



# Arbonne Guide to Great-Looking Skin



# The Arbonne Advantage: **pure safe beneficial™**

From the beginning, Arbonne has developed products that are botanically based and scientifically proven. We combine the **best of science and nature.**

**Pure:** We're working diligently to understand the latest science, consulting with our Scientific Advisory Board and adapting to new standards. Each product contains carefully selected scientific and botanical ingredients.

**Safe:** We rigorously test our products. We're vigilant about the latest research regarding chemicals to ensure we're being mindful and cautious.

**Beneficial:** Our products deliver results. As trailblazers, we must educate, empower and inspire people to make better choices for the beauty, health and wellness for themselves, their family and friends.

Arbonne **skincare products** are:

- Botanically based
- Vegan-formulated
- Formulated without gluten
- Dermatologist-tested
- Allergy-tested
- Clinically tested

Our mission is to continually challenge our Ingredient Policy; and to innovate, ideate and introduce new collections that remain at the cutting-edge of industry excellence.







“I used to be so embarrassed by the appearance of dark circles around my eyes. But no more. The RE9 Advanced Corrective Eye Crème has literally changed the way I see myself. I can't go a day without it! ”

**Christy Dreiling**  
Arbonne Independent Consultant  
Executive National Vice President

# How Skin Ages

The skin ages in two ways: **biological** or intrinsic aging, and **environmental**. A comprehensive skincare approach addresses both intrinsic and actinic factors. **Prevention** and protection are critical to maintaining a **youthful** appearance.

## According to the American Academy of Dermatology

- Production of collagen and elastin slows down a dramatic 65% between ages 20 and 80.
- Thickness of the skin decreases 6% every 10 years.
- The sun causes 90%–95% of the wrinkles, lines, as well as brown, red and white discoloration on our bodies.

Intrinsic aging accounts for 10% of visible signs of aging. Many intrinsic factors are hereditary, with family background and history playing a major role. In general, the darker the skin, the less visible aging will occur. Thicker skin does not show aging as quickly as thinner, more fragile skin.

Actinic aging is caused by external factors such as smoking, excessive alcohol use, poor nutrition, and sun exposure, with 90% of premature facial aging attributed to sun damage. Visible signs of actinic aging include wrinkling, sagging, discoloration, pigmented spots, thin skin, spidery lines, and lack of colour. The appearance of actinic aging can be minimized with proper sun protection and lifestyle changes.

## Free Radicals in Photo-Aging

Free radicals, also known as reactive oxygen species (ROS), are considered a major contributor to aging. Free radicals are created by UV exposure, pollution, stress, smoking and normal metabolic processes; they bring about changes that lead to the degradation of the skin's firmness (collagen) and elasticity (elastin), characteristic of photo-aged skin. Antioxidants help neutralize and stabilize these ROS, and are a primary defense against their aging effects.

## Fine Lines and Wrinkles

Skin aging follows a biological timeline, which results in a range of changes in complexion appearance. Visible signs of aging start at about age 25, as the natural regenerative process begins to slow. The skin replaces old cells more slowly, and there is a slower turnover of the skin surface as well as slower wound healing. Wrinkles and fine lines start to become more evident, especially if skin is unprotected.

## What is a healthy, younger-looking complexion?

It's a composite score of overall skin appearance directly related to the level of hydration or moisture content in the skin, measured by the appearance of:

- Redness
- Pore size
- Skin tone
- Lines and wrinkles
- Texture



# What's Your Anti-Aging Stage?

Regardless of your age, it's always **important to hydrate, exfoliate** and protect your skin to **slow** the appearance of **aging**.

## BEGINNING AGES 18–29

**Fine lines** start to appear around the eyes and lips. Skin will still produce sebum or oil, and will have a healthy cell turnover every 14–25 days. **Acne breakouts** may still be an issue. Lifestyle choices, such as sunbathing, smoking and alcohol, will also impact skin health over the next decade.

