



Arbonne Green Chemistry



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Chief Scientific Officer

A handwritten signature in black ink that reads "Peter Matravers".

In today's information-driven society, knowledge is key. Consumers are ingredient savvy and ask questions that can, in many ways, be challenging to answer without having some technical scientific background. With this Product Knowledge Training Manual, we want to arm you with what you need to tackle some of these difficult questions, as well as provide you with a means of understanding how some of these active ingredients work to improve beauty inside and out.

Arbonne has several state-of-the-art laboratories dedicated to product development and testing. Because of our commitment to high science and innovation, we've attracted world-renowned doctors and research experts to our Scientific Advisory Board. With input from these experts and from Arbonne Independent Consultants, we can steer a course for the future.

In creating an environment where scientific innovation thrives, we are yielding product enhancements and groundbreaking new products. We are defining new possibilities for green chemistry, putting us at the forefront of product development.

This manual is meant to be used as a reference guide, so you can learn — product by product — how we uphold our commitment to pure, safe, beneficial™, and why our products truly are superior. As you leaf through the pages, you'll see in a very detailed way that our products are botanically based. Think of this as Arbonne green chemistry, where we've harnessed the power of natural ingredients in unique formulations that deliver significant product benefits.

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The Arbonne Advantage: pure safe beneficial™

Arbonne is a highly regarded premium brand with a Swiss heritage. The products are botanically based and inspired by nature.

The Arbonne experience starts with changing your skin, then it's about changing your life. Arbonne provides a generous compensation plan, an exceptionally nurturing support system, and caring, committed leadership.

Arbonne skincare products are a cut above because they are:

- Botanically based
- Vegan-formulated
- Never tested on animals
- Formulated without mineral oil
- Formulated without dyes
- Gluten-free
- Dermatologist-tested
- Allergy-tested
- Clinically tested
- pH correct
- Health Canada compliant
- European Parliament and Council Regulation compliant
- USFDA compliant
- Australia NICNAS and TGA compliant

Pure

We're working diligently to understand the latest science – consulting our Scientific Advisory Board and adapting to new standards. Each product contains carefully selected, botanically based 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 of their families and friends. Our list of no-no ingredients has evolved over time, based on industry knowledge, research substantiation, and smarter choices. We were scrutinizing ingredients and establishing stricter guidelines before it became stylish.

We formulate without

animal products or by-products | artificial flavours | artificial sweeteners | benzene | bisphenol-a | carbon black | formaldehyde-donating preservatives | hydroquinone | mineral oil | parabens | petrolatum | phthalates | sodium laureth sulfates (SLES) | sodium lauryl sulfate (SLS) | synthetic dyes | talc | triclosan | triethanolamine (TEA)

We adhere to the standards of

Health Canada | United States Food and Drug Administration | Australia Therapeutic Goods Administration | United Kingdom Food Standards Agency | European Food Safety Authority (EFSA) | Australia National Industrial Chemicals Notification and Assessment Scheme | International Fragrance Association (IFRA) | European Commission Cosmetics Directive | European Registration, Evaluation, Authorisations and Restriction of Chemicals Agency (REACH) | Cosmetic Ingredient Review (CIR)

Science and Safety

We release products only after ensuring that every ingredient and finished product has been substantiated for safety.

Unfortunately, the World Wide Web is filled with controversial information; not all sources of information are reliable and not all studies are conclusive, especially when using major search engines as a primary source of research. When researching products, one can easily get caught up in the ingredient details, so it is important for you and your Clients to have confidence not only in the products but also in the company that produces them.

It is important to use reputable sources, therefore we recommend the following authoritative sources for ingredient information:

- **Cosmetic Ingredient Review Board:** www.cir-safety.org
 - The CIRB was established in 1976 with the support of the U.S. Food and Drug Administration and the Consumer Federation of America.
- **Personal Care Products Council:** www.personalcarecouncil.org
 - The PCPC is the leading national trade association for the cosmetic and personal care products industry.
- **Authoritative Literature:** peer-reviewed publications, established pharmacopeias and monographs

We thoroughly evaluate the science and safety of all ingredients in an open, unbiased, and expert manner.

The Basic Science of Skin and Anti-Aging

Understanding the basic functions of the skin will allow us to move to the next level of learning why it reacts to negative and positive influences of our environment. We now know that the skin is a very active organ that responds to many different factors. How we influence those factors determines the long-term health of the skin.

The most important functions of the skin are:

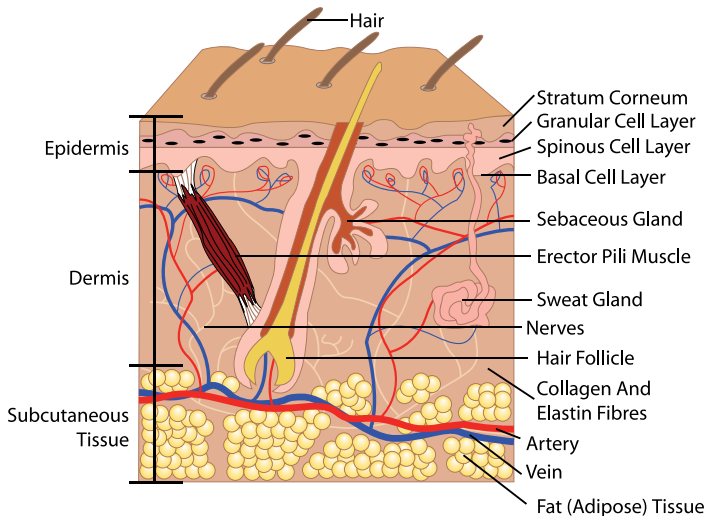
- Protection
- Sensation
- Temperature regulation
- Secretion

Skin Structure

Skin is the body's largest organ, comprising numerous complex structures performing vital protective and metabolic functions. It is composed of three primary layers, each having a specific function:

- (1) Epidermis
- (2) Dermis
- (3) Hypodermis or Subcutaneous Layer (Fat Layer)

Human Skin Diagram



The skin regeneration process involves cell renewal and cell turnover.

Cell Renewal: New cells are produced at the bottommost layer of the epidermis, known as the basal cell layer.

