Oil

## SECONDARY INGREDIENTS

- Manuca Essential Oil
- Rosalina Essential Oil
- Coconut Oil
- Ginkgo Biloba Extract
- Wheat Germ Extract
- Willow Herb Extract
- Glycerin

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Provide deep but gentle cleansing action for problem skin.
- Help to quickly improve the texture of red and irritated skins.
- Have a gentle astringent effect.
- Have disinfecting and skin regenerating properties.

## PRIMARY USES AND RECOMMENDATIONS

- **Just Tea Tree Cleansing Gel** cleanses deeply but gently therefore it may be used on face, neck, back, or on any other skin area where there are impurities or irritations.
- Ideal for problem skins who have symptoms associated with acne, eczema, dermatitis or herpes.
- Recommended for people with oily skin.
- May be used in combination with the **Just Tea Tree Oil or Cream**.

## DEMONSTRATION TIPS

- Offer guests to apply a small amount on their fingertips. Ask them to feel the texture and softness that **Just Tea Tree Cleansing Gel** leaves on the skin after rinsing.



## OPENING QUESTIONS

- Do any of you have acne, severe oily skin or black heads?

## DIRECTIONS

- Every morning and night, apply a small amount of **Just Tea Tree Cleansing Gel** on wet face, neck and back.
- Massage gently. Rinse with plenty of water. Avoid contact with eyes. Follow with the application of **Just Tea Tree Tonic** for complete cleansing of your skin.

# Tea Tree Tonic with Manuca & Rosalina

## HERBAL TRADITION



► **Tea Tree:** Since the times of Captain Cook who used this incredible essential oil to heal his soldiers during his trips through Oceania, Tea Tree oil has been used to cover a wide variety of therapeutic purposes: antiseptic, antiviral, fungus fighting, anti-inflammatory, wound healing, analgesic and soothing of the nerve endings. Tea Tree essential oil, unlike other well known bacteria fighting remedies, has the unique characteristic, since it does not damage the tissues surrounding the affected areas. There are more than 300 varieties of Tea Tree, being *Melaleuca Alternifolia* the most common one for therapeutic uses.



## PRIMARY INGREDIENT

- Tea Tree Essential Oil

## SECONDARY INGREDIENTS

- Manuca Essential Oil
- Rosalina Essential Oil
- Witch Hazel Extract
- Glycerin

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Eliminate skin residues and impurities, invigorating and refreshing sensitive and irritated skins.
- Provide disinfecting and astringent action.
- Provide a soothing and decongestive effect on to the skin.
- Have skin regenerating properties.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal to complement the daily ritual with **Tea Tree Cleansing Gel**.
- Ideal to apply before the make-up for it reduces the pores' size.
- Can be used topically in combination with the **Tea Tree Oil** or **Cream**.
- Ideal for acne prone or combination skin.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Offer guests to apply a small amount of **Tea Tree Tonic** on a washcloth so that they can try it directly on their skin to instantly feel its refreshing cleansing effect.



## OPENING QUESTIONS

- Do any of you suffer from excessive oiliness on your skin?
- Do any of you suffer from acne or skin irritations?

## DIRECTIONS

- Morning and night, after cleansing skin with the **Tea Tree Cleansing Gel**, apply **Tea Tree Tonic** with a washcloth on face and neck.
- Avoid contact with eyes.

# Yellow Moambe Purifying Gel for the Face

## HERBAL TRADITION



► **Moambe Amarillo:** El Moambe Amarillo crece en África Ecuatorial, especialmente en la zona de Camerún. Utilizado como una innovación en tratamientos de la piel por su notable capacidad para reducir la producción de sebo a nivel del folículo piloso y por su habilidad para reducir visiblemente el tamaño de los poros y el brillo de la piel.



## PRIMARY INGREDIENT

- Yellow Moambe Extract

## SECONDARY INGREDIENTS

- Arnica Extract
- Witch Hazel Extract
- Rosalina Essential Oil
- Rosemary Essential Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Reduce inflammation and soothe the skin.
- Disinfect the skin's surface to prevent bacteria from getting into open and enlarged pores.
- Reduce production of excess oil and the size of open pores to prevent them from becoming clogged.
- Help regenerate and heal acne scars.

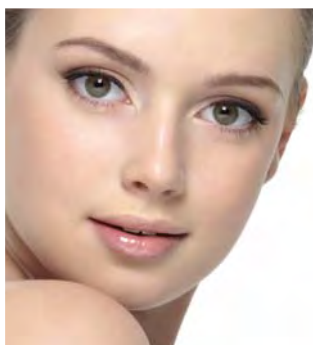
## PRIMARY USES AND RECOMMENDATIONS

- Ideal for men and women of any age who suffer from acne.
- Ideal for people with oily skin and enlarged pores because it reduces 49% of oil production and the size of open pores by 36%.
- Avoid excessive sun exposure. A temporary tan can make it seem that acne has disappeared when in fact it will only increase oily production and worsen acne.
- Oil production increases with stress, which can worsen acne. A few drops of **Anti-Stress** or **Lavender Essential Oil** behind the ears can help overcome stressful situations.
- It's always best to ask guests to do a patch test on the inner part of their arm to test for skin irritation, especially for products that will be applied on the face.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Apply a small amount of **Yellow Moambe Herbal Gel** on the back of guest's hands for them to enjoy its aroma and refreshing feeling on the skin. Remind them that if they use the **Purifying Gel** and the **Mask**, the treatment will be much more effective.



## OPENING QUESTIONS

- Do any of you have teens with acne?
- Acne can be very negative for teenagers where looks play such an important part of the development of their self-esteem. Do you all agree?

## DIRECTIONS

- Every day, morning and night:
  1. Wash face, neck, chest and back with **Tea Tree, Manuca & Rosalina Cleansing Gel**.
  2. Apply **Tea Tree, Manuca & Rosalina Tonic** with a cotton ball.
  3. Apply **Yellow Moambe Purifying Herbal Gel** onto the affected area.
  4. 2-3 nights a week (depending on the oiliness of the skin) instead of **Tea Tree, Manuca & Rosalina Tonic**, apply **Yellow Moambe Purifying Herbal Mask** (avoid nostrils, eye area and mouth). Leave on for 20 minutes, and rinse with warm water. Follow with **Yellow Moambe Purifying Herbal Gel** onto the affected area.

# Yellow Moambe Purifying Mask for the Face

## HERBAL TRADITION



► **Yellow Moambe:** Yellow moambe grows in Equatorial Africa, especially in Cameroon. It has been incorporated as an innovation to skincare due to its surprising capabilities in decreasing oily secretions at a hair follicle level, shrinking pore size and reducing the skin's shiny, oily appearance.



## PRIMARY INGREDIENT

- Yellow Moambe Extract

## SECONDARY INGREDIENTS

- Arnica Extract
- Witch Hazel Extract
- Rosalina Essential Oil
- Rosemary Essential Oil
- Sulfur
- Salicylic Acid

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Cleanse and loosen clogged pores, preventing blackheads, whiteheads and pimples from forming.
- Help correct abnormal peeling typical of acne-prone skin and eliminate dead skin cells from its surface.
- Reduce inflammation and soothe the skin.
- Disinfect the skin's surface to prevent bacteria from getting into open and enlarged pores.
- Reduce production of excess oil and the size of open pores to prevent them from becoming clogged.
- Help regenerate and heal acne scars.

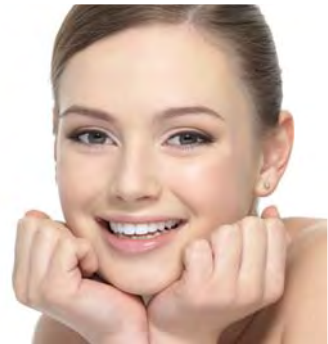
## PRIMARY USES AND RECOMMENDATIONS

- Ideal for men and women of any age who suffer from acne.
- Ideal for people with oily skin and enlarged pores, since it reduces 49% of oil production and the size of open pores by 36%.
- Avoid excessive sun exposure. A temporary tan can make it seem that acne has disappeared when in fact it will only increase oily production and worsen acne.
- Oil production increases with stress, which can worsen acne. A few drops of **Anti-Stress** or **Lavender Essential Oil** behind the ears can help overcome stressful situations.
- It's always best to ask guests to do a patch test on the inner part of their arm to test for skin irritation, especially for products that will be applied on the face.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Apply a small amount of **Yellow Moambe Herbal Mask** on the back of guest's hands for them to feel its aroma –specially the particular aroma of sulfur– and refreshing sensation on the skin. Remind them that if they use the **Purifying Gel** and the **Mask**, the treatment will be much more effective.



## OPENING QUESTIONS

- Do any of you have oily skin and open pores?
- Do any of you have teens with acne?
- Acne can be very negative for teenagers where looks play such an important part of the development of their self-esteem. Do you all agree?

## DIRECTIONS

- 2-3 nights a week, depending on the oiliness of the skin:
  1. Wash face, neck, chest and back with **Tea Tree, Manuca & Rosalina Cleansing Gel**.
  2. Apply **Yellow Moambe Purifying Herbal Mask** (avoid nostrils, eye area and mouth). Leave on for 20 minutes, and rinse with warm water.
  3. Follow with **Yellow Moambe Purifying Herbal Gel** onto the affected area.

# Lip Moisturizing Cream

## HERBAL TRADITION



➤ **Marigold:** A flower that is native to the Mediterranean area, commonly used as a home remedy to stimulate micro-circulation of the skin and promote healing and cell renewal.



➤ **Guaiacum wood:** For hundreds of years this plant was used by Native Americans to help in the treatment of infections such as syphilis and herpes. Today it is commonly used in homeopathic medicine for its antioxidant and anti-inflammatory properties, and is slightly analgesic.



## PRIMARY INGREDIENT

- Marigold Extract
- Guaiacum Extract

## SECONDARY INGREDIENTS

- Shea Butter
- Olive Oil
- Jojoba Oil
- Melissa Extract
- Rosemary Oil
- Glycerin
- Panthenol (Provitamin B5)
- Vitamin E

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Form a barrier that shields and protects the lips from environmental and abrupt climate changes.
- Provide sustained and prolonged moisture, sealing in the moisture and hydration of the lips.
- Combat free radicals.
- Restore dry and chapped lips.
- Repair the damage caused by the sun, extreme environmental changes and cracks caused by the presence of blisters.
- Repair the lips natural protective barrier.
- Regenerate the skin, restoring its health and softness.

## PRIMARY USES AND RECOMMENDATIONS

- Recommended as a preventive treatment for daily use (to maintain healthy lips), for after-sun relief (for sun-damaged lips) and to repair the damage caused by cracks and blisters.
- Ideal for the whole family.
- Can be used under lipstick.
- Once a week, to supplement the daily use of the **Just Lip Moisturizing Cream**, exfoliate lips with **Just Vital Exfoliating Gel** to help eliminate uncomfortable and unsightly flakes that ruin the lips healthy and velvety appearance.
- Under the presence of cracks caused by blisters, soothe lips by applying a drop of **Tea Tree Essential Oil** to them, followed by the **Just Lip Moisturizing Cream**.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Before testing the product, invite people with dry lips to feel the texture of their lips by rubbing them against the inside of their wrist. Invite them to comment. Then, offer **Just Vital Exfoliating Gel** to exfoliate the lips, followed by the new **Just Lip Moisturizing Cream**. Then, ask them to repeat the experience of feeling the texture of their lips. Request their feedback, guiding the guests with questions like "Can you feel the protective barrier lining your lips?" and "Did you notice that you don't feel the flakes anymore?"
- Remind your customers that the **Just Lip Moisturizing Cream** contains no UV filter because it was designed as a daily lip balm and as a preventive treatment, and for after-sun relief or to repair of cracks and blisters through moisturization.



## OPENING QUESTIONS

- Did you know that healthy lips will prevent the risk of pollutants and infectious agents from getting in through the cracks? Cracked lips weaken the lip's protection against germs, infections and irritations and are less vulnerable to external pathogens that often cause blisters. To protect, soothe and regenerate your lips,
- **Just** has developed a **Lip Moisturizing Cream**... let me show you.

## DIRECTIONS

- Apply **Just Lip Moisturizing Cream** morning and evening. Reapply as often as necessary.
- Apply to lips that are clean and free of impurities and makeup.

# Cellfit Line

As time goes by, skin begins to age and its appearance starts to change. Most women, at one point or another, will fight against the effects of gravity, 90% will fight cellulite, and many, against the sudden appearance of stretch marks. Taking care of your skin year round with products that prevent and reverse its deterioration process is important to maintain its health and youthful appearance.



Cellfit with Red Vine Leaf Extract is a 4-product line designed to fight the appearance of cellulite, stretch marks and loss of firmness of the skin by repairing in-depth damage. It works from the inside out to leave the skin looking and feeling smooth, silky and radiant.

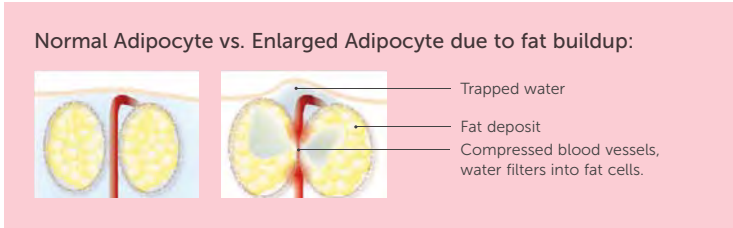
## Prevents and Reverses skin deterioration

Initial results in 4 weeks, optimal results in 8.

- ▶ Paraben-free
- ▶ Dermatologically tested

## Cellulite

Cellulite is the result of fat storage in cells called adipocytes. When an adipocyte “gains weight” it expands interfering with blood circulation and water drainage. Subcutaneous water gets trapped between these fat cells and the skin surface, pushing upwards and forming small bumps that give the appearance of “orange peel skin”. Contrary to popular belief, cellulite is a series of small bumps that push the skin upwards rather than depressions that pull the skin down.



## Stretch Marks

Stretch marks are skin traumas that happen due to hormonal changes or when the skin is stretched to an extreme due to:

- Weight gain
- Pregnancy
- Plastic surgery to enlarge breasts and buttocks, or reconstructive surgery
- Body building

They appear suddenly, even though they begin to form some time before.

At first, they take on a pink-purple color and with time, they become lighter and slightly pearly. Stretch marks don't discriminate by age or sex, so very few people escape them.

## Lack of Firmness

With time, the effect of gravity takes its toll. Elastin fibers, the “coils” that allow tissues in the body to resume their shape after stretching or contracting, start to weaken. Contour lines start to fade and the skin begins to sag losing its original firmness.

CELLFIT LINE PRODUCTS	ACTION				SEQUENCE		
	EXFOLIANT	ANTI-CELLULITE	FIRMING	ANTI-STRETCH MARKS	DAY	NIGHT	Once-Twice A WEEK
Exfoliating Cream	X						X
Anti-Cellulite Day Gel ☀		X	X		X		
Anti-Cellulite Night Cream 🌙		X		X		X	
Bust Firming Cream			X	X	X	X	

# Cellfit Exfoliating Body Cream

## HERBAL TRADITION



➤ **Red Vine Leaves:** Known for their high content of vitamins, proteins and minerals, they are used both in health and beauty care products. Its extract has anti-oxidant properties that fight premature skin aging in addition to improving skin micro-circulation to help reduce water retention.

➤ **Grape-Seed Granulate:** Gentle and soft natural exfoliating granules derived from crushed grape seeds. Used to remove dead skin cells and impurities without damaging the skin.