## MODERATE AGES 30–49

Collagen production starts to decline by 1% every year, resulting in the appearance of **more fine lines** and wrinkles. Cell turnover slows to 30 days, which can lead to **dehydration** and **dryness**. Signs of past sun damage, such as **brown or age spots**, may start to form. As collagen and elastin production continue to decline, **skin loses resilience** and ability to snap back. Repetitive movements, such as frowning, squinting, or cigarette smoking, form the **first permanent wrinkles**. Hormonal changes can trigger dryness and sensitive skin. Wrinkles, age spots, and uneven skin tone become more apparent as cell turnover slows down further to an average of 45 days.

## ADVANCED AGES 50+

Menopause can trigger a **30% reduction in collagen** and a dramatic increase in dryness and dehydration. Gravity, along with a decrease in collagen and elastin production, causes **skin to sag**. Exposed skin has mottled hyperpigmentation and age spots. Oil-producing glands become less active and **skin becomes drier, more fragile**, and more sensitive to environmental stresses.



## Skincare for Him

Men need their own specialized, **targeted skincare** regimen to support the appearance of healthy skin.

### 4 KEY DIFFERENCES IN MEN'S SKIN

- **Oil absorption:** Men's skin has smaller sebaceous or oil glands than women's.
- **Oily skin:** Despite the fact that men's skin has smaller oil glands, it can still be oilier in nature than women's. This is caused by the male hormone testosterone. Testosterone generates a higher amount of oil production compared to estrogen. Higher oil production can make men's skin more susceptible to acne-related concerns or blemishes.
- **Thickness:** Men's skin is thicker than women's. This thickness can result in rougher, less radiant skin.
- **Vulnerability:** Daily shaving, although an excellent exfoliator, destroys the protective skin barrier, leading to loss of natural lubrication and protection. This can make the skin more vulnerable to damaging environmental elements.

“The RE9 Advanced. for Men skincare regimen is quick and easy. The Exfoliating Wash leaves my skin feeling clean and ready for a shave. My skin feels smooth and soft after using the Shave Gel, with no redness. The Post-Shave Balm cools my skin, and with the Facial Moisturizer I can definitely see a difference. My skin looks healthy, dewy and hydrated, and my skin tone is bright and even.”

**Scott Campbell**  
Arbonne Independent Consultant  
Executive National Vice President

# Your Custom Skincare Regimen

Healthy, beautiful skin isn't an accident — it's a result of **understanding your skin type** and creating a skincare regimen to meet your needs. Your Arbonne Independent Consultant can help you **personalize a regimen** for healthy-looking, beautiful skin and overall wellness.

## All About You

### WHAT ARE YOUR TOP SKINCARE CONCERNS?

- Daily care
- Uneven skin tone
- Dryness
- Firming and lifting
- Lines and wrinkles
- Radiance
- Sensitivity
- Breakouts

### HOW DOES YOUR SKIN FEEL BEFORE APPLYING MOISTURIZER?

- Uncomfortable and tight
- Tight
- Comfortable
- Oily or shiny

### WHAT PRODUCTS DO YOU CURRENTLY USE?

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### HEALTHY SKIN

Properly care for your skin every day to achieve a healthy, glowing complexion. Healthy skin is defined as radiant and smooth, with even skin tone, small pore size, and minimal appearance of fine lines and wrinkles.

Know your skin type to choose products suited to your skin needs.

### 5 MAJOR SKIN TYPES

- Oily:** Skin produces excessive oil all over the face every day, all day long. Skin looks shiny due to an oily film buildup. It also looks coarse and rough in texture. Blackheads and blemishes may be present. Pores generally look enlarged.
- Combination:** Skin generally exhibits oily skin in the T-zone, and dry, matte-looking skin on the cheeks. Both areas of oiliness and dryness are present every day. Blackheads and blemishes may be present, especially in the oilier T-zone area. Pores generally look enlarged on the nose, forehead and chin.
- Normal:** Skin is not too oily or too dry. Blemishes are uncommon, as skin looks soft and supple. Pores are generally small and not noticeable. Skin looks healthy and smooth.
- Dry:** When skin loses its ability to produce oil and retain moisture, it feels dry. It may look smooth with small pores, but could also have a tight, leathery appearance.
- Sensitive:** Skin tends to break out easily and gets blotchy, itchy, or inflamed due to dryness. Sensitive skin often looks red and irritated, and tends to react easily to products or changes in weather.