Cell Turnover: As new cells age, they migrate as dead skin cells up to the surface where they are shed.

Epidermis

The epidermis is the outermost layer of the skin. It's important from a cosmetic standpoint because this layer gives the skin its texture and moisture, and supports skin colour.

The uppermost portion of the epidermis is known as the stratum corneum. It is often referred to as the "horny layer" or "dead layer of skin cells" because it is composed of the most mature cells that have completed the keratinocyte process. The "brick and mortar" type construction of the stratum corneum forms a protective moisture barrier against moisture loss, environmental aggressions, bacteria, and daily "wear and tear." A healthy skin barrier is needed to maintain healthy-looking skin.

Deeper within the epidermis is the basal layer, the site from which new cells (keratinocytes) ascend to the surface of the skin 26–42 days later. This cell regeneration process is referred to as the cell cycle. It helps skin repair itself.^[1] Scattered throughout the basal layer are melanocytes, which produce the pigment melanin, one of the main contributors to skin colour. Melanin's primary function is to filter out the sun's ultraviolet radiation, which can prematurely age the skin by damaging DNA collagen and elastin.^[2]

The epidermis also contains Langerhans cells, which are part of the skin's immune system. These cells help detect foreign substances and defend the body against infection.^[2]

Dermis

The dermis is the dense second layer that gives skin its strength and elasticity. It contains a network of elastic fibres, referred to as connective tissue, which gives the skin its support, flexibility and strength. Fibroblasts are the primary cell type within the dermis. They produce collagen, elastin, other matrix proteins and enzymes. Collagen and elastin both help maintain water balance and support in the dermis and act as a matrix for cell migration, metabolism and growth.

Collagen, one of the skin's strongest proteins, gives the skin its durability and firmness. Collagen is the focus of much anti-aging research and one of the main targets of Arbonne's anti-aging research. Collagen is synthesized in the fibroblasts. Vitamin C aids in the production of healthy collagen.

Elastin is found in the dermis along with the collagen fibres, which together are assembled into bundles. Elastin gives the skin its elasticity, resilience and flexibility. The elastin and collagen bundles are degraded by excessive exposure to UV radiation. Damage to the skin's elastin and collagen leads to a decrease in the skin's elasticity and firmness, which results in the visible appearance of lines and wrinkles, as the skin begins to sag.

Hypodermis

Below the dermis lies a layer of fat called the hypodermis, also known as the subcutaneous or fat layer. This layer helps insulate the body from heat and cold, provides protective padding, and serves as an energy storage area. The fat is contained in living cells, called fat cells, held together by fibrous tissue. The fat layer varies in thickness, from a fraction of an inch on the eyelids up to several inches on the abdomen and buttocks in some people.

Skin Types

To uncover true outer health, it is important to begin by properly caring for the skin each day. There are 4 major skin types:

1. Oily
2. Combination
3. Normal
4. Dry

Oily

Oily skin produces an excessive amount of oil all over the face every day, all day long. The skin looks shiny due to the presence of an oily film. It also looks coarse and rough in texture. Blackheads and blemishes may be present. Pores generally look enlarged.

Combination

This skin type is like having two different skin types on the same face. Combination skin generally experiences an oily skin type in the T-zone and a dry skin type on the cheeks. Both areas of oiliness and dryness are present every day, all year long. The skin looks shiny in the T-zone due to the presence of an oily film. It also looks dry and matte on the cheeks. Blackheads and blemishes may be present, especially in the oilier T-zone area. Pores generally look enlarged on the nose, forehead and chin.

Normal

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 oils and retain moisture, it feels dry. Though it may look smooth with small pores, it may have a tight, leathery appearance.

Skin Conditions

In addition to taking care of one's skin according to skin type, several skin conditions arise that deserve special attention.

Acne

Acne is generally experienced by those with an oily skin type or in an oily T-zone of a combination skin type. Acne is characterized by blackheads and pimples, redness and inflammation due to the invasion of bacteria. If neglected, these blemishes can scar the skin.

Sensitive Skin

Sensitive skin should not be overstimulated. Products gentle enough for a baby's skin will help pamper sensitive skin.

The Aging Process

The skin ages in two different ways: biological aging (intrinsic aging) and environmental aging (actinic aging, also known as extrinsic aging).^[3]

When waging a war against time, you must know your enemy. A comprehensive skincare approach addresses both intrinsic and actinic aging 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 the ages of 20 and 80.
- The thickness of the skin decreases a staggering 6% every 10 years.
- The sun causes 90%–95% of the wrinkles, lines, as well as brown, red and white discolourations on our bodies.

Intrinsic aging accounts for 10% of the visible signs of aging. Many intrinsic factors are hereditary due to the genetic information passed down through generations. Family background and history play a major role. In general, the darker the skin, the less visible aging will take place. Thicker skin does not show aging as fast as thinner, more fragile skin types.

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

The Role of Free Radicals in Photo-Aging

Free radicals, also known as reactive oxygen species (ROS), are considered to be a major contributor to the aging process. Free radicals are created by UV exposure, pollution, stress, smoking and normal metabolic processes. Free radicals bring about changes that lead to the degradation of the skin's firmness (collagen) and elasticity (elastin) that is characteristic of photo-aged skin. Antioxidants help neutralize and stabilize these ROS. Antioxidants are a primary defense against the aging effects of free radicals.^[4]

Wrinkles

The aging of the skin follows a biological timeline. Changes occur throughout the skin, which result in a wide range of changes in the appearance of the complexion. Visible aging of the skin starts 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 surface skin and slower wound healing. Wrinkles start to form.

In Your 20s:

- First wrinkles appear around the eyes and lips.

In Your 30s:

- Skin becomes less resilient, allowing gravity to begin to take its toll.