## PRIMARY INGREDIENTS

- Red Vine Leaf Extract
- Grape-Seed Granulate

## SECONDARY INGREDIENTS

- Natural Vegetal Castor Oil
- Sweet Almond Oil
- Sweet Orange Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Quickly and gently remove accumulated dead cells from the surface that make the skin lackluster and dull.
- Activate skin micro-circulation.
- Prepare the skin for a better absorption of the ingredients in the Cellfit Line.
- Leave the skin looking radiant and feeling soft and conditioned.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people with cellulite, lack of firmness and stretch marks.
- Exfoliation is the first and basic step in any skin treatment and recommended as part as your weekly beauty routine.
- Thanks to the gentleness of the exfoliating micro-granules in the **Cellfit Exfoliating Cream** it may be used on any type of skin, since it will not irritate, increase oiliness or dryness.
- Ideal to help prepare the skin for a better absorption of the **Cellfit Line**.
- For more effectiveness, apply on dry or slightly moist skin.
- Combine the **Cellfit Treatment** with the **Seaweed & Grapevine Bath Foam** with purifying and detoxifying properties and high iodine content to help the skin regain firmness while providing a soft, silky feeling.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Apply a small amount of **Cellfit Exfoliating Cream** on only one arm and elbow over dry skin.
- Massage gently, rinse and dry.
- Follow with **Cellfit Anti-Cellulite Day Gel or Night Cream**, and compare the treated arm and elbow with the non-treated one.



## OPENING QUESTIONS

- If I were to invite you to go to the beach/pool tomorrow, do you feel you're ready to wear your bathing suits?
- Do you know why it's so important to exfoliate?
- Did you know that 90% of women have cellulite?

## DIRECTIONS

1. Apply over dry or slightly wet skin 1 or Twice a week according to need. Massage gently in a circular motion and rinse.
2. Follow with **Anti-Cellulite Day Gel or Night Cream** and **Cellfit Bust Firming Cream**.

# Cellfit Anti-Cellulite Day Gel

## HERBAL TRADITION



➤ **Red Vine Leaves:** Known for their high content of vitamins, proteins and minerals, they are used both in health and beauty care products. Its extract has anti-oxidant properties that fight premature skin aging in addition to improving skin micro-circulation to help reduce water retention.



➤ **Glaucine (Anti-Cellulite):** A molecule present in the Yellow Poppy. Helps promote burning of fat stored in the fat cells (adipocytes) and improves blood circulation and water drainage.



## PRIMARY INGREDIENTS

- Red Vine Leaf Extract
- Glaucine

## SECONDARY INGREDIENT

- Menthol
- Pullulan (Vegetal sugars)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

### Daily:

- Attack cellulite before it appears.
- Model contours by fighting cellulite.
- Firm the skin.
- Provide an instant refreshing and "lifting" action.
- Stimulate skin micro-circulation, reduce water retention and promote drainage.

### Provide optimal results in 8 weeks with a:

- 14% to 35% reduction in fat deposits.
- 17% to 43% reduction in skin roughness/unevenness
- 15% to 20% increase in skin firmness.

## PRIMARY USES AND RECOMMENDATIONS

- Effective in fighting the appearance of cellulite and lack of firmness of the skin in hips, belly, buttocks, arms and legs.
- Being consistent in the use of the **Cellfit Anti-Cellulite Day Gel** is key to obtaining successful results. With sustained use, you will notice the skin instantly toned, fresh, moisturized and incredibly soft. As weeks go by, you will further notice a visible and tangible improvement in skin quality and a reduction in the appearance of cellulite.
- It is very important to exfoliate the skin with **Cellfit Exfoliating Cream** at least twice a week to prepare it for a better absorption of the active ingredients in the **Cellfit Anti-Cellulite Line**.
- The use of the **Cellfit Anti-Cellulite Day Gel & Night Cream Duo** is highly recommended to synergize their action and ensure that cellulite and stretch mark reduction are targeted in a consistent manner.
- Combine the **Cellfit Treatment** with the **Seaweed & Grapevine Bath Foam** with purifying and disintoxicating properties and high iodine content to help the skin regain firmness while providing a soft, silky feeling.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Apply a small amount of **Cellfit Exfoliating Cream** on only one arm and elbow over dry skin.
- Massage gently, rinse and dry.
- Follow with **Cellfit Anti-Cellulite Day Gel**, and compare the treated arm and elbow with the non-treated one.
- Ask guests if they feel the instant refreshing toning action of the **Cellfit Anti-Cellulite Day Gel**, its quick absorption, how soft it leaves the skin and its wonderful aroma.



## OPENING QUESTIONS

- Summer is approaching. Are you concerned about cellulite, sagging skin and stretch marks?
- How many of you have “orange peel skin” and an undulated/bumpy texture?
- Did you know that 90% of women suffer from cellulite and that their weight has nothing to do with it?
- Do you think that the only way of fighting cellulite is with expensive treatments done in specialized beauty centers?

## DIRECTIONS

- Apply every morning on legs, buttocks, hips and belly. May be applied on arms should there be cellulite in the area.
- Apply a soft massage to improve skin micro-circulation and promote drainage.
- For best results, complete the treatment with **Cellfit Anti-Cellulite Night Cream** every night.

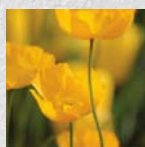
# Cellfit Anti-Cellulite Night Cream

## HERBAL TRADITION



➤ **Red Vine Leaves:** Known for their high content of vitamins, proteins and minerals, they

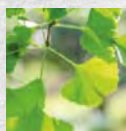
are used both in health and beauty care products. Its extract has anti-oxidant properties that fight premature skin aging in addition to improving skin micro-circulation to help reduce water retention.



➤ **Glaucine (Anti-Cellulite):**

A molecule present in the Yellow Poppy. Helps promote burning of fat

stored in the fat cells (adipocytes) and improves blood circulation and water drainage.



➤ **Lima Bean + Rutin from Ginkgo Biloba (Stretch mark reducing):**

A combination of active components that improve the skin's resilience to stretching and helps reduce the depth, width and color of stretch marks.



## PRIMARY INGREDIENTS

- Red Vine Leaf Extract
- Glaucine
- Lima Bean & Rutin from Ginkgo Biloba

## SECONDARY INGREDIENT

- Sweet Almond Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

### Every Night:

- Help fight the appearance of cellulite before it starts.
- Continue the fat burning process initiated by the **Anti-Cellulite Day Gel** while the body is resting and more receptive to repair cellular damage.
- Improve micro-circulation and water drainage.

### Provide optimal results in 8 weeks with a:

- 14% to 35% reduction in fat deposits.
- 17% to 43% reduction in skin roughness/unevenness
- 15% to 20% improvement in firmness
- Improve the appearance of stretch marks by reducing:
  - Their depth by 72%
  - Their width by 27%
  - Their color by 22%

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people with cellulite, stretch marks and lack of firmness.
- Ideal for people whose skin has undergone unusual stretching due to weight gain or pregnancy, bust and buttocks augmentation, body-building and also due to hormonal changes.
- Ideal for teenagers who go through important hormonal changes that affect their elastic tissue.
- Consistent use of the **Anti-Cellulite Night Cream** is key to ensure best results.
- Twice a week, skin exfoliation with **Cellfit Exfoliating Cream** is recommended.
- Combine the **Cellfit Treatment** with the **Seaweed & Grapevine Bath Foam** with purifying and detoxifying properties and high iodine content to help the skin regain firmness while providing a soft, silky feeling.
- The use of the **Cellfit Anti-Cellulite Day Gel & Night Cream Duo** is highly recommended to synergize their action and ensure that cellulite and stretch mark reduction are targeted in a consistent manner.

## DEMONSTRATION TIPS

- Apply a small amount of **Cellfit Exfoliating Cream** on only one arm and elbow over dry skin.
- Massage gently, rinse and dry.
- Follow with **Cellfit Anti-Cellulite Night Cream**, and compare the treated arm and elbow with the non-treated one.
- Ask guests to comment on its wonderful aroma, quick absorption, and how soft **Cellfit Anti-Cellulite Night Cream** leaves the skin.



## OPENING QUESTIONS

- Would you like to reduce your cellulite and stretch marks, even when you sleep?
- Do you know when your body is most receptive to repair cellular damage?

## DIRECTIONS

- Apply every night on legs, buttocks, hips and belly. May be applied on arms should there be cellulite in the area.
- Apply a soft massage to improve skin micro-circulation and promote drainage.
- For best results, complete the treatment with **Cellfit Anti-Cellulite Day Gel** every morning.
- Once-Twice a week, exfoliate with **Cellfit Exfoliating Cream**.

# Cellfit Bust Firming Cream

## HERBAL TRADITION



➤ **Red Vine Leaves:** Known for their high content of vitamins, proteins and minerals, they

are used both in health and beauty care products. Its extract has anti-oxidant properties that fight premature skin aging in addition to improving skin micro-circulation to help reduce water retention.



➤ **Lima Bean + Rutin from Ginkgo Biloba (Stretch mark reducing):** A combination of active components that improve the skin's resilience to stretching and helps reduce the depth, width and color of stretch marks.



## PRIMARY INGREDIENTS

- Red Vine Leaf Extract
- Lima Bean & Rutin from Ginkgo Biloba
- Firming lipo-peptides

## SECONDARY INGREDIENTS

- Sweet Almond Oil
- Irish Moss Extract

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Improve breast contour due to their "lifting" effect, providing a smooth, toned and silky texture to the skin.
- Improve the skin's resilience to stretching due to weight and size fluctuations.
- Repair elastic tissue firming and toning the skin.
- Improve the skin's resistance to gravity by 44%.
- Improve the appearance of stretch marks by reducing:
  - Their depth by 72%
  - Their width by 27%
  - Their color by 22%

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for women who have undergone sudden changes in the size and firmness of their breasts due to hormonal changes, weight gain or loss, breast feeding or simply due to the natural effects of gravity.
- May be applied on breasts, upper arms and décolleté, where the skin is very thin and has lost its support function.
- Perseverance and consistency are key factors to obtain best results. When used every day, initial results can be seen in 4 weeks, optimal results in 8.
- Twice a week, exfoliation with **Cellfit Exfoliating Cream** is recommended.
- Combine the **Cellfit Treatment** with the **Seaweed & Grapevine Bath Foam** with purifying and detoxifying properties and high iodine content to help the skin regain firmness while providing a soft, silky feeling.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Offer a small amount of cream for guests to apply on the back of their hands to show them its pleasant scent, soft gliding texture and quick absorption.



## OPENING QUESTIONS

- Have you noticed how your breasts lost some of their firmness after breastfeeding? Or maybe after losing weight?
- Breasts are a true challenge to gravity. Did you know that due to the fact that they have no muscle tissue, their only support is the skin that covers them? This is why it's so important to take good care of the skin.
- Would you like to reduce the effects of gravity with an easy application of the **Cellfit Bust Firming Cream** every day?

## DIRECTIONS

- Apply every morning and night with a gentle circular massage over breasts, décolleté and upper arms to promote skin micro-circulation.

# Seaweed & Grapevine Bath Foam

## HERBAL TRADITION



➤ **Seaweed:** Known to invigorate, eliminate impurities and improve the appearance of the skin. High in iodine content, Seaweed Extract has been known to balance the pH of the skin and, to firm and tone in the epidermis, diffusing and preventing hyper-pigmentation of the skin.



➤ **Red Vine Leaves:** Known for their high content of vitamins, proteins and minerals, they are used both in health and beauty care products. Its extract has anti-oxidant properties that fight premature skin aging in addition to improving skin micro-circulation to help reduce water retention.



## PRIMARY INGREDIENTS

- Seaweed Extract
- Grapevine

## SECONDARY INGREDIENTS

- Vitamin A
- Tocopherol (Vitamin E)
- Panthenol (A-B Vitamin)
- Biotin (Vitamin H)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Firm and purify.
- Tighten and tone skin.
- Address the factors that cause imperfections on skin's surface.
- Give skin long-lasting moisture.
- Maintain skin's pH balance.
- Prevent dry skin and neutralize the effect of free radicals.
- Protect and moisturize.

## PRIMARY USES AND RECOMMENDATIONS

- Recommended as a complement of the **Cellfit** treatment.
- Ideal for skin that needs firming and tone.
- The skin-purifying effects of this ingredient combination is ideal for people who smoke or who live in environments or cities where pollution is high.
- The addition of grapevine extract enhances the purifying effects of this bath foam.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind the guests that the **Just Bath Foams** have cleansing qualities. It is not necessary to use soap.
- Explain that lather is created as the tap water falls on the bath foam.
- Dissolve a few drops of the bath foams in warm water. Point out the color and aroma of the bath foam.
- Put a drop of bath foam on the skin of a volunteer for her to feel the silky texture of the product.



## OPENING QUESTIONS

- Wouldn't you like to enjoy a seaweed bath in the privacy of your own home that will improve the irregular texture of the skin?
- Did you know that now you can complement the **Cellfit** treatment with a bath that works on the surface of the skin to improve its texture and appearance? or,
- Would you like to know the perfect complement to the **Cellfit** treatment?

## DIRECTIONS

- Add 3 capfuls of **Just Bath Form** into a warm bath (between 90-100°F/32-37°C). Stir and soak for 20 minutes.
- For a footbath, add 1 capful

# Milk, Honey & Rice Bath Foam

## HERBAL TRADITION



➤ **Milk, Honey and Rice:** The delicate combination of these extracts, soften, moisturize and protect the skin. Rich in vitamins A, C and D, they condition the outer layer of the skin. Especially recommended for children and people with very sensitive or dry skin.



## PRIMARY INGREDIENTS

➤ Milk, Honey and Rice Extracts

## SECONDARY INGREDIENTS

- Vitamin A
- Tocopherol (Vitamin E)
- Panthenol (Vitamin in the B Group)
- Biotin (Vitamin H)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Care and soften.
- Protect sensitive skin by softening and promoting flexibility.
- Have a comforting effect and provide long-term moisture.
- Prevent dryness of the skin.
- Protect and calm the skin.

## PRIMARY USES AND RECOMMENDATIONS

- Recommended for sensitive, delicate or dry skins.
- Ideal for people living in very dry places or in very cold weathers.
- Ideal for the whole family.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Remind the guests that the **Just Bath Foams** have cleansing qualities. It is not necessary to use soap.
- Explain that lather is created as the tap water falls on the bath foam.
- Dissolve a few drops of the bath foams in warm water. Point out the color and aroma of the bath foam.
- Put a drop of bath foam on the skin of a volunteer for her to feel the silky texture of the product.



## OPENING QUESTIONS

- Do you know that our **Bath Foam with Milk, Honey & Rice** is ideal to help soothe chapped skins and irritations?
- Do any of you have a very sensitive skin? Do you ever feel an uncomfortable tautness?

## DIRECTIONS

- Add 3 capfuls of **Just Bath Foam** to a warm bath (90-100° F). Stir and soak for 20 minutes.
- In a foot bath add 1 capful.

# Sandalwood Body Butter

## HERBAL TRADITION



### > Sandalwood:

Indigenous to India, the Sandalwood tree is a threatened species;

hence its essential oil and extract have become very exquisite and expensive over time. The deep, penetrating perfume of sandalwood was used in ancient oriental cult to reach spiritual harmony and to cleanse the mind. For years, sandalwood has been used in fragrances due to its aphrodisiac properties. As a natural sedative it is commonly used in meditation, as it induces a feeling of deep peace.



### > Shea Nut

**Tree:** The Shea nut tree is indigenous to the savannah region in North West Africa and

regarded as sacred by the native tribes in the region. Shea Butter, obtained from the Shea Nut is an unsurpassed moisturizing agent and its skin repairing properties are important for improving a number of skin conditions. Shea Butter is exceptionally rich in antioxidants that help protect the skin and encourage cell renewal.