### After your consultation, you will receive a:

- Personalized skincare and wellness solution
- Special offer on your customized product set



# RE9 Advanced® Clinical Results

An **independent laboratory tested** RE9 Advanced against the toughest competition — the #1 department store brand, the leading MLM brand, and NutriMinC® RE9®. **RE9 Advanced** Extra Moisture Restorative Day Crème with SPF 20, Intensive Renewal Serum, and Corrective Eye Crème **helped provide the best results** for a **healthy, younger-looking** complexion.



**In just 4 weeks**, signs of aging visibly improved.



Baseline



At four weeks



Baseline











At four weeks

Based on a clinical consumer study of 163 participants over 4 weeks



# Our Bestselling Complete Anti-Aging Regimen

	Morning	Evening
Cleanse	<ul style="list-style-type: none"> <li>• RE9 Advanced Smoothing Facial Cleanser</li> <li>• RE9 Advanced Regenerating Toner</li> </ul> 	<ul style="list-style-type: none"> <li>• RE9 Advanced Smoothing Facial Cleanser</li> <li>• RE9 Advanced Regenerating Toner</li> </ul> 
Treat	<ul style="list-style-type: none"> <li>• RE9 Advanced Intensive Renewal Serum</li> <li>• RE9 Advanced Corrective Eye Crème <i>For fine lines, wrinkles and dark circles</i></li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>• RE9 Advanced Lifting and Contouring Eye Cream <i>For advanced wrinkles, lifting and toning</i></li> </ul> 	<ul style="list-style-type: none"> <li>• Arbonne Intelligence, Genius Nightly Resurfacing Pads &amp; Solution</li> <li>• RE9 Advanced Intensive Renewal Serum</li> <li>• RE9 Advanced Corrective Eye Crème <i>For fine lines, wrinkles and dark circles</i></li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>• RE9 Advanced Lifting and Contouring Eye Cream <i>For advanced wrinkles: lifting and toning around the eye area</i></li> </ul> 
Protect	<ul style="list-style-type: none"> <li>• RE9 Advanced Restorative Day Crème with SPF 20 <i>For fine lines, wrinkles, and lack of firmness</i></li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>• RE9 Advanced Extra Moisture Restorative Day Crème with SPF 20 <i>For fine lines, wrinkles, and lack of firmness; specifically for dry skin</i></li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>• RE9 Advanced Lifting and Contouring Cream Broad Spectrum SPF 15 <i>For advanced wrinkles: lifting, toning, and improving the look of facial contours</i></li> </ul> 	<ul style="list-style-type: none"> <li>• RE9 Advanced Night Repair Crème</li> </ul> 
Targeted Solutions	<ul style="list-style-type: none"> <li>• RE9 Advanced Age-Defying Neck Cream</li> <li>• RE9 Advanced Instant Lift Gel</li> <li>• Arbonne Intelligence Genius Booster Serum for Body</li> </ul> 	<ul style="list-style-type: none"> <li>• RE9 Advanced Age-Defying Neck Cream</li> <li>• RE9 Advanced Cellular Renewal Masque</li> <li>• Arbonne Intelligence Genius Booster Serum for Body</li> </ul> 

# Every Step Is Critical

Healthy, ageless-looking skin can be achieved by consistently following a complete **daily skincare regimen**. Make the time to follow it every day, morning and night.

## STEP 1: Cleanse

Cleansing is the first step to healthy-looking skin. Gently cleanse your skin twice a day — morning and evening — to remove dead skin cells, makeup, oil and debris. When your skin is clean, it allows other skincare products to work better.



○ **RE9 Advanced. Smoothing Facial Cleanser:** Rich, pearlescent crème formula gently washes away makeup and impurities to leave skin smooth and refreshed; ideal for anti-aging.

○ **Calm Gentle Daily Cleanser:** Extra-gentle, sulfate-free cleanser gently washes away makeup, excess oil and dirt without irritating or over-drying skin; ideal for sensitive skin.

○ **FC5. Purifying Cleanser + Toner:** Two-in-one formula cleanses and tones, visibly reducing oiliness to deliver refreshed-looking skin; ideal for oily or combination skin.





○ **FC5. Hydrating Cleanser + Freshener:**  
Moisture-enriched formula cleanses skin without over-drying and provides revitalizing hydration; ideal for normal or dry skin.