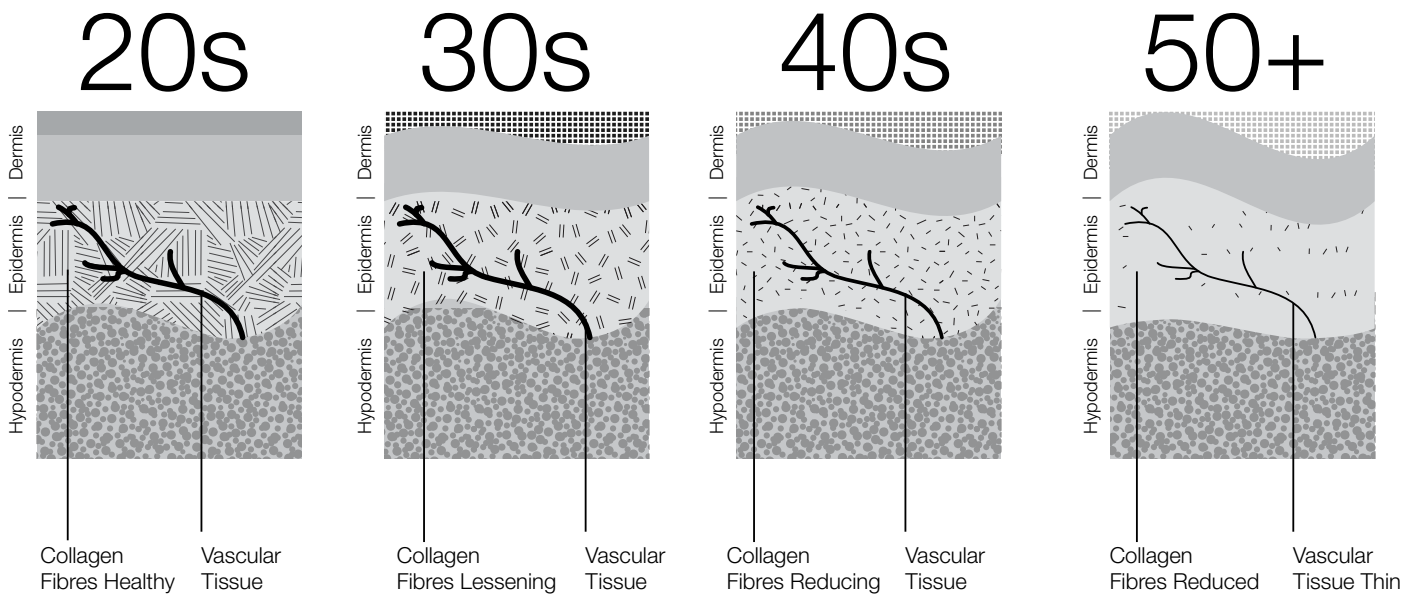
In Your 40s:

- As elasticity begins to diminish, skin loses its ability to snap back.
- Repetitive movements, such as frowning, squinting, or cigarette smoking, form the first permanent wrinkles.

In Your 50s:

- Gravity, combined with the decrease in collagen and elastin synthesis, causes the skin to sag.
- Exposed skin has mottled hyperpigmentation and shows dark spots referred to as age spots.
- Oil-producing (sebaceous) glands become much less active, and skin becomes drier, more fragile and sensitive to environmental factors.

Collagen and the Aging Process



Extrinsic, or environmental, aging begins as skin is constantly exposed to damaging environmental stressors such as sun, smoking, pollution, and stress.

Skin can begin to show signs of premature aging such as uneven skin tone and freckling.

Extrinsic aging continues with sun exposure and smoking. Intrinsic, or genetic, aging begins around the age of 35 with slowing of collagen and elastin production.

Fine lines and wrinkles begin to form around eye area and forehead. Skin begins to lose some resiliency. Skin tone becomes more uneven and less radiant.

Estrogen levels begin to drop. Cell turnover slows down. Collagen and elastin levels continue to decline.

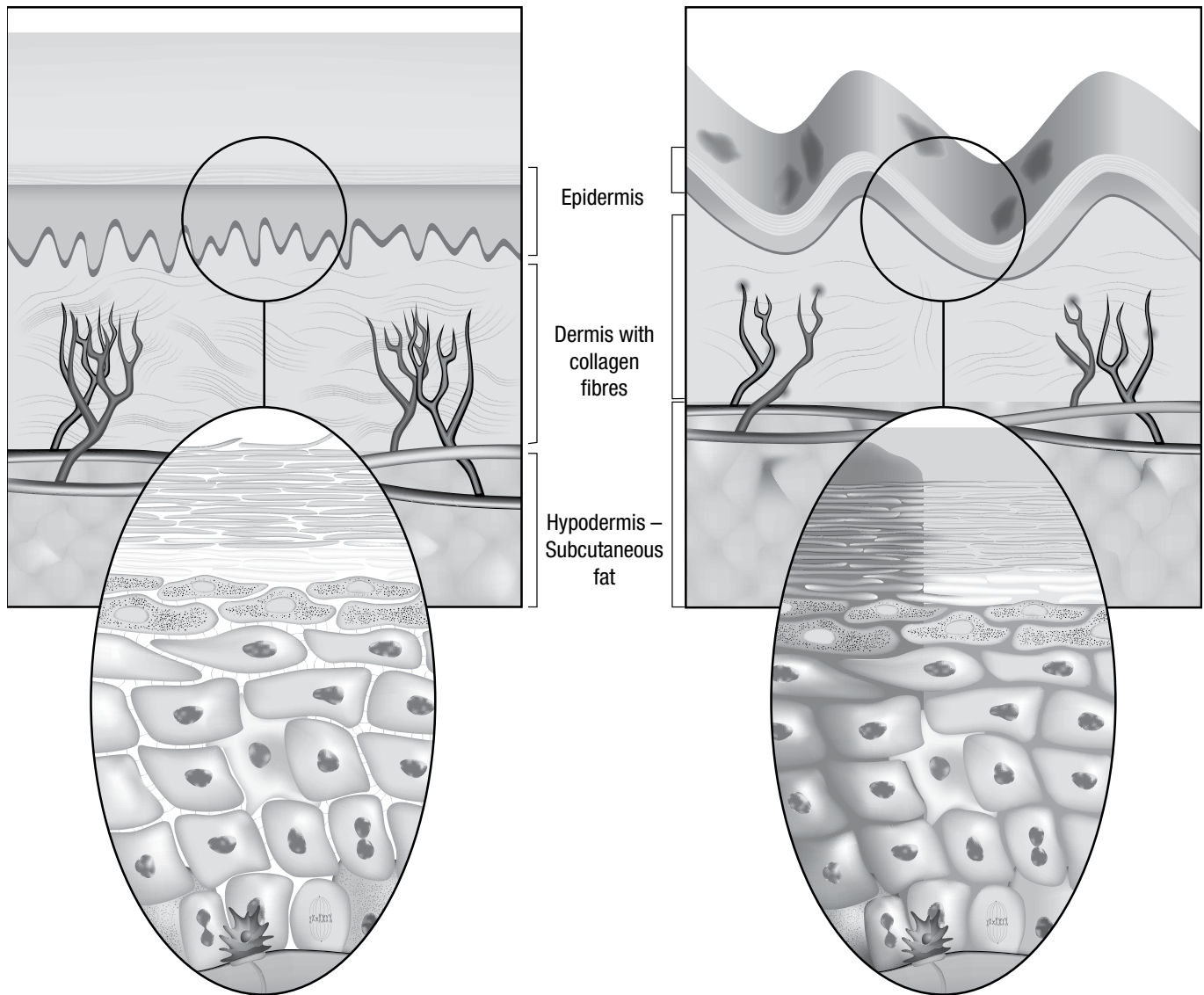
Skin becomes drier, thinner, rougher, and more sensitive. Dark spots, fine lines and wrinkles continue to form.