## PRIMARY INGREDIENTS

- > Sandalwood Essential Oil
- > Shea Butter

## SECONDARY INGREDIENTS

Skin Caring Ingredients

- > Jojoba Oil
- > Organic & Non Transgenic Soy Oil
- > Biotin (Vitamin H)

Mood Enhancing Ingredients

- > Patchouli Oil
- > Jasmine Oil
- > Black Pepper Seed Extract
- > Ylang Ylang Oil
- > Atlantic Cedar Wood Oil
- > Vetiver Oil
- > Palmarosa Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- > Seriously moisturize non-stop for 24 hours.
- > Promote skin renewal, improving texture and reducing redness.
- > Fight free radicals, which cause premature aging of the skin.
- > Retain moisture of the skin creating a barrier that prevents moisture loss.
- > Restore elasticity.
- > Promote a sensual feeling and comfort.
- > Calm & relax tensions.
- > Reduce anxiety & inhibition.
- > Promote romance & sensuality.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for normal to dry skin
- Ideal during very cold season when skin tends to dry out very easily.
- Ideal during summer season, when the skin is exposed to sun and chlorine, becoming very dry.
- The **New Sandalwood Body Butter** leaves your skin looking radiant and feeling silky-smooth, very flexible and deeply moisturized.
- Ideally, exfoliate before use to remove dead cells from the surface of the skin.
- Apply after the daily bath or shower.
- Lasts between showers!
- **Lotion vs Body Butter: Which to Choose?**
  - Because **Just Sandalwood Body Butter** uses Shea butter an all-natural skin healer, and, superior longer lasting emollients, it's ideal for very dry skin or skin damaged by dryness, wind or chapping.
  - If added moisture is all you need, a lighter, more easily absorbed lotion would be adequate.

PARABEN FREE

## DEMONSTRATION TIPS

- Ideally, try it on larger surfaces than the hands for people to really appreciate its silky feeling and beautiful spread.
  - Arms
  - Legs



## OPENING QUESTIONS

- Do you know what defines dry skin? Dry skin, is caused when the skin cells lose their essential moisture. This can be caused by air conditioning or home heating systems, and repeated removal of the skin's oily lipid layer with harsh soaps or chlorine, which protects skin from moisture loss. Frequent washing is often a culprit.
- Have any of you heard about the aphrodisiac powers of Sandalwood?
- Wouldn't you love to hear about a body butter that's not just about skin, but also has mood enhancing properties?

## DIRECTIONS

- Apply a small amount over the whole body for deep moisturizing results.
- Repeat as needed.

# Almond Body Lotion

## HERBAL TRADITION



➤ **Almond:** The almond tree is abundant in California, the south of Europe and the Mediterranean. Almonds are rich in nutrients, proteins, sugar, vitamins (especially vitamin D) and minerals. Almond Oil is one of the most neutral oils available and it has no negative side effects. Its emollient properties are ideal for cosmetic use. Almond oil is also a very effective lubricant.



## PRIMARY INGREDIENTS

- Pure Almond Oil

## SECONDARY INGREDIENTS

- Corn Oil
- Vitamins A and F
- Bisabolol (chamomile byproduct)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Control and protect dry skin.
- Prevent the skin from dehydrating.
- Calm and reduce inflammations.
- Help maintain skin flexibility.
- Help stabilize natural skin functions.
- Refresh and revitalize sun-exposed skin.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal when applied after sun exposure; prolongs suntan.
- Ideal to nourish stretchmarks caused by pregnancy.
- Ideal when used on the whole body.
- Ideal for massage.
- Ideal for babies.
- Ideal for cleansing sensitive skin and removing make-up.

## DEMONSTRATION TIPS

- Apply a small amount of the **Just Almond Body Lotion** on the back of a customer's hand to demonstrate the texture and delicate fragrance of the product.



## OPENING QUESTIONS

- Did you ever feel your skin dry after sun exposure?
- What do you use as a body moisturizing lotion?
- Wouldn't you like a relaxing massage with the addition of the rich properties of almond oil?

## DIRECTIONS

- **For body care:** Apply evenly and massage gently. Do not remove.
- **As a deep facial cleanser:** Apply **Just Almond Body Lotion** evenly and gently on your face and wait a few minutes. Remove with a wet washcloth.

# Mallow Body Lotion

## HERBAL TRADITION



► **Mallow:** Mallow has been used since ancient times for its cosmetic and therapeutic virtues. Its extract is obtained from the fresh flowers and leaves of the mallow plant by means of a maceration process.

It has a high content of vitamins A, B and C, and is characterized for its soothing, anti-inflammatory, softening and healing properties.

It contains a high percentage of mucilage, a botanic adherent that forms a protecting and absorbing layer of oily secretions.



## PRIMARY INGREDIENTS

- Mallow Extract

## SECONDARY INGREDIENTS

- Vitamin E
- Wheat Germ Oil
- Corn Oil
- Chamomile Extract
- Jojoba Oil
- Bio-Hyaluronic Acid
- Panthenol
- Allantoin
- Soy Oil
- Hydrating factor

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Soothe and comfort skin with symptoms associated with inflammation.
- Protect the skin from external influences.
- Provide anti-oxidant action which fights free radicals.
- Protect and moisturize dehydrated skins.
- Provide an important emollient action leaving skin smooth, flexible and velvety.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal to soothe skin affected by irritation and inflammations.
- Ideal for massages.
- Ideal to protect sensitive skin from external influences.
- Indicated for dry, dull and sensitive skin.
- Highly recommended to soothe inflamed skin after sun exposure.
- Ideal to hydrate the skin promoting its flexibility.
- Ideal as a daily aftershave for men with sensitive skin due to its soothing properties.
- Suitable for all skin types and for the whole family, even the elderly and children.

## DEMONSTRATION TIPS

- If there is a guest with dry or sensitive skin, ask her to try the **Just Mallow Body Lotion** on the back of her hand.
- Call her attention to its fast absorption and the immediate improvement of her skin's texture.



## OPENING QUESTIONS

- What could be better than a smooth, emollient **Mallow Body Lotion** to treat your skin?
- Did you know that free radicals cause cell alterations that in turn may cause a degenerative processes? Mallow extract has antioxidant properties that help fight free radicals.
- Did you know that mucilage, a mallow by-product present in the **Just Mallow Body Lotion**, forms a protecting and absorbing layer of oily secretions?

## DIRECTIONS

- After daily bath or shower, apply a thin layer evenly on the whole body.
- For a massage: dissolve a few drops of your favorite **Just Aromatherapy Essential Oil** into the **Just Mallow Body Lotion**.

## HERBAL TRADITION



➤ **Sage:** Sage, historically considered to be sacred, means “the plant that saves” in Latin. It received the devotion of the Persians, Hindus and Celts, and in Rome, only the virgins could collect them. Druids, on the other hand, used it against all sorts of diseases. Astringent, deodorant, stimulating, firming and toning properties have been attributed to this plant over the years, and herbalists have used sage to calm inflammation, abscess and wounds. Today, this plant is used to fight infection, reduce inflammation and regulate oil levels of the skin.



## PRIMARY INGREDIENT

➤ Sage Extract

## SECONDARY INGREDIENTS

- Vitamin B
- Alantoine
- Melissa Extract
- Arnica Extract
- Gentian Extract
- Silverweed Extract
- Stinging Nettle
- Frescolat

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Instantly refresh and revitalize the skin.
- Provide a profound and intense long lasting effect.
- Stimulate and invigorate the skin.
- Improve the elasticity and tone of the skin.
- Preserve the skin's natural moisture.
- Balance oily skin.

## PRIMARY USES AND RECOMMENDATIONS

- A multiple-use gel with a pleasant fragrance and soft texture, ideal for days of intense heat and humidity.
- Naturally invigorating after your daily shower.
- Great after shaving. It moisturizes and tightens open pores.
- Ideal as a relaxing and refreshing mask. (Do not apply on eyelids).
- Refreshing after a day out in the sun.
- Ideal to refresh after hot flashes.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Offer guests a small amount on the back of their hand. Massage gently until fully absorbed. Ask them to comment on the instant refreshing sensation that **Just Body Fresh** provides.
- Call their attention to the delicate fragrance of the product.



## OPENING QUESTIONS

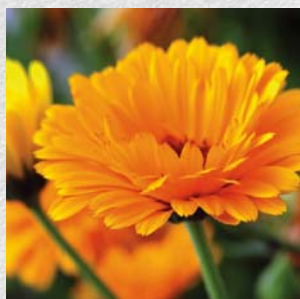
- How would you like to learn more about a gel that does not dry your skin and keeps you fresh for many hours?
- Do you suffer from skin irritation after shaving?
- Do any of you have menopausal hot flashes?

## DIRECTIONS

- Apply a small amount of the **Just Body Fresh** and massage gently until fully absorbed by the skin.

# Marigold Cream

## HERBAL TRADITION



➤ **Marigold:** The Marigold plant is indigenous to the Mediterranean area. While soothing and reducing inflammation, marigold stimulates circulation. It is particularly effective for wounds and healing scars.



## PRIMARY INGREDIENT

- Marigold Extract

## SECONDARY INGREDIENTS

- Vitamin E (Tocopherol)
- Alantoin
- Mallow Extract
- Echinacea Extract
- Soybean Oil
- Salts derived from Hyaluronic Acid

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Nourish, leaving the skin soft and smooth.
- Promote cell renovation.
- Provide cosmetic properties to reduce the appearance of scars.
- Reduce appearance of stretch marks.
- Reduce the discomfort associated with skin inflammation.
- Ease the discomfort associated with sore nipples due to breast feeding.
- Help prepare breasts for breast feeding during pregnancy.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for dry and dehydrated skin.
- Ideal to improve the appearance of scars.
- Ideal to help ease the discomfort associated with bed sores in people who have been bed ridden for long periods of time.
- Ideal product for pregnant women who need to prepare their skin and breasts for maternity.
- Recommended to help ease the discomfort of sore nipples, a common problem in nursing mothers.

## DEMONSTRATION TIPS

- Offer guests a small amount of cream on the back of their hand. Ask the guests to feel and smell the appealing texture and fragrance of the product.



## OPENING QUESTIONS

- Did you know that marigold is traditionally used to prepare skin and breasts during pregnancy?
- Did you know the wonderful effects of marigold on the skin?

## DIRECTIONS

- Apply topically two to three times a day. Make sure your hands are clean before applying the product.

# Lavender Cream

## HERBAL TRADITION



➤ **Lavender:** The healing properties of lavender have been known for over 5,000 years. It is considered to be a good antiseptic, an activator of circulation, a pain reliever, and a powerful healing agent. It reduces inflammations, repels insects, soothes and relaxes nervous conditions, balances the mood and is frequently recommended for depression.



➤ **Witch Hazel (Hamamelis):** Witch Hazel, also known as Hamamelis has been highly valued and used in aboriginal medicine. Several tribes have long used this plant to calm and heal wounds and insect bites and to calm joint and muscle pain. Witch Hazel has astringent, refreshing and decongestive properties, in addition to perspiration inhibiting qualities.



## PRIMARY INGREDIENT

➤ Pure Lavender Essential Oil

## SECONDARY INGREDIENTS

- Witch Hazel (Hamamelis)
- Extract
- Glycerin
- Aloe Vera Gel
- Squalene
- Bisabolol (active principle of the chamomile flower)
- Serine (a byproduct of Sericine)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

### Physical Benefits

- Care for, soothe and improve the appearance of the skin.
- Help ease the discomfort associated with burns.
- Refresh and restore.
- Help repel insects.
- Be suitable for both children and adults.

### Emotional Benefits

- Soothe and relax daily tensions and balance the senses and the emotions through a massage.
- Improve the mood.

## PRIMARY USES AND RECOMMENDATIONS

➤ The **Just Lavender Cream** with lavender essential oil, witch hazel and aloe vera is a multipurpose cream with aromatherapeutic properties that improve physical and emotional well-being. These benefits increase when the **Lavender Cream** is combined with the **Just Lavender Essential Oil**.

### Skin Applications

- Helps soothe skin.
- Repels insects.
- Delights with its beautiful fragrance.
- The astringent properties of witch hazel are known to be effective on the discomfort associated with hemorrhoids.

### Emotional Applications

- Relaxation
- Difficulty to sleep
- Stress
- A must to keep on hand.
- **Just Lavender Cream** may be used together with
- **Just Lavender Essential Oil** and **Melissa Bath Essence** to achieve a holistic soothing and relaxing effect.

## DEMONSTRATION TIPS

- Offer a thin layer of **Just Lavender Cream** on a volunteer's hand to show its soft texture and its concentrated lavender fragrance. If anyone has a wound or burn, demonstrate the product on this person combining the cream with **Just Lavender Essential Oil**.



## OPENING QUESTIONS

- Who hasn't suffered a burn while cooking and had to resort to a home remedy to soothe the pain (such as butter, oil, ice, rubbing the burned area against your scalp). We all know that none of these remedies is completely effective. Today I'd like to present the **Just Lavender Cream**.

## DIRECTIONS

- Apply a thin layer of **Just Lavender Cream** and softly massage into skin. This velvety cream may be used both on your face and on your body. For a more effective result, add some drops of **Lavender Essential Oil** to the **Lavender Cream** in a proportion of 3 to 4 drops per tablespoon of cream.

# Lamello Derm Cream

## HERBAL TRADITION



➤ **Cardiospermum:** Also called “Balloon Plant” or “Love in a puff”. This climbing plant, native of Bermuda, Florida and Texas, is currently very widespread in India, Europe, Africa and South America. Its highly moisturizing and anti-inflammatory properties combat itching and decreases eczema. In recent years its active ingredients have been used to treat related skin conditions that range from allergies to psoriasis.



➤ **Licorice:** Native to Western Asia, currently grown in Spain, Italy and southern France. It stimulates the self-repair mechanism of the skin and its licochalcone content comforts irritated and reddened skin. Its softening properties have made it a popular ingredient in products for sensitive skin and baby care.



## MAIN ACTIVE INGREDIENTS

- Cardiospermum Extract
- Licorice Extract

## SECONDARY ACTIVE INGREDIENTS

- Berberis Extract
- Shea Butter
- Nourishing natural oils: Argan, Jojoba, Black Cumin (Nigella sativa)

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They are known for their ability to **comfort** and **regenerate** dry, sensitive and hyper-sensitive skin the following ways:

- Integrated in an innovative lamellar structure composed of lipids and natural ingredients that mimic the skin's own structure, provide protection and allow **Lamello Derm** to improve the condition of dry, sensitive skin prone to irritation.
- Normalizes the hydration of the skin to avoid peeling and damage to its hydrolipid layer.
- It comforts the itching and tightness of the skin.
- Protects and softens the outer layer of the affected skin.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people with very dry skin, prone to irritation or peeling.
- Ideal for people with sensitive skin.
- Ideal for helping improve the appearance of hyper-sensitive skin:
  - For irritated skin after waxing, exfoliation, micro-dermo-abrasion, etc.
  - For those who suffer post-shave irritation.
  - For people who suffer from contact reactions (reaction to certain metals, chemicals, latex, etc.)
  - For those who are more susceptible to allergies
- Ideal for those who prefer products without perfumes nor preservatives.
- Ideal for babies and children.
- Unlike other creams specifically for hypersensitive skin, does not lose effectiveness after long-term use and it can be applied as often as needed.

## DEMONSTRATION TIPS

- Highlight the texture and the absence of scent of any kind.
- At the end of the Spa, ask for testimonies and impressions.
  - How do your elbows feel now?
  - Share your comments.
- Explain that in just a few minutes they will be able to see a change in appearance and texture and with daily use, the skin will improve from the inside out to end the feeling of dryness and tightness.



## OPENING QUESTIONS

- Has anyone ever wished they had a second skin in order to not have to deal with dry and hypersensitive skin?
- Does anyone here have areas of very dry skin? Like the elbows for example?
- Have you noticed that emotional reactions (stress, family problems, work responsibilities, etc.) cause your skin to react on specific parts of your body?
- If you have babies and children at home, you know exactly what I mean when I talk about sensitive skin issues.