○ **Clear Future. Deep Pore Acne Cleanser:**  
Gentle cleanser removes excess oil and reduces shine without stripping skin of natural moisture, leaving it feeling soft. Salicylic acid reduces the number of acne pimples, while sage extract soothes and conditions, creating a more even-toned complexion.



○ **RE9 Advanced for Men Exfoliating Wash:**  
Great smelling, invigorating formula cleanses, soothes and exfoliates to help prepare skin for shaving and prevent ingrown hairs in one easy step.



## Follow with Toner

Toner softens and calms skin while removing the last traces of makeup, oil, and debris. Toners can also hydrate and replenish the skin's surface when used immediately after cleansing.

○ **RE9 Advanced. Regenerating Toner:**  
Prepare skin for the next step in your regimen with this antioxidant-rich, pH-balanced toner.

○ **Clear Future Corrective Acne Treatment Pads:**  
Exfoliate dead skin cells and wipe away surface bacteria to clear up acne pimples, diminish pore size and reduce excess oil.





**STEP 2:**  
Treat

Treatment comes in many forms, most commonly a serum. Serums deliver targeted ingredients depending on needs, such as anti-aging, brightening or soothing. Serums also deliver key ingredients that help refresh, rejuvenate and renew skin's appearance.

**Apply serums daily, morning and evening, after cleansing and toning.**

**MORNING**

- **RE9 Advanced. Intensive Renewal Serum:** Collagen-supporting ingredients hold in moisture while visibly lifting and firming the skin.
- **Calm Soothing Facial Serum:** Lightweight soothing treatment locks in moisture to leave skin feeling hydrated and supple.

**EVENING**

- **Calm Soothing Facial Serum:** Lightweight soothing treatment locks in moisture to leave skin feeling hydrated and supple.
- **Arbonne Intelligence. Genius Nightly Resurfacing Pads & Solution:** Gently exfoliates to promote cellular turnover at the skin's surface and brightens to help significantly reduce the appearance of fine lines and dark spots with our proprietary retinoid solution. Can be used before any of our serums, for maximum benefit.
- **RE9 Advanced Intensive Renewal Serum:** Collagen-supporting ingredients hold in moisture while visibly lifting and firming the skin.



# Arbonne Intelligence® Genius Nightly Resurfacing Pads & Solution

Our nightly skin resurfacing pads with a **“fresh pour” active solution** deliver the ingredients in their most active form to remove the dead, rough layer of skin. Help maximize absorption of the products in your nightly skincare regimen.

## Clinical Results

### In 2 weeks

**100%** showed improvement in the appearance of skin moisture, firmness and elasticity.\*

**82%** said they loved how the treatment was less irritating than a chemical peel or exfoliating scrub.\*\*

### Texture



Baseline  
Red marks indicate rough skin texture.



At 2 Weeks  
Reduction of red marks indicates improvement in the look of skin texture.

### Fine Lines



Baseline  
Red marks indicate areas of fine lines.



At 2 Weeks  
Reduction of red marks indicates diminished appearance of fine lines and crow's feet around eyes.

Photos: VISIA-CR Image Analysis

### In 8 weeks\*

**100%** showed improvement in the appearance of depth and width of wrinkles and fine lines.\*

**80%** showed significant improvement in skin clarity and blotchiness.\*

**82%** said after using this product, they found their skin to be softer and smoother.\*\*

\*Based on a clinical instrumental study of 50 subjects

\*\*Based on a 4-week consumer perception study

**STEP 2:**  
**Treat**

Eye creams can reduce the appearance of puffiness, smooth the look of fine lines, brighten dark circles, and replenish moisture. The skin around the eyes is delicate and thin; it loses moisture rapidly so it needs to be treated gently. Lips also reveal signs of aging.



MODERATE  
AGES 30-49

**Use eye creams twice a day, morning and evening.**

**RE9 ADVANCED.**

- **Corrective Eye Crème:** Diminishes the look of puffiness, fine lines and dark circles while improving skin tone and firmness.
- **Lifting and Contouring Eye Cream:** Redensifies, lifts, tones, and firms the look of skin, resulting in the appearance of a tighter, more rejuvenated look of the skin around the eyes.