Skin becomes thinner, with decreased levels of collagen and elastin.

Deeper wrinkles and sagging occur. Compromised skin barrier leads to dry, rough skin and increased sensitivity.

Aging and Skincare

Good anti-aging skincare helps lessen the physical appearance of the 9 Signs of Skin Aging, thereby giving the skin a regained youthful, healthy and vital appearance.



Youthful Skin

- Skin looks and feels smooth
- Skin looks radiant and rejuvenated
- Skin has a healthy glow
- Skin is moisturized and protected
- Skin tone is even without age spots
- Skin looks and feels firm
- Skin is taut and resilient
- Skin is calm and less sensitive
- No signs of lines and wrinkles

Aging Skin

- Skin texture is rough
- Skin looks dull, lifeless and lackluster
- Skin looks tired, fatigued
- Skin loses moisture; looks and feels dry
- Dark age spots are visible
- Skin is sagging; loses firmness
- Skin is lax; loses elasticity
- Skin becomes reddened more easily
- Lines and wrinkles form



RE9 Advanced®

Collection Focus Guide

DID YOU KNOW?

The skin is our body's largest organ. It protects us from the outside world so it's important to care for it. As we age, our skin's needs for care and support change.

Skin ages from two factors: biological and environmental aging. When waging a war against time, you must know your enemy and have the right tools to fight it. A comprehensive skincare approach needs to address both aging factors.

The bottom line is both 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.
- The thickness of the skin decreases 6% every 10 years.
- The sun causes 90%–95% of the wrinkles and lines, as well as brown, red and white discoloration on our bodies.

Three key signs of skin aging:

- Fine lines and wrinkles
- Decreased firmness
- Decrease of moisture

These signs of aging appear due to loss of collagen and elastin. Collagen is damaged by UV rays, free radicals, and environmental irritants, leading to poor skin texture, wrinkles, and loss of firmness.

Elastin gives skin its strength and form. When skin is poked or pulled, its ability to “bounce back” into shape is due to the elastin. With age, elastin production slows down. This effect leads to the loss of hydration which, in turn, causes skin to lose its flexibility and tone. Skin doesn't bounce back as well with age, and that manifests itself most visibly on our skin due to the loss of collagen and elastin.

Daily Skincare Regimen

Taking care of your skin helps slow signs of aging and improve overall skin health and appearance. The best way to do this is by establishing a daily skincare regimen with products that address the specific needs of your skin.

It's never too late or too early to start a preventative, proactive skincare regimen. Using anti-aging skincare products with consistency will garner positive results, indicative of being on the right path toward younger-looking, younger-feeling skin.

The anti-aging skincare market is constantly growing, with new consumers looking for ways to achieve and maintain ideal skin health. Using an anti-aging skincare regimen free of harmful chemicals and toxins can help achieve these goals. Arbonne offers state-of-the-art formulas based on botanicals and key elements, not artificial chemical ingredients.

The RE9 Advanced® Story

The “RE” in RE9 Advanced stands for revolution, a revolution in anti-aging skincare. RE9 Advanced was designed to address and resolve the 9 major needs of aging skin, with a synergy between 9 advanced science elements along with key botanicals. The result is a system of products clinically proven to deliver results within 24 hours that target the signs of skin aging as they work to improve skin health. The collection includes:

Smoothing Facial Cleanser
Regenerating Toner
Intensive Renewal Serum
Corrective Eye Crème
Restorative Day Crème
with SPF 20

Extra Moisture Restorative Day Crème
with SPF 20
Night Repair Crème
Cellular Renewal Masque
Age-Defying Neck Cream
Instant Lift Gel

9 Advanced Elements

- **Algae Extract:** Supports collagen with moisturization to help diminish the appearance of fine lines and wrinkles
- **Stabilized Vitamin C:** Supports skin’s ability to absorb and maintain healthy moisture levels
- **Bio-Hydria® Complex:** Softens and conditions skin
- **Vitaspheres:** Promote smooth and supple skin
- **Elhibin:** Support the healthy moisture balance in the skin
- **Alpha Lipoic Acid:** Antioxidant that promotes the appearance of skin radiance
- **Copper:** Softens properties to promote a more youthful skin texture
- **Alpha and Beta Hydroxy Acids:** Improve skin texture and reduce the signs of aging by revealing fresh skin
- **Peptides:** Enhance skin smoothness to diminish the appearance of fine lines and wrinkles

Key Botanicals

- **Sea Buckthorn Oil:** Antioxidants with beta-carotene that support skin bounce, tone and smoothness
- **Kudzu Root Extract:** Improves the appearance of skin firmness and tone
- **Marine Lavender Extract:** Helps reduce the appearance of wrinkles
- **Hydrolyzed Lupine Protein and Alfalfa Seed Extract:** Visibly diminish under-eye bags and puffiness while improving the appearance of skin tone and firmness
- **Beech Tree Bud Extract:** Improves skin moisturization to help smooth the appearance of fine lines and wrinkles

100% of participants in a clinical study agreed they would recommend RE9 Advanced to their friends and family.