## DIRECTIONS

- Spot apply a small amount or as needed through gentle massage.
  - Use as often as needed.
  - When skin is dry, irritated and lackluster after being exposed to environmental factors such as the summer sun, ocean water, chlorine, wind or cold, the ideal is to bring it back to normal before starting a new skincare regime. Incorporate the **Just Lamelloderm Cream** into your daily skincare routine to repair the skin's protective barrier and recover its ability to benefit from the **Vital Just** skincare treatment in the best way.
    - **Vital Just Cleansing Gel**
    - **Vital Just Clarifying Tonic**
    - **Lamelloderm Cream** (day and night)
- Frequency: 1 week of treatment depending on need.

## HERBAL TRADITION



► **Dead Sea Salts:** The healing powers of the salts extracted from the Dead Sea have been known since ancient times. Egyptians were the first to discover their beneficial properties to embalm their mummies and to treat skin conditions and rheumatic pain. Dead Sea salts contain oligo-elements and minerals (sodium, potassium, magnesium, calcium, and bromide), indispensable for aiding proper body metabolism and skin care. The primary qualities of Dead Sea salts are that they reduce the discomfort related with joint inflammation, and are often used as a complement to treatments of psoriasis to help soothe itching, and help moisturize skin.



## PRIMARY INGREDIENT

- Dead Sea Salts

## SECONDARY INGREDIENTS

- Jojoba Oil
- Marigold Extract
- Eyebright Extract
- Wheat Germ Extract
- Allantoin
- Lanolin
- Bio-Hyaluronic Acid
- Salicylic Acid
- Hydrating substances

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

- A tension relaxing massage with herbal extracts and oils combined with Dead Sea salts, rich in oligo-elements and minerals is known to provide a comforting feeling to the tension that builds up due to rheumatic and joint pain.

## PRIMARY USES AND RECOMMENDATIONS

- A massage with **San' Activ Herbal Cream** complements the benefits of a bath, revitalizing, providing the body with flexibility and ease of movement.
- Ideal for providing a feeling of comfort for those who suffer from damaged and lusterless skin due to severe dryness or the effects of psoriasis.

## DEMONSTRATION TIPS

- Offer a small amount on the guest's hand to show its delicate texture and fast absorption.



## OPENING QUESTIONS

- Did you know that the government of Israel has promoted the establishment of treatment spas on the coast of the Dead Sea so people suffering from psoriasis and rheumatic diseases can benefit from the richness of the salts through restorative treatments such as baths and massages.
- Do any of you have family members with extremely dry skin due to excesses, psoriasis or simply due to lack of moisture?

## DIRECTIONS

- Apply topically on the affected area and massage gently until total absorption is achieved.

# Tea Tree Oil with Manuca & Rosalina

## HERBAL TRADITION



► **Tea Tree:** Since the times of Captain Cook who used this incredible essential oil to heal his soldiers during his trips through Oceania, Tea Tree oil has been used to cover a wide variety of therapeutic purposes: antiseptic, antiviral, fungus fighting, anti-inflammatory, wound healing, analgesic and soothing of the nerve endings. Tea Tree essential oil, unlike other well known bacteria fighting remedies, has the unique characteristic, since it does not damage the tissues surrounding the affected areas. There are more than 300 varieties of Tea Tree, being *Melaleuca Alternifolia* the most common one for therapeutic uses.



## PRIMARY INGREDIENT

- Tea Tree Essential Oil

## SECONDARY INGREDIENTS

- Manuca Essential Oil
- Rosalina Essential Oil
- Chamomile Essential Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They are known for their ability to:

- Promote cell renewal.
- Comfort irritated skin through rich moisturizing ingredients.
- Provide a smoothing effect and improve the elasticity of the skin.
- Regenerate damaged skin improving the appearance of scars.

## PRIMARY USES AND RECOMMENDATIONS

- The new **Tea Tree Oil** is delicate on the skin, making it suitable for use in children.
- Does not produce a burning sensation.
- May be used on the lips to ease discomfort associated with cold sores.
- A few drops of **Just Tea Tree Oil** may be diluted in water for a sitz bath or footbath, to calm, soothe and refresh.
- Ideal in vapor treatments or direct application for acne prone skin.
- Ideal for gargling.
- It does not irritate skin.
- May be used in combination with any other product in the **Tea Tree** line.
- May be applied directly on the skin.

*PARABEN FREE*

## DEMONSTRATION TIPS

- If there is a guest who has a cut or scrape, ask if you can apply a drop of this oil to demonstrate its soothing effect.



## OPENING QUESTIONS

- Where you aware of how Captain Cook kept his crew healthy throughout his expeditions and adventures in Oceania?

## DIRECTIONS

- **Tea Tree Oil** may be applied in the form of a compress, diluted in water for vapor treatment, or directly on the affected area with a cotton swab.
- Apply one or two **Just Tea Tree Oil** drops on the area and massage gently.
- Even though **Just Tea Tree Oil** may be combined with other oils, it is not necessary to dilute it in another carrier oil or cream. In contrast to other essential oils, **Just Tea Tree Oil** does not harm tissue even if used in its purest form.

# Tea Tree Cream with Manuca & Rosalina

## HERBAL TRADITION



► **Tea Tree:** Since the times of Captain Cook who used this incredible essential oil to heal his soldiers during his trips through Oceania, Tea Tree oil has been used to cover a wide variety of therapeutic purposes: antiseptic, antiviral, fungus fighting, anti-inflammatory, wound healing, analgesic and soothing of the nerve endings. Tea Tree essential oil, unlike other well known bacteria fighting remedies, has the unique characteristic, since it does not damage the tissues surrounding the affected areas. There are more than 300 varieties of Tea Tree, being *Melaleuca Alternifolia* the most common one for therapeutic uses.



## INGREDIENTES ACTIVOS PRINCIPALES

► Tea Tree Essential Oil

### SECONDARY INGREDIENTS

- Manuca Essential Oil
- Rosalina Essential Oil
- Maize Oil
- Chamomile Oil
- Soybean Oil
- Yarrow Extract
- Marshmallow Extract
- St. John's Wort Extract
- Sage Extract
- Alantoin
- Glycerin
- Vitamin F

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Promote skin renovation.
- Relieve discomforts associated with skin conditions.
- Provide a soothing effect.
- Render skin soft and elastic.

## PRIMARY USES AND RECOMMENDATIONS

- It is an ideal cream for sensitive skin with impurities.
- Renders skin more resistant and helps prevent dehydration.
- It is the perfect complement for **Just Tea Tree Oil**. This cream makes the oil easier to apply on broader skin areas.
- Perfect on any cut since it does not produce a burning sensation.
- To ease discomfort associated to hemorrhoids, apply a thin layer of cream several times a day.
- In cases of fungus infection, apply a thin layer to soothe skin.

## DEMONSTRATION TIPS

- Let the guests enjoy the pleasant aroma of the **Tea Tree Cream**. Explain to them how Tea Tree does not sting when applied on skin that has been damaged.



## OPENING QUESTIONS

- Did you know that before penicillin was discovered tea tree was widely used for healing many conditions?

## DIRECTIONS

- Apply a thin layer of cream and massage gently.
- Apply several times a day.

# Chamomile Hand Cream

## HERBAL TRADITION



➤ **Chamomile:** The properties of chamomile have been known since ancient times. Chamomile was believed to be effective against nervous attacks and fever. Today chamomile is known for its calming, relaxing and anti-inflammatory properties.



## PRIMARY INGREDIENT

➤ Chamomile Extract

## SECONDARY INGREDIENTS

- Sericin
- Corn Oil
- Glycerin
- St. John's Wort Extract
- Bisabolol
- Squalane

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Form a protective, non-oily, invisible coating, protecting the skin against environmental factors.
- Provide incredible softness to the hands.
- Strengthen the skin and restore a youthful look to the hands.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for dry and chapped hands.
- Ideal to help prevent premature aging of hands.
- Indispensable during wintertime.
- May be used on very dry elbows and knees.
- Non-greasy does not stain clothes or other surfaces.
- Ideal for people who expose their hands to everyday chores or have labor intensive jobs, gardening, dishwashing without gloves, mechanics, goldsmiths, etc.
- Ideal for people who have developed a sensitivity to latex gloves and must use them on a daily basis.
- Ideal for health professionals who must wash their hands very often and are in contact with products that dry and crack their skin.

## DEMONSTRATION TIPS

- Offer a small amount of cream for guests to experiment the feeling of wearing an invisible protective glove after applying the cream on their hands.
- Ask a volunteer to clean her hand with a paper tissue to demonstrate how quickly the cream is absorbed and that no oily marks are left on the tissue.



## OPENING QUESTIONS

- Our hands are damaged by daily work. Wouldn't you like to hear about a product that can restore their youthful look with just a few applications?
- Do you pay attention to the needs of your hands?
- Nature selected Sericin to protect its finest fiber: silk. Why not use it to care for our hands?

## DIRECTIONS

- Apply **Just Hand Cream** through a gentle massage starting at the wrists, all the way up to the fingernails, particularly over the cuticles. Reapply after washing hands.



# Pediscrub · Foot Exfoliating Cream

Pediscrub Foot Exfoliating Cream contains plant active ingredients and rounded exfoliating micro-granules that help remove dry skin cells and calluses leaving skin soft and velvety.

## INGREDIENTS

- Crystallized Jojoba oil
- Palm Seed Granules
- Juniper Oil
- Eucalyptus oil
- Orange Oil
- Dwarf Pine Oil
- Rosemary Oil
- Sage Oil
- Camphor
- Hamamelis extract
- Bees Wax



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Remove dry cells from the surface of the skin to improve the absorption of moisturizing products applied afterwards.
- Help remove calluses and rough spots.
- Soften and improve the skin's texture.
- Help improve the appearance of dry patches and cracks due to severe skin dryness.
- Invigorate the skin.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people with calluses and rough spots.
- Recommended for those with dry patches and cracks on their feet.
- Ideal for people who practice sports that tend to have very dry skin or calluses on their feet.

Suitable to improve the absorption of other **Just Foot Care Products**.

**PARABEN FREE**

## DEMONSTRATION TIPS

- Offer your clients a small amount of **Pediscrub** for them to test on one elbow. Rinse and compare side by side with the other elbow to assess the softening effect.
- Explain how **Pediscrub** improves the absorption and efficiency of the **Just Pedicream** while improving the skin's texture.



## OPENING QUESTIONS

- Did you know that our feet are considered one of the most sensual parts of a woman's body? Surprisingly, it's also one of the most neglected parts of the body. Let me introduce you to a product that has been especially developed to care for our feet.
- Do any of you have calluses or rough spots on your feet?

## DIRECTIONS

Apply **Pediscrub Foot Exfoliating Cream** on dry skin 2 to 3 times a week. Massage with a circular motion and rinse.

### Application Sequence

1. Soak feet in water with **Just Pedibath** (2 to 3 times a week). Dry feet.
2. Apply **Just Pediscrub Foot Exfoliating Cream** on dry feet (2 to 3 times a week).
3. Apply **Just Pedicream** (on a daily basis).



This delicate blend of essential oils and natural plant extracts that make up **Just Pedibath** is ideal for revitalizing the skin by restoring elasticity, softening calluses and hardness, and relaxing tired legs and feet.

## MAIN ACTIVE INGREDIENTS

- Juniper Essential Oil
- Picea Albies Essential Oil
- Pinus Pumillo Essential Oil
- Pinus Silvestris Essential Oil
- Rosemary Essential Oil
- Aquilea Extract
- Seaweed Extract
- Horse Chestnut Extract
- Witch Hazel Extract
- Mallow Extract
- Chamomile Extract
- Melisa Extract



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

Known for its ability to:

- Disinfect due to essential oils and extracts with bactericidal properties.
- Soften corns and hard skin.
- Facilitate exfoliation.
- Comfort and relax tired and aching feet.

## PRIMARY USES AND RECOMMENDATIONS

- Foot baths are usually ideal for tired, inflamed and aching feet and legs.
- Ideal for dry feet.
- Ideal for athletes, who suffer the formation of calluses as a result of their sports activity.
- Ideal for people whose feet sweat frequently.
- Ideal for men and women.

*PARABEN-FREE*

## DEMONSTRATION TIPS

- This product is always best demonstrated during a Foot and Leg Care Spa.
- Always conduct the demonstration on one foot so that people have the opportunity to compare one against the other after the application.
- If your gathering place makes it difficult to demonstrate the product, ask the guests if anyone has already used it.



## OPENING QUESTIONS

- Does anyone suffer from swollen and painful feet and legs frequently?
- Foot pain affects our daily activities and can alter our mood. Do you take care of your feet properly?

## DIRECTIONS

- Dissolve 2 capsules of **Pedibath** in warm water 3 times a week or more, as necessary. Soak feet for 10 to 15 minutes.

### **Steps for care and frequency of application:**

1. Dissolve 2 **Pedibath** caps in warm water and soak feet for 10 to 15 minutes (2 to 3 times per week). Dry feet.
2. Apply **Pediscrub Foot Exfoliating Cream** on dry feet (2 to 3 times per week).
3. Apply **Foot Cream Pedicream** or **Pedibon** foot deodorant spray (daily).

# Pedicream · Foot Cream

## HERBAL TRADITION



➤ **Almond:** The almond tree is particularly abundant in California, the south of Europe and the Mediterranean. Almonds are rich in nutrients, proteins, sugar, vitamins (especially vitamin D), and minerals.

Almond oil is one of the most neutral essential oils and least allergenic. Its emollient and softening properties are ideal for cosmetic use. Almond oil is also an effective lubricant.



## PRIMARY INGREDIENT

- Almond Oil

## SECONDARY INGREDIENTS

- Peanut Oil
- Rosemary Essential Oil
- Corn Oil
- Vitamin A
- Sage Extract
- Chamomile Extract
- Camphor
- St. John's Wort Extract
- Eucalyptus Essential Oil
- Arnica Extract
- Juniper Essential Oil
- Yarrow Extract
- Pine Essential Oil
- Mallow Extract
- Orange Essential Oil

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Provide emollient properties that help prevent skin chapping and dryness.
- Leave feet soft and smooth.
- Refresh and renew aching and tired feet.
- Soothe and provide antiseptic properties.
- Provide astringent, skin toning and skin normalizing properties.
- Provide a feeling of freshness.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for dry feet.
- Ideal for athletes who have calluses or corns.
- Ideal for sweaty feet.
- Ideal for a relaxing foot massage since feet have nerve endings that are connected to different parts of the body.
- May be used on very dry elbows and knees.

## DEMONSTRATION TIPS

- Offer guests attending the Swiss Herbal Spa a complete foot treatment to demonstrate the wonderful properties of the Pedi Line.
- Always demonstrate on one foot alone so that guests can compare results with the untreated foot.
- If a guest does not want to try the cream on the foot, offer a small amount of cream on the driest part of the hand. Ask them to massage until full absorption is achieved to see the difference compared to the untreated hand.
- Call their attention to the pleasant and refreshing fragrance of this wonderful cream.



## OPENING QUESTIONS

- Aching feet affect our performance and can alter our mood. Do you take good care of your feet?

## DIRECTIONS

- Apply at night on feet and ankles with a soft massaging movement. To achieve effective absorption, put on a pair of cotton socks right after applications and leave on for 20 minutes.

### Steps for care and frequency of application:

1. Dissolve 2 Pedibath caps in warm water and soak feet for 10 to 15 minutes (2 to 3 times per week). Dry feet.
2. Apply Pediscrub Foot Exfoliating Cream on dry feet (2 to 3 times per week).
3. Apply Foot Cream Pedicream or Pedibon foot deodorant spray (daily).



# Pedibon · Foot Deodorant

Pedibon is a deodorant foot spray based on a wide variety of natural essential oils and extracts that together help refresh, deodorize and regulate perspiration during the whole day.