ADVANCED  
AGES 50+



**CALM**

- **Soothing Eye Gel:** Reduces the appearance of puffiness with gentle hydration applied with a cooling roller ball.

**FC5.**

- **Hydrating Eye Crème:** Minimizes the appearance of dark circles and fine lines to freshen and revitalize the eye area.

BEGINNING  
AGES 18-29



**ARBONNE INTELLIGENCE.**

- **Lip Treatment:** Targeted formula helps soften the appearance of fine lines on the lips and contours, helping lips feel replenished, hydrated and moisturized. Also enhances the appearance of lip volume and multitasks as a primer for lipstick or gloss.

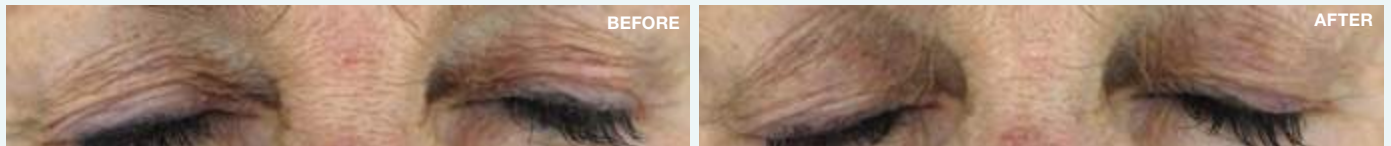




# RE9 Advanced® Lifting and Contouring Clinical Results



**91%** of women exhibited improved appearance of visible eye area firmness.\*



**83%** of women exhibited reduction in the appearance of crow's feet, lines and wrinkles around the eyes.\*



**69%** of women reported a reduction in the appearance of crepey skin under the eyes.\*\*



**83%** of women reported an improvement in the smoothness of skin around the contours of the eye.\*\*



**91%** showed improvement in the appearance of facial contours\*\*\*



\*Based on a clinical graded study of 36 participants  
 \*\*Based on a consumer perception study of 36 participants  
 \*\*\*Based on a clinical graded study of 35 participants

**STEP 3:**  
**Protect**

Both hydration and protection are critical for a soft, smooth complexion, even for oily skin. Use a moisturizer for your skin type that is non-comedogenic (does not clog pores). Select the appropriate day and night moisturizer, as they each deliver unique benefits.

- Day cream with SPF delivers hydration and other skincare benefits such as anti-aging and oil absorption, as well as broad spectrum UVA/UVB protection.
- Night cream contains key ingredients at effective levels to support skin's natural nightly restorative process and provide moisture barrier protection during sleep.



**Apply moisturizer as soon as serum has dried, morning and evening.**

**MORNING**

**RE9 Advanced.**

- **Restorative Day Crème with SPF 20:** Collagen-supporting ingredients along with botanicals moisturize while protecting skin from UVA/UVB rays and other environmental aging factors.
- **Extra Moisture Restorative Day Crème with SPF 20:** Ultra-hydrating cream moisturizes deeply while protecting skin from UVA/UVB rays and other environmental aging factors.
- **Lifting and Contouring Cream Broad Spectrum with SPF 15:** Targets skin elasticity for a firmer, more lifted appearance, and protects with a mineral physical sunscreen that provides UVA/UVB protection.

MODERATE AGES 30-49

MODERATE AGES 30-49

ADVANCED AGES 50+



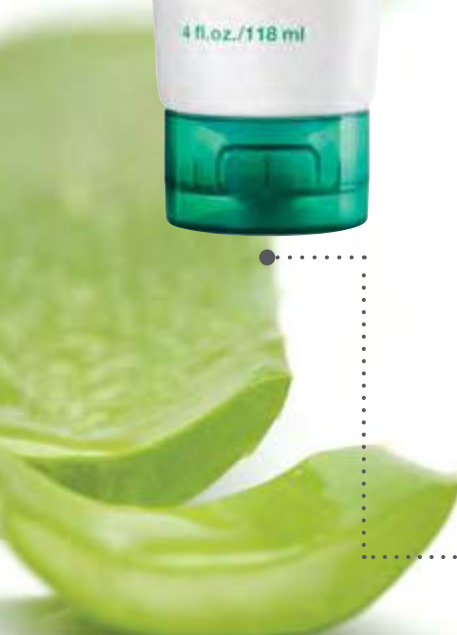
**Arbonne Intelligence.**

- **Rejuvenating Cream:** Botanical emollients deeply moisturize, soothe and soften the entire body. Ideal for dry, dehydrated-looking skin.