RE9 Advanced Solves 9 Skin Health Needs

- Renewal
- Restore
- Refresh
- Re-energize
- Reveal
- Reactivate
- Recover
- Refinish
- Results

Each of the products in our RE9 Advanced collection has unique features that provide specialized benefits. The following are designed to be used together as a foundation for a daily skincare health regimen. They can be purchased individually or as a set.

- Smoothing Facial Cleanser
- Regenerating Toner
- Intensive Renewal Serum
- Corrective Eye Crème
- Restorative Day Crème with SPF 20 or Extra Moisture Restorative Day Crème with SPF 20
- Night Repair Crème

Additionally, the following products in the RE9 Advanced collection offer targeted skin health benefits. They can be added to the daily regimen as needed:

- Cellular Renewal Masque
- Age-Defying Neck Cream
- Instant Lift Gel

RE9 Advanced Skin Health Daily Regimen

STEP 1: SMOOTHING FACIAL CLEANSER

Features

- Rich pearlescent crème formula gently washes away makeup and everyday impurities, leaving skin feeling soft, smooth and refreshed
- Botanically based moisturizing formula with a light, refreshing citrus scent
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Benefits

- Offers gentle, highly effective cleansing that smooths and hydrates skin to create a “clean canvas” for the next step
- Helps remove makeup and impurities (smoke, environmental pollutants, and chemical residues) from the skin
- Algae extract helps diminish the appearance of fine lines and wrinkles by moisturizing and supporting collagen on skin’s outer layer
- Sea buckthorn oil, rich in the antioxidants beta-carotene and vitamin C, helps enhance skin’s natural pH balance of 4.5–6

How to Use

Use in the morning and in the evening. Moisten skin and apply a small amount to face and neck. Gently massage in circular motions. Rinse with warm water.



STEP 2: REGENERATING TONER

Features

- Non-drying, alcohol-free, gentle mist toner refreshes skin and prepares it for the next step
- Supports cleansing by removing excess oils and dead skin cells
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Benefits

- Sea buckthorn oil, rich in antioxidants beta-carotene and vitamin C, helps enhance skin's natural pH balance
- Supports skin tone by minimizing the appearance of pore size and refining texture
- Stabilized vitamin C boosts and maintains moisture by supporting collagen, resulting in improvement in the appearance of fine lines as well as providing moisture barrier protection to restore a natural, youthful glow

How to Use

Use in the morning and in the evening after cleanser. Apply a small amount to the face and neck by misting or using a cotton ball. Do not rinse after application.



STEP 3: INTENSIVE RENEWAL SERUM

Features

- Collagen-supporting targeted formula reduces the appearance of fine lines and wrinkles while giving skin a more lifted, firm, youthful appearance
- Essential botanicals support skin and restore a youthful glow
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Key Benefits

- Delivers concentrated antioxidants, botanicals and peptides that work together to protect the skin's surface from future signs of aging
- Provides hydration that improves the appearance of fine lines and wrinkles
- Consistent use as part of a daily skincare regimen helps skin appear radiant, poreless, even-toned, wrinkle-free, smooth and firm with the support of key vitamins and botanical nutrients
- Stabilized vitamin C boosts and maintains moisture by supporting collagen, resulting in improvement in the appearance of fine lines as well as providing moisture barrier protection to restore a natural, youthful glow
- Algae extract helps diminish the appearance of fine lines and wrinkles by supporting collagen activity on skin's outer layer
- Sea buckthorn oil, rich in the antioxidants beta-carotene and vitamin C, helps enhance skin's natural pH balance
- Kudzu root improves the appearance of skin tone and firmness while marine lavender root reduces the appearance of wrinkles

Clinical Study Results

After 2 weeks:

- 89% had firmer-looking skin
- 81% saw improvement in elasticity
- 81% agreed they saw immediate improvement in skin moisture

After 4 weeks:

- 85% saw significant improvement in elasticity
- 85% agreed they saw immediate improvement in skin moisture
- 81% saw significant improvement in overall appearance

Sales Tip

When compared to a leading competitor, this serum outperformed the competition in lifting, elasticity, reduction of the appearance of fine lines, and improvement in the overall look and feel of complexion. Make sure Clients understand that serum is the “hero” of their skin health regimen, delivering the most impactful benefits that improve with long-term, consistent use.



How to Use

Apply evenly over the entire face and neck in the morning and in the evening. Follow with day moisturizer with SPF in the morning and night crème in the evening.

STEP 4: CORRECTIVE EYE CRÈME

Features

- Reduces the appearance of key signs of aging seen on the fragile skin around the eye, including puffiness, fine lines, wrinkles and dark circles
- Botanicals, antioxidants and peptides work together to address multiple signs of aging around the eyes and support collagen
- Multifunctional formula moisturizes the sensitive skin around the eyes, while botanicals calm and soothe
- Allergy-, ophthalmologist- and dermatologist-tested
- Ideal for all skin types and suitable for use with contact lenses
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Key Benefit

- Hydrolyzed lupine protein visibly diminishes the appearance of undereye bags while improving the appearance of the skin tone and firmness under the eye

Additional Benefits

- Algae extract helps diminish the appearance of fine lines and wrinkles by supporting collagen on the skin's outer layer
- Marine lavender root reduces the appearance of fine lines and wrinkles
- Results appear quickly and continue to improve with consistent, twice-daily use

Clinical Study Results

After 2 weeks:

- 82% agree they saw improved skin texture around the eyes

After 4 weeks:

- 94% had significant improvement in firmness around the eyes
- 82% had significant improvement in the appearance of fine lines and wrinkles around the eyes

How to Use

Gently apply around the eye area morning and evening.