## PRIMARY INGREDIENTS

- Patchouli Essential Oil
- Sage Essential Oil
- Siberian Fir Essential Oil
- Eucalyptus Essential Oil
- Juniper Essential Oil
- Lavender Essential Oil
- Clary Sage Essential Oil
- Lemon Essential Oil
- Lavandin Essential Oil
- Lichen Extract
- Rosemary Extract
- Sage Extract
- Vitamin E



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Deodorize
- Keep feet fresh and dry for many hours.
- Act as a mild disinfectant.
- Provide a feeling of freshness.
- Relax tired feet.

## PRIMARY USES AND RECOMMENDATIONS

- Use after showering, on dry feet.
- May be used inside shoes and over socks and pantyhose.
- Ideal for athletes who wear sport shoes for many hours.
- Ideal for people whose feet sweat profusely.
- Ideal for tired feet.
- Ideal to take along everywhere: spa, gym, trips, work, etc.
- Ideal for both men and women.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Offer a small amount of **Pedibon** on one of the customer's feet (even if she is wearing stockings). After a few minutes, ask them to note how differently her two feet feel.
- Ask the guests to notice the pleasant and fresh fragrance of the product.



## OPENING QUESTIONS

- Do your feet sweat profusely?
- Do you need an effective deodorant for your shoes?
- Do you sometimes feel a burning sensation on your feet?

## DIRECTIONS

- Spray on the feet, especially between the toes, every morning. **Pedibon** may also be used inside shoes or over socks and pantyhose.

### **Steps for care and frequency of application:**

1. Dissolve 2 **Pedibath** caps in warm water and soak feet for 10 to 15 minutes (2 to 3 times per week). Dry feet.
2. Apply **Pediscrub Foot Exfoliating Cream** on dry feet (2 to 3 times per week).
3. Apply **Foot Cream Pedicream** or **Pedibon foot deodorant spray** (daily).

# Tea Tree Spray with Manuca & Rosalina

## HERBAL TRADITION



► **Tea Tree:** Since the times of Captain Cook who used this incredible essential oil to heal his soldiers during his trips through Oceania, Tea Tree oil has been used to cover a wide variety of therapeutic purposes: antiseptic, antiviral, fungus fighting, anti-inflammatory, wound healing, analgesic and soothing of the nerve endings. Tea Tree essential oil, unlike other well known bacteria fighting remedies, has the unique characteristic, since it does not damage the tissues surrounding the affected areas. There are more than 300 varieties of Tea Tree, being *Melaleuca Alternifolia* the most common one for therapeutic uses.



## PRIMARY INGREDIENT

- Tea Tree Essential Oil

## SECONDARY INGREDIENTS

- Manuca Essential Oil
- Rosalina Essential Oil
- Witch Hazel Extract
- Lichen Extract
- Rosemary Extract
- Frescolat
- Vitamin A
- Vitamin F

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Keep feet clean and dry as a precaution from athlete's foot.
- Provide deodorant action.
- Have refreshing properties.
- Care and soften the skin.

## PRIMARY USES AND RECOMMENDATIONS

- Ideal for people who practise sports.
- Ideal for people who are prone to suffer from athlete's foot.
- Ideal to keep feet healthy and dry.
- May be used in combination with the Just Tea Tree Oil or Cream.

*PARABEN FREE*

## DEMONSTRATION TIPS

- Spray a small amount on the client's foot to show the refreshing and cleansing sensation of the Tea Tree Spray.



## OPENING QUESTIONS

- Do any of you suffer from athlete's foot, sore or dry feet?
- Would you like to try a product that can help prevent athlete's foot?

## DIRECTIONS

- Spray on cleansed and dry feet.

# Pedibalm · Leg Lotion

## HERBAL TRADITION



➤ **Ruscus Aculeatus (Wild Myrtle):** Helps improve circulation, prevents the dilation of small veins and is known to increase vein firmness.



➤ **Horse Chestnut:** Known for its cramp preventing, stimulating, antiinflammatory and firming properties.



## PRIMARY INGREDIENTS

- Ruscus Aculeatus Extract (Wild Myrtle)
- Horse Chestnut Extract

## SECONDARY INGREDIENTS

- Frescolat
- Alantoine
- Arnica Extract
- Echinacea Extract
- Marshmallow Extract

## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

They have been known to:

- Relax tension related to sore muscles.
- Invigorate and stimulate.
- Relax tired legs.
- Revitalize and tone.

## PRIMARY USES AND RECOMMENDATIONS

- It is an ideal product for legs prone to forming varicose veins.
- Ideal to prevent tired legs.
- Ideal to refresh and revitalize the legs.
- **Just Pedibalm** is effective for people whose jobs require that they remain standing for long periods of time.
- Putting your feet up on an elevated surface, massage, and exercise may prevent the problems related to varicose veins. In addition, a diet rich in fiber helps prevent varicose veins.
- People who have varicose veins should try to avoid excessive weight gain.

## DEMONSTRATION TIPS

- Offer a small amount of the product on a customer's hand. Ask her to massage her legs (or her arms if she is wearing pantyhose). She will instantly feel the mild refreshing effect of the product.



## OPENING QUESTIONS

- Do any of you suffer from tired and aching legs?
- Do your legs throb after a long shopping session or when you remain standing for many hours?

## DIRECTIONS

- Every morning and night apply **Just Pedibalm**. Massage gently, starting at the feet working your way up to the thighs, until the product is fully absorbed into the skin.



# Quick Reference Guide







ORIGINAL - SINCE 1930

**J**ust products are a rich and concentrated blend of potent plant ingredients that provide a feeling of wellbeing like no other. Essential oils and extracts have been used throughout history to promote the health of the body and mind, and to provide emotional harmony and balance.

Most of these ingredients have emotional, physical and dermo-cosmetic effects. Which is why in addition to delivering a primary benefit, they may provide other interesting secondary benefits.

Please use the guide below to find the **Just** product that is best suited for your Customer's specific needs.

### Mental & Emotional Well-Being

Harmony & Relaxation

Vitality & Energy

Love & Passion

### Physical Well-Being

Frequent Care

Feminine Care

Respiratory Care

Muscle & Joint Care

### Dermo-Cosmetic Well-Being

Skin Care

Lip & Mouth Care

Body Care

Hand, Feet & Legs

Baby Care



**Just** products are meant to soothe and provide well being. Please be reminded that no product mentioned herewith replaces the qualified recommendation of your health care provider or physician. **Just** products are not intended to diagnose, mitigate, treat, cure or prevent any disease.

# Mental & Emotional Well-Being

Harmony & Relaxation	
Tranquility	<ul style="list-style-type: none"> <li>➤ Add a few drops of <b>Lavender Essential Oil</b> to a burner/diffuser or on the palms of your hands, rub vigorously and inhale deeply.</li> <li>➤ Apply a few drops of <b>Anti-Stress</b> behind your ears, on temples, nape of neck and wrists.</li> <li>➤ Add a few drops of <b>Anti-Stress</b> to a tissue and lay over your face inhaling deeply.</li> <li>➤ Blend a few drops of <b>Lavender Essential Oil</b> or <b>Anti-Stress</b> with <b>Aromablends Body Mist</b> and spray into the air, pillow, clothing and body.</li> </ul>
Patience	<ul style="list-style-type: none"> <li>➤ Add a few drops of <b>Orange Essential Oil</b> to:               <ul style="list-style-type: none"> <li>• A burner/diffuser or to the palms of your hands, rub vigorously and inhale deeply.</li> <li>• On a tissue and lay over your face and inhale deeply.</li> <li>• In <b>Aromablends Body Mist</b> and spray into the air, pillow, clothing and body.</li> </ul> </li> <li>➤ Soak in a bath with <b>St. John's Wort &amp; Bitter Orange Bath Foam*</b> to restore harmony and balance.</li> </ul>
Balance	<ul style="list-style-type: none"> <li>➤ Add a few drops of <b>Geranium</b> or <b>Palmarosa Essential Oil</b> or <b>Harmony+</b>:               <ul style="list-style-type: none"> <li>• To a burner/diffuser or to the palms of your hands, rubbing together and inhaling deeply.</li> <li>• On a tissue and lay over your face while inhaling deeply.</li> <li>• In <b>Aromablends Body Mist</b> spraying over body, clothing, pillow, into the air, or in the shower to infuse the steam vapors.</li> <li>• In a foot bath or immersion bath.</li> <li>• In <b>Aromablends Body Oil</b> or <b>Body Lotion</b>, or <b>Sweet Almond Carrier Oil*</b> for a harmonizing massage.</li> </ul> </li> <li>➤ In a bath with <b>St. John's Wort &amp; Bitter Orange Bath Foam*</b> to recover a sense of harmony and balance.</li> </ul>

Harmony & Relaxation	
Concentration & Focus	<ul style="list-style-type: none"> <li>➤ Add a few drops of <b>Peppermint Essential Oil</b> to:               <ul style="list-style-type: none"> <li>• A burner/diffuser or to the palms of your hands, rub vigorously and inhale deeply.</li> <li>• On a tissue and lay over your face and inhale deeply.</li> <li>• In <b>Aromablends Body Mist</b> and spray into the air, pillow, clothing and body.</li> </ul> </li> </ul>
Rest	<ul style="list-style-type: none"> <li>➤ Enjoy an immersion bath with <b>Melissa Bath Essence</b>.</li> <li>➤ Add a few drops of <b>Neroli</b>, <b>Lavender</b> or <b>Chamomile Essential Oil</b> or <b>Anti-Stress</b> to:               <ul style="list-style-type: none"> <li>• A burner/diffuser or to the palms of your hands, rub vigorously and inhale deeply.</li> <li>• On a tissue and lay over your face and inhale deeply.</li> <li>• In <b>Aromablends Body Mist</b> and spray into the air or into <b>Aromablends Body Lotion</b> or <b>Body Oil</b> to enjoy a massage.</li> </ul> </li> <li>➤ Apply a few drops of <b>Anti-Stress</b> behind your ears, on your temples, nape of neck and wrists.</li> </ul>
Soothing Children & Babies	<ul style="list-style-type: none"> <li>➤ Add <b>Melissa Bath Essence</b> to an immersion bath.</li> <li>➤ Provide a gentle massage with <b>Lavender Herbal Cream</b>.</li> <li>➤ Add a few drops of <b>Lavender Essential Oil</b> to:               <ul style="list-style-type: none"> <li>• A burner/diffuser.</li> <li>• <b>Aromablends Body Mist</b> and spray into the air.</li> <li>• <b>Aromablends Body Lotion</b> or <b>Body Oil</b> and massage gently.</li> </ul> </li> </ul>



\*Please check website for product availability.

## Vitality & Liveliness

### Energy

- ▶ Apply **Guduchi Revitalizer** on temples – away from eyes – nape of neck, behind your ears and on your wrists.
- ▶ Soak in an energizing bath with **Mountain Hayflower & Edelweiss Bath Foam\***.
- ▶ Apply a refreshing rub on neck, back, arms and behind the knees with **Body Balm**.
- ▶ Make **Essential<sup>3</sup>** your Daily Ritual to enhance daily performance and quality to your days.
- ▶ Add a few drops of **Rosemary Essential Oil**:
  - To a burner or diffuser.
  - To any **Aromablends carrier** or **Just Sweet Almond Carrier Oil\***.

### Inspiration & Creativity

- ▶ Add a few drops of **Lemon Essential Oil**:
  - To a burner or diffuser.
  - Rub vigorously on the palms of your hands, cup over your nose and inhale deeply.
  - On a tissue and lay over your face and inhale deeply.
  - To **Aromablends Body Mist** and spray in the air.

### Joy & Happiness

- ▶ Add a few drops of **Orange** or **Bergamot Essential Oil**:
  - To a burner/diffuser.
  - Rub vigorously on the palms of your hands, cup over your nose and inhale deeply.
  - On a tissue and lay over your face and inhale deeply.
  - To **Aromablends Body Mist** and spray into the air or **Aromablends Body Lotion** or **Body Oil** to enjoy via a massage.
- ▶ Enjoy an immersion bath with **St. John's Wort & Bitter Orange Bath Foam\***.

## Love & Passion

### Romance

- ▶ Add a few drops of **Jasmine** or **Neroli Essential Oils** to:
  - A burner or diffuser to enjoy aromas.
  - Any **Aromablends carrier** or **Sweet Almond Carrier Oil\*** and apply through a massage.
- ▶ Enjoy a warm bath with **Sandalwood Bath Essence\***.
- ▶ Moisturize and soften skin with **Sandalwood Body Butter**.
- ▶ Use **Gel Intim** to enhance and intensify sensitivity.



\*Please check website for product availability.

# Physical Well-Being

Frequent Care	
Head	<ul style="list-style-type: none"> <li>➤ Apply <b>31 Herbal Cream</b> or a drop of <b>31 Herbal Oil</b> on temples, behind the ears and on the nape of the neck.</li> <li>➤ Apply cold compresses with <b>Peppermint Essential Oil</b>.</li> </ul>
Digestive	<ul style="list-style-type: none"> <li>➤ Add a few drops of <b>Chamomile Essential Oil</b>:               <ul style="list-style-type: none"> <li>• To <b>Aromablends Body Oil</b> and gently massage clockwise in circular motions over stomach.</li> <li>• On hot water compresses over stomach.</li> </ul> </li> <li>➤ Apply a couple of drops of <b>31 Herbal Oil</b>:               <ul style="list-style-type: none"> <li>• Over area to refresh and ease feelings of upset stomach.</li> <li>• Apply under your nose inhaling its refreshing and revitalizing scent to relieve nausea.</li> </ul> </li> </ul>
Fatigue	<ul style="list-style-type: none"> <li>➤ Apply <b>Guduchi Revitalizer</b> on temples – away from eyes – nape of neck, behind your ears and on your wrists.</li> <li>➤ Complement with an immersion bath with <b>Mountain Hayflower &amp; Edelweiss Bath Foam*</b>.</li> <li>➤ Add a few drops of <b>Rosemary Essential Oil</b>:               <ul style="list-style-type: none"> <li>• To a burner/diffuser.</li> <li>• To any <b>Aromablends</b> carrier or <b>Sweet Almond Carrier Oil*</b> for a massage.</li> </ul> </li> <li>➤ Gently rub <b>Body Balm</b> on the nape of your neck, arms and behind knees to invigorate and revitalize.</li> <li>➤ Apply <b>Essential<sup>3</sup></b> as your Daily Ritual.</li> </ul>
Bumps & Bruises	<ul style="list-style-type: none"> <li>➤ Immediately apply <b>Body Balm</b> directly over bruised area.</li> </ul>
Immune Support	<ul style="list-style-type: none"> <li>➤ Enjoy a bath with <b>Echinacea &amp; Ginseng Bath Essence</b>.</li> <li>➤ In case of fever, apply cold compresses with a few drops of <b>Peppermint</b> or <b>Eucalyptus Essential Oil</b>.</li> <li>➤ Add a few drops of <b>Eucalyptus</b> or <b>Peppermint Essential Oil</b> to a burner or diffuser.</li> <li>➤ Spray <b>Eucasol</b> into the air, bedding or pajamas.</li> <li>➤ Apply <b>Essential<sup>3</sup></b> as your Daily Ritual.</li> </ul>