**Calm**

- **Gentle Daily Moisturizer:** Soothing, refreshing, hydrating moisture relief for tight, dry, uncomfortable skin.



## MORNING (CONTINUED)

### FC5.

- **Oil-Absorbing Day Lotion with SPF 20:** Lightweight, dual-purpose moisturizer absorbs oil and provides UVA/UVB protection.
- **Nurturing Day Lotion Broad Spectrum with SPF 20:** Basic moisturizing and UVA/UVB protection in one formula.

### Clear Future.

- **Mattifying Acne Treatment Lotion:** Salicylic acid dries and helps clear up acne pimples, joining forces with a lightweight, non-oily lotion to add moisture without shine, absorbing oil while soothing and preventing dryness.

### RE9 Advanced for Men

- **Facial Moisturizer with SPF 20:** Collagen-supporting ingredients, along with botanicals, moisturize while protecting skin from the sun and other environmental aging factors.



MODERATE  
AGES 30-49

## EVENING

- **RE9 Advanced. Night Repair Crème:** Ultra-hydrating blend of botanicals and collagen-supporting ingredients soften and repair signs of aging each night.
- **FC5. Moisturizing Night Crème:** Hydrates and softens skin while you sleep.



BEGINNING  
AGES 18-29



# Targeted Solutions

Use as needed to **maximize results.**

## Face and Neck

### RE9 ADVANCED.



- **Cellular Renewal Masque:** Gently exfoliates to minimize the look of pores while improving skin radiance, tone and texture.



- **Age-Defying Neck Cream:** Visibly tones and tightens the neck and décolleté, smoothing the appearance of fine lines and wrinkles.



- **Instant Lift Gel:** Works instantly to make skin feel firm and look lifted.



### FC5.

- **Exfoliating New Cell Scrub:** Gentle exfoliation removes dead cells to reveal more radiant, healthy-looking skin.



- **Intense Hydration Mask:** Restores essential hydration and moisture to dehydrated skin.



- **Deep Cleansing Mask:** Draws out impurities and excess oils while refining pores and clarifying skin tone.

### CLEAR FUTURE.

- **Intensive Acne Spot Treatment:** Fast-acting formula penetrates pores to dry up acne pimples, resulting in improved appearance of skin tone.



- **Soothing Overnight Mask:** Lightweight mask calms, soothes and hydrates skin, and even minimizes the appearance of redness.



### RE9 ADVANCED FOR MEN

- **Shave Gel:** Creates a smooth glide for an extra-close shave without damaging skin.



- **Post-Shave Balm:** Calms skin after shaving and helps soothe razor burn.



## Targeted Solutions



### Body

#### RE9 ADVANCED

- **Nourishing Body Wash:** Intensely moisturizing wash with antioxidants and vitamins nourishes skin and enhances radiance.

- **Hydrating Body Lotion:** All-over body moisturizer with antioxidants and vitamins.

- **Firming Body Cream:** Supports collagen and promotes the appearance of firmer, smoother skin.



#### ARBONNE INTELLIGENCE®

- **Genius Booster Serum for Body:** Add to your favourite body moisturizer to supercharge benefits, or use it alone to hydrate, firm and illuminate the look of skin on arms, legs, neck, hands and décolleté.



# Beautiful Skin Starts Within

Healthy living is about making the right choices with **dietary habits** and **nutritional supplements** for overall health inside and out. Your body works as a system where every function is connected; diet and nutrition play a large role in how you feel on the **inside** and how you look on the **outside**.

The skin is the body's largest organ, and also the largest organ of detoxification. Proper diet and supplements help support skin to nourish it from the inside out. A diet high in fruits and vegetables, whole grains, lean meats, and adequate water intake, plus antioxidants, vitamins, minerals, and other nutrients can help support healthy-looking skin, and help you have more energy and feel more confident.