STEP 5 FOR DAY: RESTORATIVE DAY CRÈME WITH SPF 20

or

EXTRA MOISTURE RESTORATIVE DAY CRÈME WITH SPF 20

Features

- Multipurpose formula provides critical moisture to the skin to hydrate, smooth and firm while helping reduce the appearance of fine lines and wrinkles
- Unique botanical complex helps replenish skin's natural moisture barrier, leaving it feeling satiny smooth
- Supports the skin's natural rejuvenation potential to guard against future signs of aging
- Maximizes skin's ability to retain moisture and maintain the look of plump, soft skin
- Offers broad spectrum SPF 20 UVA/UVB sun protection to minimize the risk of sun damage or aging
- Available in regular and extra-moisture formulas to appropriately hydrate any skin type
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes



Benefits

- Algae extract helps diminish the appearance of fine lines and wrinkles by supporting collagen on the skin's outer layer
- Kudzu root improves the appearance of skin tone and firmness
- Stabilized vitamin C boosts and maintains moisture by supporting collagen, resulting in improvement in the appearance of fine lines as well as providing moisture barrier protection to restore a natural, youthful glow
- Peptides, amino acids that are the building blocks of protein, deliver intense skin conditioning as well as reduction in the appearance of fine lines and wrinkles

Clinical Study Results

In just 24 hours:

- 86% agreed that it provided immediate moisturization

After just 2 weeks:

- 86% had significant improvement in the look of skin firmness

After just 4 weeks:

- 100% had significant improvement in skin firmness
- 86% had significant improvement in complexion health
- 82% had significant improvement in elasticity
- 82% agreed that it delivered softer/smoothier skin

Results shown for RE9 Advanced Extra Moisture Day Crème with SPF 20 and are based on a 4-week independent clinical study of 50 women

How to Use

Use in the morning after Intensive Renewal Serum. Apply generously and evenly over the entire face and neck before sun exposure.

STEP 5 FOR NIGHT: NIGHT REPAIR CRÈME

Features

- Ultra-hydrating formula replenishes moisture, revitalizes tone, improves firmness and enhances the clarity of the complexion
- Helps reduce the appearance of fine lines and wrinkles
- Can also be applied to hands before going to bed to enhance softness and suppleness
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Key Benefit

- This high-potency formula works overnight to deliver soft, supple, radiant skin by locking in moisture and infusing it back into the skin tissue to create a more youthful, age-defying glow

Additional Benefits

- Algae extract helps diminish the appearance of fine lines and wrinkles by supporting collagen activity on the skin's outer layer
- Stabilized vitamin C boosts and maintains moisture by supporting collagen, resulting in improvement in the appearance of fine lines as well as providing moisture barrier protection to restore a natural, youthful glow
- Peptides deliver intense skin conditioning as well as a reduction the appearance of fine lines and wrinkles
- Sea buckthorn oil, rich in beta-carotene and vitamin C, promotes antioxidant protection while marine lavender root reduces the appearance of wrinkles



How to Use

Apply a generous amount to face and neck at night, after the application of Intensive Renewal Serum.

RE9 ADVANCED SET

- Includes six products: Smoothing Facial Cleanser, Regenerating Toner, Intensive Renewal Serum, Corrective Eye Crème, Restorative Day Crème with SPF 20 or Extra Moisture Restorative Day Crème with SPF 20, and Night Repair Crème.
- Buying the set is an easy way to get new Clients to utilize the entire system for the best anti-aging skin health results.
- Great for someone just starting with Arbonne and looking to be a Business Builder.
- Makes a fabulous birthday, holiday, or “just because” present.



RE9 ADVANCED TRAVEL SET

- Includes 11 travel-size products in a convenient travel bag, along with a mesh pouf. The set contains travel sizes of both Restorative Day Crème with SPF 20 and Extra Moisture Restorative Day Crème with SPF 20



RE9 Advanced does not end with the 5-Step System

Innovation continues with products designed to combat the signs of aging in specific, targeted areas:

- Cellular Renewal Masque
- Age-Defying Neck Cream
- Instant Lift Gel

CELLULAR RENEWAL MASQUE

Features

- Gently exfoliates dead skin cells with natural pineapple and papaya enzymes to visibly improve the appearance of skin tone and texture, minimize the look of pores, and provide a radiant glow
- Effective treatment for blemishes or clogged pores by removing dead cells and helping remove impurities from below the skin's surface
- Required, critical step to help “de-age” the skin with natural botanicals that help brighten, reduce signs of aging, improve clarity, promote smoothness and enhance the performance of all of the products in a daily skin health regimen
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Key Benefit

Alpha and beta hydroxy acids work to reveal fresh skin, allowing you to create a clean start and a clear canvas for your face each day

Additional Benefits

- Natural enzymes and acids deeply exfoliate the skin, resulting in a softer, smoother look and feel
- Algae extract helps diminish the appearance of fine lines and wrinkles by supporting collagen on the outer layer of the skin



Clinical Study Results

After 1 use:

- 93% agreed they would recommend this product to family and friends
- 89% agreed they experienced smoother, softer skin texture

How to Use

After cleansing and drying skin, smooth a generous layer of masque over face, avoiding eyelids or getting into eyes. Leave masque on for 5 to 7 minutes. Slight transient tingling or redness may be experienced, and is normal for a masque of this type.

AGE-DEFYING NECK CREAM

Features

- Specially formulated to target, firm and tighten the skin on the décolleté and neck, smoothing the appearance of fine lines and wrinkles
- Proteins help slow the appearance of aging skin while key botanicals and peptide technology work to lift, tighten and firm the skin's appearance
- Works overnight to provide additional hydration and deliver soft, supple, radiant skin
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Key Benefit

- Proteins combined with peptide technology help slow the signs of aging on the thin, more sensitive skin on the neck and décolleté

Additional Benefits

- Algae extract helps diminish the appearance of fine lines and wrinkles by supporting collagen on the skin's outer layer
- Sea buckthorn oil, rich in beta-carotene and vitamin C, promotes antioxidant protection
- Peptides deliver intense skin conditioning, while kudzu root improves the appearance of skin tone and firmness

Clinical Study Results

After 1 use:

- 100% agreed they felt improved moisture of their neck and décolleté
- 94% showed increased skin hydration

After 1 week:

- 88% felt improved moisture of their neck and décolleté



How to Use

Apply morning and evening to décolleté and neck using light, sweeping movements until completely absorbed.