Feminine Care	
Hygiene & Intimate Care	<ul style="list-style-type: none"> <li>➤ Use <b>Deo Intim*</b> for daily intimate hygiene.</li> <li>➤ For frequent discomfort: Add a few drops of <b>Lavender</b> or <b>Tea Tree Essential Oil</b> to a sitz bath followed by application of <b>Lavender</b> or <b>Tea Tree Cream</b>.</li> </ul>
Menstrual Cycle Support	<ul style="list-style-type: none"> <li>➤ Use <b>Deo Intim*</b> for daily intimate hygiene.</li> <li>➤ For menstrual cramps add a few drops of <b>Chamomile</b>, <b>Jasmine</b> or <b>Neroli Essential Oils</b>:               <ul style="list-style-type: none"> <li>• On hot compresses and place over abdomen.</li> <li>• To <b>Sweet Almond Carrier Oil*</b> or <b>Aromablends Body Oil</b> for a gentle massage over abdomen or lower back.</li> </ul> </li> <li>➤ To ease mood swings before or during your period, add <b>Geranium Essential Oil</b> to any <b>Aromablends</b> carrier.</li> </ul>
Menopause	<ul style="list-style-type: none"> <li>➤ Apply <b>Body Balm</b> and <b>Body Fresh Gel</b> on the neck, nape of neck and décolletage to placate hot flashes.</li> <li>➤ Apply <b>Gel Intim</b> to restore moisture and lubrication during intimacy.</li> </ul>
Intimate Moisture & Lubrication	<ul style="list-style-type: none"> <li>➤ To restore moisture and lubrication during intimate moments, apply <b>Gel Intim</b>.</li> <li>➤ Ideal for easier insertion of tampons.</li> </ul>

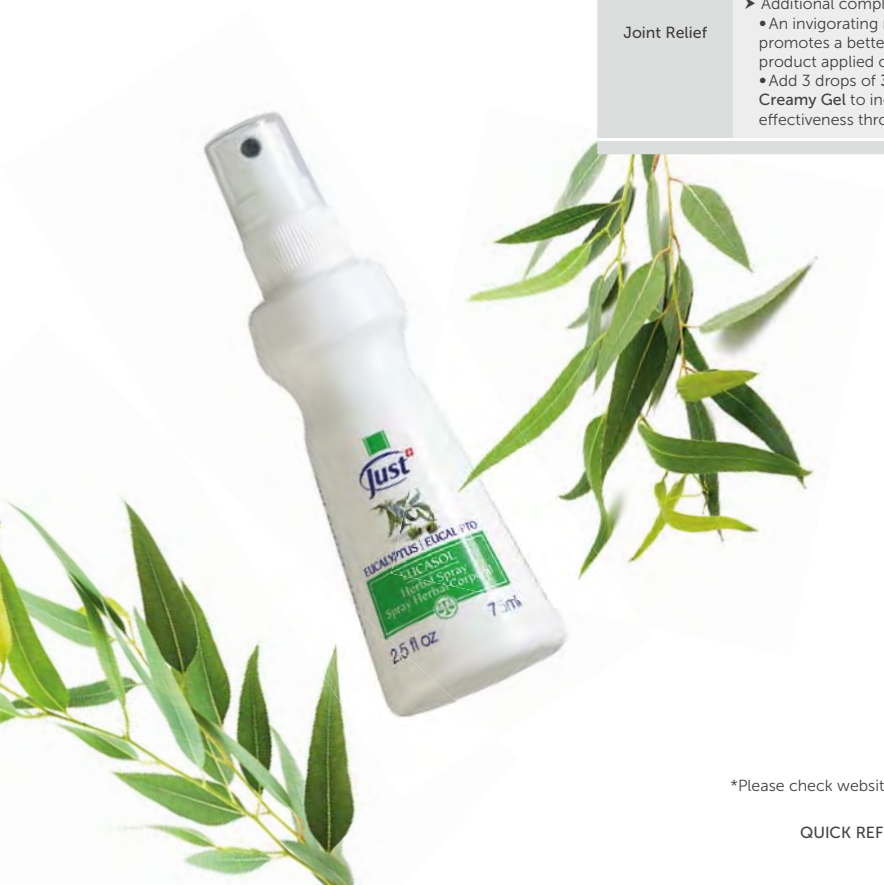


## Respiratory Care

Free Breathing	<ul style="list-style-type: none"> <li>➤ Spray <b>Eucasol</b> into air, on bedding and pajamas to breathe freely.</li> <li>➤ Spray <b>Eucasol</b> in the shower for a comforting steam bath.</li> <li>➤ Complement with deep inhalations of <b>Eucalyptus</b> or <b>Peppermint Essential Oil</b> to achieve a comforting sensation of well-being and recover ease of breathing.</li> </ul>
Winter Relief	<ul style="list-style-type: none"> <li>➤ Enjoy baths with <b>Thyme Bath Essence</b>.</li> <li>➤ Gently massage <b>Thyme Cream</b> on chest, neck, back and bottom of feet.</li> <li>➤ Reinforce protection with immersion baths adding <b>Echinacea &amp; Ginseng Bath Essence</b>.</li> </ul>
Snoring	<ul style="list-style-type: none"> <li>➤ Spray <b>Eucasol</b> on pillow to breathe freely, improving sleep.</li> </ul>

## Muscle & Joint Care

Flexibility	<ul style="list-style-type: none"> <li>➤ Apply a massage with <b>Juniper Cream</b> to generate localized heat and relax muscles.</li> <li>➤ Complement massage by adding <b>Juniper Bath Essence</b> to a bath.</li> <li>➤ Additional complements: <ul style="list-style-type: none"> <li>• An invigorating rub with <b>Body Balm</b> promotes a better absorption on any product applied on the skin.</li> <li>• Add 3 drops of <b>31 Herbal Oil</b> to <b>Juniper Cream</b> to increase effectiveness through massage.</li> </ul> </li> </ul>
Pre-Workout	<ul style="list-style-type: none"> <li>➤ Apply a gentle massage with <b>Comfrey Creamy Gel</b> to cool and comfort the area.</li> <li>➤ Additional complements: <ul style="list-style-type: none"> <li>• An invigorating rub with <b>Body Balm</b> promotes a better absorption on any product applied on the skin.</li> <li>• Add 3 drops of <b>31 Herbal Oil</b> to <b>Comfrey Cream</b> to increase action and effectiveness through a massage.</li> </ul> </li> </ul>
Post-Workout and Over Exertion	<ul style="list-style-type: none"> <li>➤ Apply <b>Arnica Creamy Gel</b> on shoulders, nuckles, wrists, neck, waist, hips, knees and ankles.</li> <li>➤ Additional complements: <ul style="list-style-type: none"> <li>• An invigorating rub with <b>Body Balm</b> promotes a better absorption on any product applied on the skin.</li> <li>• Add 3 drops of <b>31 Herbal Oil</b> to <b>Arnica Creamy Gel</b> to increase action and effectiveness through a massage.</li> </ul> </li> </ul>
Joint Relief	<ul style="list-style-type: none"> <li>➤ Apply <b>Arnica Creamy Gel</b> on shoulders, nuckles, wrists, neck, waist, hips, knees and ankles.</li> <li>➤ Additional complements: <ul style="list-style-type: none"> <li>• An invigorating rub with <b>Body Balm</b> promotes a better absorption on any product applied on the skin.</li> <li>• Add 3 drops of <b>31 Herbal Oil</b> to <b>Arnica Creamy Gel</b> to increase action and effectiveness through a massage.</li> </ul> </li> </ul>



\*Please check website for product availability.

# Derma-Cosmetic Well-Being

Skin Care	
Cleansing	<ul style="list-style-type: none"> <li>➤ Normal or combination skin:               <ul style="list-style-type: none"> <li>• Cleanse face, neck and décolletage daily with <b>Vital Just Cleansing Gel</b> or <b>Vital Just Micellar Makeup Remover</b>.</li> <li>• Finish cleansing with <b>Vital Just Clarifying Tonic</b>.</li> <li>• Once or twice a week, exfoliate with <b>Vital Just Micro-Peeling Cream</b>.</li> </ul> </li> <li>➤ Oily or acne-prone skin:               <ul style="list-style-type: none"> <li>• Cleanse face, neck and décolletage daily with <b>Tea Tree Facial Cleansing Gel</b>.</li> <li>• Finish cleansing with <b>Tea Tree Facial Tonic</b>.</li> <li>• Once a week, apply <b>Yellow Moambe Purifying Mask*</b> to unblock pores and eliminate black heads.</li> </ul> </li> </ul>
Hydration	<ul style="list-style-type: none"> <li>➤ Oily or younger skin: Apply <b>Vital Just Mattifying Hydro Gel</b> every morning and night.</li> <li>➤ Anti-Age Care: Apply <b>Moisturizing Day Cream</b> every morning and <b>Redensifying Night Cream</b> every night.</li> <li>➤ Mature Skin Care: Day and night, apply <b>Vital Just Skin Perfecting Serum</b> followed by <b>Vital Just Eye &amp; Lip Contour Cream</b> and <b>Deep Hydrating Day &amp; Night Cream</b>.</li> <li>➤ Sensitive and irritated skin: Apply <b>Mallow Facial Cream</b> every morning and night.</li> <li>➤ Complementary products: Once a week exfoliate with <b>Vital Just Micro-Peeling Cream</b> and apply <b>Vital Just Intensive Renewal Mask</b> for a boost of hydration in only 20 minutes.</li> </ul>
Anti-Aging	<ul style="list-style-type: none"> <li>➤ Apply <b>Moisturizing Day Cream</b> every morning and <b>Redensifying Night Cream</b> every night.</li> <li>➤ Complementary Products:               <ul style="list-style-type: none"> <li>➤ Once a week exfoliate with <b>Vital Just Micro-Peeling Cream</b> and apply <b>Vital Just Intensive Renewal Mask</b> for a boost of hydration in only 20 minutes.</li> <li>➤ Apply <b>Vital Just Eye &amp; Lip Contour Cream</b> daily every morning and every night.</li> </ul> </li> </ul>
Mature Skin Care	<ul style="list-style-type: none"> <li>➤ Apply <b>Vital Just Skin Perfecting Serum</b> and <b>Vital Just Eye &amp; Lip Contour Cream</b> followed by <b>Deep Hydrating Day &amp; Night Cream</b>.</li> <li>➤ Complementary Products: Once a week exfoliate with <b>Vital Just Micro-Peeling Cream</b> and apply <b>Vital Just Intensive Renewal Mask</b> for a boost of hydration in only 20 minutes.</li> </ul>

Skin Care	
Dark Spots & Luminosity	<ul style="list-style-type: none"> <li>➤ Apply <b>Vital Just Skin Perfecting Serum</b> every morning and night followed by <b>Vital Just Deep Hydrating Cream</b>.</li> <li>➤ As a last step, spot-treat with <b>Jackfruit Skin Whitening Cream*</b>.</li> </ul>
Acne	<ul style="list-style-type: none"> <li>➤ Twice a day, wash area (face, neck, décolletage and back) with <b>Tea Tree Facial Cleansing Gel</b> and apply <b>Tea Tree Facial Tonic</b>.</li> <li>➤ Follow up by spot-treating affected areas with <b>Yellow Moambe Purifying Gel*</b>.</li> <li>➤ Once or twice a week, complement with <b>Yellow Moambe Purifying Mask*</b> (before applying the tonic).</li> </ul>
Oily Skin/ Enlarged Pores	<ul style="list-style-type: none"> <li>➤ Cleanse face daily with <b>Vital Just Cleansing Gel</b> or <b>Tea Tree Facial Cleansing Gel</b>.</li> <li>➤ Apply <b>Vital Just Clarifying Tonic</b> or <b>Tea Tree Facial Tonic</b>.</li> <li>➤ Hydrate with <b>Vital Just Mattifying Hydro Gel</b>. You can add a drop of <b>Palmarosa Essential Oil</b> to balance oiliness of skin.</li> <li>➤ Once a week, apply <b>Vital Just Micro-Peeling Cream</b> followed by <b>Yellow Moambe Purifying Mask*</b>.</li> </ul>
Sensitive & Irritated Skin	<ul style="list-style-type: none"> <li>➤ Every morning and night, apply <b>Mallow Facial Cream</b> or <b>Lameloderm Cream*</b>.</li> </ul>
Basic Men Care	<ul style="list-style-type: none"> <li>➤ Apply a small amount of <b>Men Care Hydrogel Facial Moisturizer</b> every morning and night over clean skin and neck.</li> </ul>

\*Please check website for product availability.

Lip & Mouth Care	
Oral Care	<ul style="list-style-type: none"> <li>▶ For a refreshing mouthwash, add a few drops of <b>Peppermint</b> or <b>Eucalyptus Essential Oils</b> to water and swish in your mouth.</li> <li>▶ To ease discomfort caused by sores or canker sores, create a mouthwash with a few drops of <b>Tea Tree Essential Oil</b> diluted in warm water.</li> </ul>
Lips	<ul style="list-style-type: none"> <li>▶ Apply <b>Lip Moisturizing Cream</b> to dry, cracked lips.</li> <li>▶ Apply <b>Vital Just Lip &amp; Eye Contour Cream</b> every morning and night to reduce expression lines and depth of wrinkles.</li> </ul>



Hands, Feet & Legs	
Hands	<ul style="list-style-type: none"> <li>▶ Apply <b>Chamomile Hand Cream</b>.</li> </ul>
Corns & Calluses	<ul style="list-style-type: none"> <li>▶ Soak feet in a <b>Pedibath</b> for 10 to 15 minutes.</li> <li>▶ Exfoliate with <b>Pediscrub</b>.</li> <li>▶ Moisturize feet with <b>Pedicream</b>.</li> </ul>
Athlete's Foot	<ul style="list-style-type: none"> <li>▶ Spritz <b>Tea Tree Foot Spray</b> everyday on feet and in between toes.</li> <li>▶ Topically apply a few drops of <b>Tea Tree Essential Oil</b> or <b>Tea Tree Cream</b>.</li> </ul>
Dry & Cracked Feet	<ul style="list-style-type: none"> <li>▶ Massage with <b>Pedicream</b>.</li> </ul>
Tired Feet	<ul style="list-style-type: none"> <li>▶ Take 10-15 minute foot baths with <b>Pedibath Foot Bath</b>.</li> <li>▶ For a superior refreshing effect, add a few drops of <b>Peppermint Essential Oil</b> to <b>Pedibath Foot Bath</b> before incorporating hot water.</li> <li>▶ Spray <b>Pedibon</b> on feet.</li> <li>▶ Moisturize with <b>Pedicream</b>.</li> </ul>
Tired, Achy Legs	<ul style="list-style-type: none"> <li>▶ Apply <b>Pedibalm</b> morning and night via a gentle massage starting at the ankles and working up to the thighs.</li> <li>▶ To double the refreshing effect, add a few drops of <b>Peppermint Essential Oil</b>.</li> </ul>

# Derma-Cosmetic Well-Being

Body Care	
After Sun Care	<ul style="list-style-type: none"> <li>➤ Bathe with <b>Honey, Milk &amp; Rice Bath Foam</b> after exposure to sun.</li> <li>➤ Moisturize with <b>Mallow Body Lotion*</b>, <b>Almond Body Lotion*</b> or <b>Aromablends Body Lotion</b> blended with <b>Lavender Essential Oil</b>. Hydrate with <b>Sandalwood Body Butter</b> as an option.</li> <li>➤ To refresh skin after over-exposure to the sun, apply <b>Body Fresh</b> or <b>Body Balm</b>.</li> <li>➤ Complement with cold compresses adding a few drops of <b>Lavender Essential Oil</b>.</li> </ul>
Dry Skin	<ul style="list-style-type: none"> <li>➤ For daily moisture, use <b>Honey, Milk &amp; Rice Bath Foam</b>.</li> <li>➤ Hydrate with <b>Sandalwood Body Butter</b> or <b>Almond Body Lotion*</b>.</li> </ul>
Skin Regeneration	<ul style="list-style-type: none"> <li>➤ Apply a few drops of <b>Tea Tree Essential Oil</b> over area or diluted into <b>Aromablends Body Oil</b> or <b>Lotion</b> for more even application.</li> <li>➤ On more extended areas, apply <b>Tea Tree Cream</b>.</li> </ul>
Scars & Stretch Marks	<ul style="list-style-type: none"> <li>➤ Apply <b>Marigold Cream</b> on areas with scars and/or stretch marks to promote better healing.</li> <li>➤ To reduce the appearance of stretch marks, apply <b>Cellfit Anti-Cellulite Night Cream*</b> and/or <b>Cellfit Bust Firming Cream*</b> daily, depending on the area to be treated.</li> </ul>
Hypersensitive & Problematic Skin	<ul style="list-style-type: none"> <li>➤ For daily hygiene, use <b>Honey, Milk &amp; Rice Bath Foam</b>.</li> <li>➤ Hydrate with <b>Mallow Body Lotion*</b> or <b>Sandalwood Body Butter</b> or <b>San'Activ Cream</b>.</li> <li>➤ For sensitive and problematic skin, the use of <b>Lamelloderm Cream*</b> is recommended.</li> </ul>