In addition to topical products that work from the outside in to enhance skin beauty, Arbonne also helps support skin and health from the inside out with diet and nutritional products. This inner-outer approach to health and beauty will help you look and feel your best at any age.

## Arbonne Nutrition

Arbonne Nutrition products help support healthy skin from within. The products are formulated with a strict Ingredient Policy, and are gluten-free and vegan.

### SUPPORT SKIN FROM THE INSIDE OUT:

- **Get plenty of nutritious fibre:** Fibre helps keep things moving in the digestive tract and sweeps out toxins. The average Canadian only consumes about half of the 25 grams of fibre recommended daily. Fibre supplements can help support elimination from the body.
- **Add healthy fats to your diet:**
  - Minimize trans fats and saturated fats that could contribute to an unhealthy vascular system, which may impact other parts of the body, such as the skin.
  - Include plenty of healthy fats such as olive oil; coconut oil; avocados; nuts and omega-3-rich seeds; and fatty fish such as salmon, tuna or white fish.
  - Take an omega-3 supplement to help balance essential fatty acid levels in your diet.

“With our increasing understanding of the role of the intestinal health, we are beginning to understand the gut-skin connection and the role of probiotics in maintaining health and great-looking skin.”

Nora Zorich, M.D., Ph.D.,  
and Chair of the Arbonne Scientific Advisory Board



The Arbonne Essentials® 30 Days to Healthy Living and Beyond Set consists of products that deliver key nutrients like protein and fibre. Products in the set are listed in the Arbonne Essentials section.

## Arbonne Essentials®

- **Protein Shake Mix:** Delivers 20 grams of vegan protein, plus more than 20 essential vitamins and minerals per serving.
- **Daily Fibre Boost:** Can be added to protein shakes, foods or beverages to deliver 12 grams of fibre per serving, derived from grains, fruits and vegetables.
- **7-Day Body Cleanse:** Senna, Cascara Sagrada, Aloe Vera, Rhubarb and Buckthorn are used in Herbal Medicine to promote bowel movement by direct action on the large intestine.
- **Herbal Tea:** Mild, caffeine-free tea with 9 botanicals.
- **Energy Fizz Tabs:** Add to water to deliver antioxidants and a botanical blend of green tea, guarana, ginseng and B vitamins to support energy. Also contains caffeine, which temporarily helps promote alertness and temporarily relieves fatigue, promotes endurance, and enhances motor performance.
- **Omega-3 Plus:** Source of omega-3 fatty acids for the maintenance of good health.
- **Women's Balance Menopause Support:** Clinically studied blend of phytonutrients provides support in managing symptoms associated with menopause such as hot flashes, night sweats, mood swings and irritability *(Not included in 30 Days to Healthy Living and Beyond Set.)*





“I first fell in love with Arbonne because it’s all about beauty from the inside out. My passion quickly grew as I learned how much it starts from the inside, with the right nutrition. I love that Arbonne Essentials. makes this quick and simple for our family of seven. We never go anywhere without our Protein Shakes and Fibre Boost. Beautiful skin often reflects what’s inside the gut. I keep extra Herbal Tea in my purse at all times! It makes my Arbonne skincare even more beneficial. ”

**Jenn Chen Townsley**  
Arbonne Independent Consultant  
Executive Regional Vice President



# Your Personalized Skincare and Wellness Regimen

**STEP 1:**  
Cleanse

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**STEP 2:**  
Treat

**Morning:**

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**Evening:**

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**Eyes & Lips:**

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**STEP 3:**  
Protect

**Morning:**

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**Evening:**

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## Targeted Solutions

**Face and Neck:**

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**Body:**

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**Supplements:**

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ARBONNE.

**pure safe beneficial.**

### We adhere to the standards of the:

Health Canada • United States Food and Drug Administration • Australia Therapeutic Goods Administration  
• United Kingdom Food Standards Agency • European Food Safety Authority • Australia National Industrial  
Chemicals and Notification and Assessment Scheme • International Fragrance Association • European  
Commission Cosmetic Regulations • European Registration, Evaluation, Authorisations and Restriction of  
Chemicals Agency • Cosmetic Ingredient Review