INSTANT LIFT GEL

Features

- Formulated for daily use or as needed to provide additional lifting, firming and toning benefits to the skin's appearance
- Designed to work together with the other RE9 Advanced core products for targeted, enhanced benefits to skin appearance and tone; should be used prior to serum in the daily skincare regimen
- Allergy- and dermatologist-tested; ideal for all skin types
- Vegan-certified and formulated without gluten, synthetic fragrance, parabens or dyes

Benefits

- With continued use, the appearance of the skin tone and firmness will continue to improve
- Algae extract helps diminish the appearance of fine lines and wrinkles by supporting collagen on the skin's outer layer
- Peptides deliver intense skin conditioning, helping reduce the appearance of fine lines and wrinkles

Clinical Study Results

After 1 week:

- 95% agreed their skin felt firmer and tighter after application

How to Use

Spread evenly over entire face until absorbed, Recommended to use after toning. Wait 2–3 minutes before applying serum and moisturizer.





RE9 Advanced® Lifting and Contouring

Collection Focus Guide

DID YOU KNOW?

When we're young, our faces mimic the shape of an inverted triangle, sometimes known as the "triangle of beauty." It is framed by full cheekbones at the top of the triangle and tapers down to a narrower lower face ending at the point of the chin. As we age, gravity can take a toll on our skin. The face gradually appears to sag, and jowls begin to form, causing the lower part of the face around the jawline to widen. To recapture the appearance of the triangle of beauty, we need skincare that goes beyond targeting fine lines and wrinkles.

Bounce is another aspect of skin compromised with age. Areas of our face once plump and cushiony can appear deflated and saggy. With age, the skin matrix, or the structure of our face, doesn't respond as well or bounce back as fast. Loss of collagen and elastin, along with other natural fillers, cause the skin matrix to become compromised.

The extracellular matrix is the largest indication of healthy skin, giving it elasticity, tensile strength and bounce. Collagen, elastin and hyaluronic acid form the foundation of the extracellular matrix; their strength ensures the skin's structural integrity. Hyaluronic acid, which occurs naturally and abundantly in young skin, helps cushion and lubricate, and is a component of the body's connective tissues.

The quantity and quality of collagen, elastin and hyaluronic acid decrease with age, leading to a compromised extracellular matrix. This causes skin to lose its appearance of tone, contour and bounce. You can fight against these changes by:

- Supporting collagen
- Supporting elastin
- Supporting hyaluronic acid

The RE9 Advanced Lifting and Contouring Story

The RE9 Advanced collection was developed to minimize the appearance of fine lines and wrinkles, helping skin look visibly rejuvenated and youthful. Arbonne has broadened the collection with RE9 Advanced Lifting and Contouring. Two new products have been designed to specifically address the needs of aging skin and improve the appearance of facial contours, bounce and tone.

These products have been designed to help re-densify, lift, tone and firm the look of skin, resulting in the appearance of tighter, more rejuvenated skin on the face and around the eyes. Special ingredients in these

formulas not found within the core RE9 Advanced line fight against the inversion of the "triangle of beauty" by supporting collagen and elastin. This results in the appearance of increased volume and re-plumped skin along the upper cheeks and around the eyes — and the appearance of a more lifted, toned, contoured face.

The RE9 Advanced Lifting and Contouring Collection Includes:

- Lifting and Contouring Cream Broad Spectrum SPF 15
- Lifting and Contouring Eye Cream

LIFTING AND CONTOURING CREAM BROAD SPECTRUM SPF 15

Features

- Minimizes the inversion of the “triangle of beauty” appearance by boosting the look of firmness, bounce and facial contours
- Softens and plumps the look of the skin to enhance the appearance of tone and firmness
- Protects with a mineral physical sunscreen that provides UVA/UVB protection
- Safe for all skin types
- Dermatologist- and allergy-tested
- Vegan-certified and formulated without gluten

Benefits

- Our proprietary lifting and contouring complex consists of:
 - **Peony root:** Deeply conditions to deliver more lifted-looking skin; helps re-densify and contour your look, making skin feel firmer and smoother
 - **Algae extract:** Targets the needs of the extracellular matrix, supporting collagen on the outer layer of the skin, improving the appearance and definition of facial contours
 - **Tetra-peptides:** Target skin tone and firmness by supporting collagen and elastin
 - **Vitamin C:** Works with algae extract to support collagen, elastin and hyaluronic acid to deliver an appearance of overall more lifted and contoured skin
- Our proprietary moisture-barrier-protecting complex consists of sea buckthorn oil and olive fruit oil, which deliver the following skin health benefits:
 - Sea buckthorn oil supports skin moisturization and contains the antioxidants beta-carotene and vitamin C
 - Olive fruit oil contains antioxidants and supports hydration to promote the look of softer, smoother skin



How to Use

For adult use only. Use in the morning, after serum. Apply liberally/generously (and evenly) over face and neck until thoroughly absorbed, 15 minutes before sun exposure. Reapply at least every 2 hours.

LIFTING AND CONTOURING CREAM BROAD SPECTRUM SPF 15

Clinical Grading Results

Results are measured by expert clinical graded observation and analysis compared to baseline.

After 2 weeks

- 72% showed improvement in the appearance of elasticity
- 78% showed improvement in the appearance of lift
- 75% showed improvement in the appearance of contour
- 86% showed improvement in the appearance of radiance and luminosity
- 94% showed improvement in the overall appearance of the face

After 8 weeks

- 83% showed improvement in the appearance of elasticity
- 86% showed improvement in the appearance of lift
- 89% showed improvement in the appearance of firmness
- 92% showed improvement in the appearance of contour
- 78% showed improvement in the appearance of radiance and luminosity
- 94% showed improvement in the overall appearance of the face

Clinical Instrumentation Results

After 2 weeks

- 64% showed measured improvement in the appearance of firmness
- 67% showed measured improvement in the appearance of jawline lift

After 8 weeks

- 89% showed recorded measured improvement in the appearance of firmness
- 97% showed measured improvement in the appearance of skin elasticity
- 86% showed measured improvement in the appearance of jawline lift

Based on a clinical study of 35 participants



LIFTING AND CONTOURING EYE CREAM

Features

- Delivers the appearance of more lifted, awakened skin around the eyes, improving the look of facial contours
- Tones skin and restores a firmer look to the eye area, reducing the appearance of “crepiness,” allowing the thin delicate skin to feel firm and retain a more youthful appearance
- Can be used around the orbital bone, providing lifting and contouring benefits above and below the eye
- Safe for all skin types
- Ophthalmologist-, dermatologist- and allergy-tested
- Vegan-certified and formulated without gluten