Body Care	
Minor Burns	<ul style="list-style-type: none"> <li>➤ Apply plenty of ice water.</li> <li>➤ Follow with a drop of <b>Lavender Essential Oil</b> or <b>Lavender Herbal Cream</b> on affected area.</li> </ul>
Insect Bites	<ul style="list-style-type: none"> <li>➤ In case of insect bites, apply <b>Body Balm</b> followed by <b>Lavender</b> or <b>Tea Tree Cream</b> or <b>Tea Tree Essential Oil</b>.</li> </ul>
Breastfeeding	<ul style="list-style-type: none"> <li>➤ Prepare nipples for breastfeeding with <b>Marigold Cream</b> everyday during pregnancy.</li> <li>➤ During breastfeeding, apply <b>Marigold Cream</b> to comfort cracked skin. Rinse before breastfeeding.</li> </ul>
Cellular Renovation & Exfoliation	<ul style="list-style-type: none"> <li>➤ 1-2 times a week, apply <b>Cellfit Exfoliating Cream*</b> over wet skin, massage and rinse.</li> </ul>
Bust Firming	<ul style="list-style-type: none"> <li>➤ Day and night, apply <b>Cellfit Bust Firming Cream*</b>.</li> </ul>
Firmness of neck, décolletage and arms	<ul style="list-style-type: none"> <li>➤ Day and night, apply <b>Cellfit Bust Firming Cream*</b>.</li> </ul>
Cellulite	<ul style="list-style-type: none"> <li>➤ Apply <b>Cellfit Duo</b> composed by the <b>Anti-Cellulite Day Gel*</b> and the <b>Anti-Cellulite Night Cream*</b>.</li> </ul>

\*Please check website for product availability.



## Baby Care

Baby Bathtime	<ul style="list-style-type: none"> <li>▶ Bathe baby with <b>Honey, Milk &amp; Rice Bath Foam</b>.</li> <li>▶ Add half a capful of <b>Melissa Bath Essence</b> for a relaxing bath to release tensions and promote a restful sleep.</li> </ul>
Cradle Cap	<ul style="list-style-type: none"> <li>▶ Apply a few drops of <b>Sweet Almond Carrier Oil*</b> or <b>Aromablends Body Oil</b> over area and let sit for a few minutes to loosen scabs. Rinse during bath or shower.</li> </ul>
Diaper Rash	<ul style="list-style-type: none"> <li>▶ With every diaper change, cleanse area with <b>Sweet Almond Carrier Oil*</b> or <b>Aromablends Body Oil</b>, followed by a generous amount of <b>Lavender</b> or <b>Lameloderm Cream*</b>.</li> </ul>
Specific Care for Baby Skin	<ul style="list-style-type: none"> <li>▶ Spot-treat with <b>Lameloderm Cream*</b> as needed over irritated, dry and hypersensitive areas.</li> </ul>



\*Please check website for product availability.





## Just Products Yield Table

The following table contains the average yield of each of the **Just Products** to help you calculate the usage rate for the product. This will help you to estimate the timing of your customer's replacement orders. Please take into account that the numbers quoted are for reference only and are estimates of average usage rates. This means the quantities used can vary based on how each of your customers decides to use the product. You can generate more accurate replacement purchase dates, for each of your customers, by asking about the amount of product they use on a daily/weekly basis.

To simplify calculations, we have used the sizes of common items found in any home: a teaspoon, a dessert spoon, a tablespoon, an eye dropper or the cap of the product.

The last two columns on the right are blank so that you can complete the "Suggested Retail Price" of the product and the daily or weekly cost. The daily or weekly cost can be calculated by dividing the "Suggested Retail Price" by the number of days/weeks between purchases. This should be a good way to show how long the **Just** products last, how much they cost to use on a regular basis and how economical they are. If your customers are concerned by the cost of our products, you can show that they cost just pennies a day.

### UNIT OF MEASURE:



1/2 teaspoon = 2 ml/g



1 teaspoon = 5 ml/g



1 tablespoon = 15 ml/g



## Aromatherapy

	Method	Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
	Burner	5 drops	Once a day	10 ml	40 applications	40 days		
	Body massages	3 drops diluted in 1 tablespoon of Carrier Oil, Cream or Just Lotion	3 times a week	5 ml	20 applications	20 days		
	Inhalations	5 drops diluted in 1/2 litre of boiling water	Once a day until feeling better	10 ml	66 applications	5-6 months (167 days)		
	Sitz Baths	3 drops	Once a day, while necessary	5 ml	33 applications	2-3 months (83 days)		
	Foot or Hand Baths	5 drops	Twice a week	10 ml	40 applications	According to use		
	Direct application (Lavender or Tea Tree)	2 drops	Once a day apply directly on affected area while necessary	5 ml	20 applications	According to use		
	Massages	1 tablespoon with 3 drops of essential oil	According to need	10 ml	100 applications	4-5 months (140 days)		
	Massages	1 teaspoon (5 ml)	Once a day	5 ml	20 applications	2-3 months (70 days)		
	Vaporizations	10 ml in spraying bottle	According to need	10 ml	50 applications	According to use		
	Massages	1 teaspoon (5ml)	According to need	50 ml	3 applications	According to use		
<b>Almond Carrier Oil</b>				200ml	40 applications	According to use		
<b>AROMABLENDS Body Lotion</b>				200ml	20 spraying bottles	According to use		
<b>AROMABLENDS Body Mist</b>				200ml	24 applications	According to use		
<b>AROMABLENDS Body Oil</b>				120ml				

\* Essential Oil: 10 ml= 200 drops

PVP - amount of days or weeks until next replacement



## Mental & Emotional Well-Being

	Method	Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
<b>Anti-Stress</b>	Direct application	2 on forehead and neck	Once a day	20 ml	200 applications	6-7 months (200 days)		
	Massages	3 drops into a teaspoon with cream or lotion (5 ml)	3 massages per week	20 ml	133 applications	11 months (333 days)		
	<b>Essential<sup>3</sup> Daily Ritual</b>	1 application on the temples, back of ears, nape of neck and wrists (0.125ml)	Once a day (at night)	5ml	40 applications	40 days		
<b>Melissa Bath Essence</b>	Immersion Baths	1 capful (5 ml)	Twice a week	50 ml	10 baths	5 weeks (35 days)		
	Foot Baths	1/2 capful (2.5 ml)	Twice a week	50 ml	20 foot baths	10 weeks (70 days)		
	Burner	15 drops (1 ml)	Once a day	50 ml	50 applications	1-2 months (50 days)		
<b>Sandalwood Bath Essence</b>	Immersion Baths	1 capful (5 ml)	According to need	50 ml	10 baths	According to use		
	Foot Baths	1/2 capful (2.5 ml)	According to need	50 ml	20 foot baths	According to use		
	Burner	15 drops (1 ml)	According to need	50 ml	50 applications	According to use		
<b>St. John's Wort &amp; Bitter Orange Bath Foam</b>	Immersion Baths	3 capfuls (15 ml)	Twice a week	250 ml	17 baths	8-9 weeks (59 days)		
	With sponge in shower	1/2 capful (2.5 ml)	Once a day	250 ml	100 baths	14 weeks (100 days)		
	Direct application	1 application on temples, nape of neck and behind ears (0.125 ml)	According to need	10 ml	80 applications	According to use		
<b>Revitalizador Guduchi</b>	<b>Essential<sup>3</sup> Daily Ritual</b>	1 application on the temples, back of ears, nape of neck and wrists (0.125ml)	Once a day (in the morning)	5 ml	40 applications	40 days		

\* Bath Essence: 50 ml = 750 drops / 1 ml = 15 drops

PVP - amount of days or weeks until next replacement



## Physical Well-Being

Physical Well-Being		Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
Frequent Care		Method						
<b>31 Herbal Cream</b>	Direct application	2 applications with index finger (0.03 g)	Once a day on forehead and neck	10 g	67 applications	67 days		
	Direct application	2 drops on forehead and neck	Once a day	50 ml 20 ml 5 ml	500 applications 200 applications 50 applications	16-17 months (500 days) 6-7 months (200 days) 1-2 months (50 days)		
<b>31 Herbal Oil</b>	Massages or to enhance the effect of another product	3 drops in 1 teaspoon with cream (5 ml)	3 massages per week	50 ml	333 applications	26 months (777 days)		
	Essential <sup>3</sup> Daily Ritual	1 application on the temples, back of ears, nape of neck and wrists (0.125ml)	Once a day (in the afternoon)	20 ml	133 applications	10-11 months (318 days)		
<b>Body Balm</b>	Friction	1/2 teaspoon (2 ml)	According to need	5ml	40 applications	40 days		
<b>Echinacea &amp; Ginseng Bath Essence</b>	Immerision Baths	1 capful (5 ml)	Twice a week	290 ml	145 applications	According to use		
	Foot Baths	1/2 capful (2.5 ml)	Twice a week	50 ml	10 baths	5 weeks (35 days)		
	Burner	15 drops (1 ml)	Once a day	50 ml	20 foot baths	10 weeks (70 days)		
	Immerision Baths	3 capfuls (15 ml)	Twice a week	50 ml	50 applications	1-2 months (50 days)		
<b>Mountain Hayflower &amp; Edelweiss Bath Foam</b>	With sponge in shower	1/2 capful (2.5 ml)	Once a day	250 ml	17 baths	8-9 weeks (59 days)		
<b>Feminine Care</b>				250 ml	100 baths	14 weeks (100 days)		
<b>Deo Intim</b>	Intimate hygiene	1/2 teaspoon (2 ml)	Once a day	250 ml	125 baths	18 weeks (125 days)		
<b>Gel Intim</b>	Direct application	4 to 8 puffs/dosages (0.5 a 1 g)	According to need	30 g	30 to 60 applications	According to use		

PVP - amount of days or weeks until next replacement



Physical Well-Being		Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
Respiratory Care		Method						
	Immersion Baths	1 capful (5 ml)	Twice a week	50 ml	10 baths	According to use		
<b>Thyme Bath Essence</b>	Foot Baths	1/2 capful (2.5 ml)	Twice a week	50 ml	20 foot baths	According to use		
	Burner	15 drops (1 ml)	Once a day	50 ml	50 applications	1-2 months (50 days)		
<b>Eucasol</b>	Vaporization over pillow or tissue	1 vaporization	3 per day during approximately one week	75 ml	450 vaporizations	According to use		
<b>Thyme Cream</b>	Massages	1 teaspoon (2 g)	Twice a day while necessary	96 g	48 applications	According to use		
				28 g	14 applications	According to use		
<b>Muscle &amp; Joint Care</b>								
	Massages	1 teaspoon (2 g)	3 times a day while necessary	60 g	30 applications	According to use		
<b>Arnica Creamy Gel</b>	Massages	1 teaspoon (2 g)	3 times a day while necessary	30 g	15 applications	According to use		
<b>Comfrey Creamy Gel</b>	Immersion Baths	1 capful (5 ml)	Twice a week	60 g	30 applications	According to use		
	Foot Baths	1/2 capful (2.5 ml)	Twice a week	50 ml	10 baths	5 weeks (35 days)		
<b>Juniper Bath Essence</b>	Burner	15 drops (1 ml)	Once a day	50 ml	50 applications	10 weeks (70 days)		
	Massages	1 teaspoon (2 g)	Twice a day while necessary	96 g	48 applications	1-2 months (50 days)		
<b>Juniper Cream</b>				26.5 g	13 applications	According to use		

PVP - amount of days or weeks until next replacement



## Dermo-Cosmetic Well-Being

Dermo-Cosmetic Well-Being		Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
Method								
<b>Skin Care</b>								
Jackfruit Herbal Skin Whitening Cream	Direct application	1/4 teaspoon (0.5 g)	Twice a day	25 g	50 applications	25 days		
Mallow Facial Cream	Direct application	1/2 teaspoon (1 g)	Once a day	55 g	55 applications	55 days		
Men Care Hydrogel	Direct application	1/2 teaspoon (1 g)	Twice a day	50 g	50 applications	25 days		
Tea Tree Cleansing Gel	Higiene del rostro	1 teaspoon (2 g)	Twice a day	100 g	50 applications	According to need		
Tea Tree Tonic	Face Hygiene	1 teaspoon (2 ml)	Twice a day	125 ml	62 applications	According to need		
Vital Just - Clarifying Tonic	Face Hygiene	1.5 ml	Twice a day	150 ml	100 applications	50 days		
Vital Just - Cleansing Gel	Face Hygiene	1 teaspoon (2 g)	Once-Twice a day	100 g	50 applications	According to need		
Vital Just - Deep Hydrating Cream	Direct application	1/4 teaspoon (0.5 g)	Twice a day	50 g	50 applications	25 days		
Vital Just - Eye & Lip Contour Cream	Direct application	2 gotitas (0.2 g)	Twice a day	30 g	150 applications	75 days		
Vital Just - Hydrating Day Cream	Direct application	1/4 teaspoon (0.5 g)	Once a day	50 g	100 applications	100 days		
Vital Just - Intensive Renewal Mask	Direct application	1/2 teaspoon (1 g)	Once a week	50 g	50 applications	50 weeks (350 days)		
Vital Just - Mattifying Hydro Gel	Direct application	1/4 teaspoon (0.5 g)	Twice a day	50 g	100 applications	50 days		
Vital Just - Micellar Makeup Remover	Face Hygiene	1.5 ml	Once-Twice a day	150 ml	100 applications	According to need		
Vital Just - Micro-Peeling Cream	Exfoliating massage	1 teaspoon (2 g)	Once a week	50 g	25 applications	25 weeks ( 175 days)		
Vital Just - Redensifying Night Cream	Direct application	1/4 teaspoon (0.5 g)	Once a day	50 g	100 applications	100 days		
Vital Just - Skin-Perfecting Serum	Direct application	2 puffs (0.5 g)	Twice a day	30 g	60 applications	30 days		
Yellow Moambe Purifying Gel	Direct application	1/4 teaspoon (0.5 g)	Twice a day	25 g	50 applications	25 days		
Yellow Moambe Purifying Mask	Direct application	1 1/2 teaspoon (3 g)	Twice a week	50 g	16 applications	8 weeks (56 days)		

PVP - amount of days or weeks until next replacement

## Dermo-Cosmetic Well-Being

Dermo-Cosmetic Well-Being		Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
Lip & Mouth Care		Method						
<b>Crema para Labios de Calendula</b>	Direct application	1 application on lips (0,028 g)	Twice a day or according to need	10 g	350 applications	25 weeks (175 days)		
<b>Body Care</b>								
<b>Cellfit Anti-Cellulite Day Gel</b>	Massage	1 teaspoon (5 g)	Once a day	100 g	20 applications	20 days		
<b>Cellfit Anti-Cellulite Night Cream</b>	Massage	1 teaspoon (2 g)	Once a day	60 g	30 applications	30 days		
<b>Cellfit Bust Firming Cream</b>	Massage	1/2 teaspoon for both breasts (1 g)	Twice a day	50 g	50 applications	25 days		
<b>Cellfit Exfoliating Body Cream</b>	Exfoliating Massage	1 teaspoon (5 g)	Twice a week	150 g	30 applications	15 weeks (105 days)		
<b>Seaweed &amp; Grapevine Bath Foam</b>	Immerision Baths	3 capfuls (15 ml)	Twice a week	250 ml	17 baths	8-9 weeks (59 days)		
	With sponge in shower	1/2 capful (2,5 ml)	Once a day	250 ml	100 baths	14 weeks (100 days)		
<b>Tea Tree Cream</b>	Direct application	1/2 teaspoon (1 g)	3 times a day while necessary	60 g	60 applications	According to use		
	Direct application	2 drops	Once a day, over affected area, while necessary	30 g	30 applications	According to use		
<b>Tea Tree Oil</b>	Direct application	2 drops	Once a day, over affected area, while necessary	10 ml	100 applications	According to use		
				5 ml	50 applications	According to use		

PVP - amount of days or weeks until next replacement



## Dermo-Cosmetic Well-Being

Body Care		Method	Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
<b>Almond Body Lotion</b>	Massages	1 teaspoon (5 ml)	Once a day	250 ml	50 applications	50 days			
<b>Body Fresh</b>	General use	1 teaspoon (5 g)	Once a day	96 g	19 applications	19 days			
	Topical use	1/2 teaspoon (1 g)	Once a day while necessary	96 g	96 applications	96 days			
<b>Lameloderm Cream</b>	Direct application	1/4 teaspoon (0.5g)	Twice a day or according to need	30 g	60 applications	According to use			
<b>Lavender Cream</b>	Direct application / Massages	1/2 teaspoon (1 g)	Twice a day or according to need	60 g	60 applications	According to use			
	Massages	1 teaspoon (5 ml)	Once a day	30 g	30 applications	According to use			
<b>Mallow Body Lotion</b>	Massages	1 teaspoon (5 ml)	Once a day	125 ml	25 applications	25 days			
<b>Marigold Cream</b>	Topical massage	1/2 teaspoon (1 g)	3 times a day while necessary	96 g	96 applications	According to use			
	Immersion Baths	3 capfuls (15 ml)	Twice a week	30 g	30 applications	According to use			
<b>Milk Honey &amp; Rice Bath Foam</b>	With sponge in shower	1/2 capful (2.5 ml)	Once a day	250 ml	17 baths	8 - 9 weeks (59 days)			
	Massages	1 teaspoon (2 g)	Twice a day while necessary	250 ml	100 baths	14 weeks (100 days)			
<b>San'Activ Cream</b>	Direct application	1 teaspoon (4g)	Once a day	100 g	50 applications	According to use			
<b>Sandalwood Body Butter</b>	Direct application	1 teaspoon (4g)	Once a day	110 g	27 applications	According to use			

PVP - amount of days or weeks until next replacement



## Dermo-Cosmetic Well-Being

### Hand, Feet & Legs

	Method	Average amount used per application	Recommended application	Content	Yield (applications)	Next replacement in...	Suggested retail price	Cost per day or week
<b>Chamomile Hand Cream</b>	Massages	1/2 teaspoon (1 g)	Twice a day	100 g	100 applications	50 days		
<b>Pedibalm · Leg Balm</b>	Massages	1 teaspoon (2 ml)	Once a day	30 g	30 applications	15 days		
<b>Pedibath · Foot Bath</b>	Foot Baths	1/2 tablespoon (7.5 g)	3 times a week	125 ml	62 applications	62 days		
<b>Pedibon · Foot Spray</b>	Direct application	4 vaporizations (2 on each foot)	Once a day	125 g	16 baths	5-6 weeks (39 days)		
<b>Pedicream · Foot Cream</b>	Massages	1 teaspoon (2 g)	Once a day	75 ml	112 applications	112 days		
<b>Pediscrub · Foot Scrub</b>	Exfoliating Massage	1 teaspoon (2 g)	3 times a week	96 g	48 applications	48 days		
<b>Tea Tree Spray</b>	Direct application	4 vaporizations (2 on each foot)	Once a day	27 g	14 applications	14 days		
				75 g	37 applications	12-13 weeks (87 days)		
				75 ml	112 applications	112 days		

PVP - amount of days or weeks until next replacement

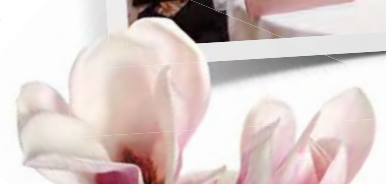


## A Unique Opportunity



**A**s a Just Consultant, you have the unique opportunity to earn income while having fun and enjoying many benefits.

- Flexible schedule – be your own boss!
- No previous experience necessary and no inventories.
- Constant professional support and growth.
- Awards and recognitions.
- Products that your customers will love forever.
- Bonuses, incentive trips, conferences and friendships that last a lifetime!





**Just** strives to help people connect, grow and continue to pursue their dreams.

# Product Index

Product	Page
31 Herbal Cream .....	69
31 Herbal Oil .....	67
Almond Body Lotion .....	155
Anti-Stress .....	57
Arnica Creamy Gel .....	87
Aromablends:.....	45
Aromablends Body Lotion.....	47
Aromablends Body Mist.....	51
Aromablends Body Oil.....	49
Bergamot Essential Oil.....	29
Body Balm .....	73
Body Fresh.....	159
Cellfit Line:.....	139
Cellfit Anti-Cellulite Day Gel.....	143
Cellfit Anti-Cellulite Night Cream.....	145
Cellfit Bust Firming Cream.....	147
Cellfit Exfoliating Body Cream.....	141
Chamomile Essential Oil.....	39
Chamomile Hand Cream.....	173
Comfrey Creamy Gel.....	85
Deo Intim.....	77
Echinacea & Siberian Ginseng Bath Essence.....	71
Eucalyptus Essential Oil.....	41
Eucasol.....	89
Gel Intim · Soy Moisturizing Gel.....	79
Geranium Essential Oil.....	25
Guduchi Revitalizer.....	55
Jackfruit Herbal Skin Whitening Cream.....	125
Jasmine Essential Oil.....	35
Juniper Bath Essence.....	81
Juniper Cream.....	83
Lamellderm Cream.....	165
Lavender Cream.....	163
Lavender Essential Oil.....	21
Lemon Essential Oil.....	31
Lip Moisturizing Cream.....	137
Mallow Body Lotion.....	157
Mallow Facial Cream.....	127
Marigold Cream.....	161
Melissa Bath Essence.....	59



<b>Product</b>	<b>Page</b>
Men Care Hydrogel Moisturizing Cream .....	123
Milk, Honey & Rice Bath Foam .....	151
Mountain Hayflower & Edelweiss Bath Foam .....	75
Neroli Essential Oil .....	37
Orange Essential Oil .....	23
Palmarosa Essential Oil .....	27
Pedibalm · Leg Lotion .....	185
Pedibath · Foot Bath .....	177
Pedibon · Foot Deodorant .....	181
Pedicream · Foot Cream .....	179
Pedisclub · Foot Exfoliating Cream .....	175
Peppermint Essential Oil .....	33
Rosemary Essential Oil .....	43
San'Activ Cream .....	167
Sandalwood Bath Essence .....	61
Sandalwood Body Butter .....	153
Seaweed & Grapevine Bath Foam .....	149
St. John's Wort & Bitter Orange Bath Foam .....	63
Sweet Almond Carrier Oil .....	19
Tea Tree Cleansing Gel with Manuca & Rosalina .....	129
Tea Tree Cream with Manuca & Rosalina .....	171
Tea Tree Oil with Manuca & Rosalina .....	169
Tea Tree Spray with Manuca & Rosalina .....	183
Tea Tree Tonic with Manuca & Rosalina .....	131
Thyme Bath Essence .....	93
Thyme Cream .....	91
Vital Just: .....	97
Clarifying Tonic .....	105
Cleansing Gel .....	103
Deep Hydrating Cream - Day & Night .....	121
Eye & Lip Contour Cream .....	119
Hydrating Day Cream .....	109
Intensive Renewal Mask .....	115
Mattifying Hydro Gel .....	113
Micellar Makeup Remover .....	101
Micro-Peeling Cream .....	107
Redensifying Night Cream .....	111
Skin-Perfecting Serum .....	117
Yellow Moambe Purifying Gel for the Face .....	133
Yellow Moambe Purifying Mask for the Face .....	135



# Natural Ingredient Index

- Acacia Senegal Gum 111, 119.  
Achillea 177, 179.  
Almonds 19, 47, 49, 87, 107, 109, 111, 115, 141, 145, 147, 155, 179.  
Aloe Vera 77, 79, 125, 163.  
Anise 67, 69.  
Argan 165.  
Arnica 73, 85, 87, 133, 135, 159, 179, 185.  
Avocado 49.  
Bamboo 107.  
Basil 57, 67, 69.  
Benzoin 67, 69.  
Berberis 165.  
Bergamot 29.  
Bitter Orange Flower 63.  
Black Cumin 165.  
Black Pepper 61, 153.  
Black Rose 115  
Borage 121.  
Cajeput 67, 69.  
Camphor 55, 73, 89, 91, 175, 179.  
Candelilla wax 69  
Canine Rose 103, 115.  
Caraway 67, 69.  
Cardamom 71.  
Cardiospermum 165.  
Castor Bean 107, 111, 141.  
Cedar 57, 61, 153.  
Celery 67, 69.  
Chamomile 39, 57, 67, 69, 73, 77, 91, 93, 127, 155, 157, 163, 169, 171, 173, 177, 179.  
Cilantro 71.  
Cinnamon 67, 69.  
Citronella 57, 59, 67, 69.  
Clove 67, 69, 89, 103, 107.  
Coconut 77, 129.  
Comfrey 85.  
Coriander 71.  
Corn 47, 49, 155, 157, 171, 173, 179.  
Crocus 111.  
Cypress 81, 83.  
Damascene Rose 57, 101, 105.  
Dead Sea Salt 167.  
Devil's Claw 87.  
Dill 67, 69.  
Dwarf Pine 67, 69, 89, 175.  
Echinacea 51, 71, 127, 161, 185.  
Edelweiss 73, 75, 101, 103, 105, 107, 109, 111, 113, 115, 117, 119, 121.  
Epilobium 129.  
Eucalyptus 41, 57, 59, 67, 69, 71, 81, 83, 89, 91, 93, 175, 179, 181.  
European Spruce 89, 177.  
Eyebright 167.  
Fava Bean 145, 147.  
Fennel 57, 67, 69.  
Frankincense 87.  
Gallic Rose 107.  
Gaultheria 67, 69.  
Gentian 159.  
Geranium 25, 57, 71.  
Ginkgo Biloba 129, 145, 147.  
Ginseng 67, 69, 71, 123.  
Grapefruit 125.  
Green Tea (Camelia Sinensis)  
Guaiacum 137.  
Guduchi 55.  
Hamamelis 73, 77, 131, 133, 135, 163, 175, 177, 183.  
Honey 151.  
Hop 57.  
Horse Chestnut 177, 185.  
Icelandic Moss 147.  
Iris 61, 67, 69.  
Jackfruit 125.



- Jasmine** 35, 61, 153.  
**Jojoba** 47, 49, 61, 125, 137, 153, 157, 165, 167, 175.  
**Juniper** 57, 67, 69, 71, 81, 83, 103, 107, 175, 177, 179, 181.  
**Lavandin** 181.  
**Lavender** 21, 55, 57, 67, 69, 93, 163, 181.  
**Lemon** 31, 55, 67, 69, 91, 93, 103, 107, 125, 181.  
**Lichen** 181, 183.  
**Licorice** 165.  
**Lime** 55.  
**Litsea Cubeba** 103, 107.  
**Macadamia Nut** 85.  
**Mallow** 127, 157, 161, 177, 179.  
**Manuca** 129, 131, 169, 171, 183.  
**Marigold** 137, 161, 167.  
**Marshmallow** 73, 77, 171, 185.  
**Masterwort** 123.  
**Meadowfoam** 119.  
**Melissa** 57, 59, 67, 69, 73, 137, 159, 177.  
**Mountain Hayflower** 75.  
**Myrrh** 67, 69.  
**Neroli** 37, 73, 103, 107.  
**Nettle** 159.  
**Nutmeg** 67, 69.  
**Olive** 137.  
**Orange** 23, 67, 69, 93, 141, 175, 179.  
**Palm** 175.  
**Palmarosa** 27, 61, 71, 153.  
**Patchouli** 61, 103, 107, 153, 181.  
**Peanut** 179.  
**Peony** 121.  
**Peppermint** 33, 57.  
**Pine** 83, 91, 179.  
**Polygonum Custpidatum**  
**Potentilla** 159.  
**Provence Rose (Centifolia)** 61, 101, 103, 105, 107.  
**Rice** 151.  
**Rosalina** 129, 131, 133, 135, 169, 171, 183.  
**Rose Hip** 107, 115.  
**Rosemary** 43, 55, 57, 67, 69, 89, 91, 133, 135, 137, 175, 177, 179, 181, 183.  
**Rosewood** 67, 69.  
**Sage** 61, 67, 69, 73, 159, 171, 175, 179, 181.  
**Sandalwood** 61, 153.  
**Seaweed** 149, 177.  
**Shea Butter** 69, 109, 111, 115, 119, 121, 137, 153, 165.  
**Siberian Dwarf Pineo** 177.  
**Siberian Fir** 71, 181.  
**Snow Algae** 117, 119, 121.  
**Soy** 79, 83, 91, 127, 153, 157, 161, 171.  
**St John's wort** 49, 63, 73, 171, 173, 179.  
**Sulfur** 135.  
**Summer Snowflake** 109.  
**Sunflower** 49.  
**Swiss Glacier Water** 109, 111, 113, 115, 117, 119, 121.  
**Tarragon** 67, 69.  
**Tea Tree** 129, 131, 169, 171, 183.  
**Thyme** 67, 69, 91, 93.  
**Vanilla** 67, 69.  
**Vetiver** 61, 153.  
**Vine / Grape** 141, 143, 145, 147, 149.  
**Wax Alba (wax of bees)** 175.  
**Wheat** 49, 77, 129, 157, 167.  
**Wild Mint** 67, 69, 89.  
**Wild Myrtle** 127, 185.  
**Wild Pine** 57, 177.  
**Wild Pine** 57, 189  
**Yarrow** 73, 171.  
**Yellow Moambe** 113, 123, 133, 135.  
**Yellow Poppy** 143, 145.  
**Ylang Ylang** 61, 153.







NATURAL + PURE + SAFE + EFFECTIVE



#### **ARGENTINA**

Tel. (54 11) 4877 5878 ó 0800-333-JUST (5878)  
atencionalcliente@justargentina.com  
www.justargentina.com

#### **CHILE**

Tel. (56 2) 363 9710 | 363 9711 | 375 0610  
atencioncliente@just.cl  
www.just.cl

#### **COLOMBIA**

Tel. (57 1) 627 0343  
enlinea@swissjustcolombia.com  
www.justcolombia.net

#### **COSTA RICA**

Tel. (506) 2257 6220 | 7489 | 7438  
info@swissjustcostarica.net  
www.justcostarica.com

#### **MEXICO**

Tel. (52 55) 3098 4710  
Fax: (52 55) 5482 7000 | 01800 329 5878  
clientes@swissjust.com.mx  
www.just.com.mx

#### **PANAMA**

Tel: (507) 2649414 | 2649416  
info@swissjustpanama.com  
www.justpanama.com

#### **PERU**

Tel. (51 1) 715 8181  
servicioalcliente@swissjustdeperu.com  
www.justperu.com

#### **URUGUAY**

Tel. (59 82) 2400 1876 ó 2401 0086  
Fax: (59 82) 402 4893  
atencionalcliente@swissjustdeuruguay.com  
www.justuruguay.com

#### **USA**

Phone: (305) 594 0160 | 1800 516-9691  
Fax: (305) 599-1520  
www.just-usa.com