Benefits

- Our proprietary lifting and contouring complex consists of:
 - **Peony root:** Deeply conditions to deliver more lifted-looking skin; helps re-densify and contour your look, making skin feel firmer and smoother
 - **Algae extract:** Targets the needs of the extracellular matrix, supporting collagen on the outer layer of the skin, improving the appearance and definition of facial contours
 - **Tetra-peptides:** Target skin tone and firmness by supporting collagen and elastin
 - **Vitamin C:** Works with algae extract to support collagen, elastin and hyaluronic acid to deliver an appearance of overall more lifted and contoured skin
- Our proprietary moisture-barrier-protecting complex consists of sea buckthorn oil and olive fruit oil, which deliver the following skin health benefits:
 - Sea buckthorn oil supports skin moisturization and contains the antioxidants beta-carotene and vitamin C
 - Olive fruit oil contains antioxidants and supports hydration to promote the look of softer, smoother skin
- Cassava supports an immediate appearance of lifting and smoothing on the skin



How to Use

Apply by patting gently to the upper brow and continuing around the undereye area. Use morning and evening after cleansing.

LIFTING AND CONTOURING EYE CREAM

Clinical Grading Results

Results are measured by expert clinical graded observation and analysis compared to baseline.

After 2 weeks

- 78% showed improvement in the appearance of crow's feet
- 83% showed improvement in the appearance of lift
- 75% showed improvement in the appearance of eye area contour
- 81% showed improvement in the appearance of wrinkle severity
- 75% showed improvement in the appearance of total wrinkle count

After 8 weeks

- 83% showed improvement in the appearance of crow's feet
- 91% showed improvement in the appearance of lift
- 88% showed improvement in the appearance of eye area contour
- 91% showed improvement in the appearance of wrinkle severity
- 91% showed improvement in the appearance of total wrinkle count

Clinical Instrumentation Results

After 2 weeks

- 3% showed measured improvement in the appearance of firmness in the eye area
- 75% showed measured improvement in the appearance of skin elasticity

After 8 weeks

- 94% showed measured improvement in the appearance of firmness in the eye area
- 97% showed measured improvement in the appearance of skin elasticity

Based on a clinical study of 35 participants





RE9 Advanced® for Body

Collection Focus Guide

DID YOU KNOW?

The skin is the body's largest organ. Many people spend a great deal of time and money to treat, care for, and protect their skin on the face. However, the rest of your skin is just as fragile and susceptible to age-related changes as the skin on your face, so it also needs care and attention to help combat signs of aging.

The following content is for educational purposes only. It is not intended to be used to make health claims regarding our products.

Skin ages in two ways: biological and environmental. Just as you care for skin on the face, you need a comprehensive skincare approach for the body to address both aging factors.

According to the American Academy of Dermatology:

- Production of collagen and elastin slows down 65% between ages 20 and 80.
- The thickness of the skin decreases 6% every 10 years.

- The sun causes 90%–95% of wrinkles and lines, as well as brown, red and white discoloration on our skin.

Three key signs of skin aging:

- Fine lines and wrinkles
- Decreased firmness
- Decrease of moisture

These signs of aging are due to loss of collagen and elastin. Collagen can be damaged by UV rays, free radicals, and environmental irritants, which can lead to poor skin texture, wrinkles, and loss of firmness.

Elastin gives skin its strength and form. When you poke or pull at the skin, elastin allows it to bounce back. With age, elastin production slows down, leading to hydration loss, which causes skin to lose flexibility and tone. Signs of aging are most visible on the skin due to this loss of collagen and elastin.

The RE9 Advanced for Body Collection Story

The “RE” in RE9 Advanced stands for revolution, a revolution in Arbonne anti-aging skincare. RE9 Advanced was designed to address 9 skincare needs, with 9 advanced science elements along with key botanicals. RE9 Advanced for Body products utilize the same key elements to help improve the

appearance of skin from head to toe, with results visible within 24 hours. The collection includes:

- Nourishing Body Wash
- Hydrating Body Lotion
- Firming Body Cream

NOURISHING BODY WASH

Features

- Nurtures skin for enhanced radiance and tone
- Hydrates to soften and smooth
- Botanically based intensive formula contains antioxidant vitamins C and E
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Algae extract supports collagen through moisturization, helping diminish the appearance of fine lines and wrinkles
- Sea buckthorn oil supports supple tone and smoother-looking skin
- Cucumber extract hydrates and moisturizes skin, improving the look of tone and texture
- Red clover helps improve skin radiance

Clinical Results

After one use

- 91% agreed their skin felt softer
- 91% would recommend this product to their friends and family
- 82% agreed that their skin felt more toned and smooth

Based on a 1-week study of 22 women

How to Use

Use daily. Apply to wet skin using a washcloth or sponge. Lather and rinse thoroughly.



HYDRATING BODY LOTION

Features

- Botanically based formula with antioxidant vitamins A, C and E
- Hydrates for improved appearance of skin texture and tone
- Moisturizes skin, leaving it smooth and soft
- Allergy- and dermatologist-tested
- Formulated without gluten; vegan-certified
- Suitable for all skin types

Benefits

- A combination of skin-nurturing oils — including avocado, sweet almond, sesame seed, safflower and jojoba — delivers softer, smoother-looking skin
- Cucumber extract hydrates and moisturizes skin, improving the look of tone and texture
- Red clover helps improve skin radiance

How to Use

Apply liberally all over body.



FIRMING BODY CREAM

Features

- Firms and tightens the appearance of skin on the body, smoothing the appearance of wrinkles or rough texture
- Deeply hydrates to deliver the appearance of soft, toned and radiant-looking skin
- Allergy- and dermatologist-tested
- Formulated without gluten; vegan-certified

Benefits

- Algae extract supports collagen through moisturization, helping diminish the appearance of fine lines and wrinkles
- Sea buckthorn oil supports supple tone and smoother-looking skin
- Peptides deliver intense skin conditioning
- Kudzu root improves the appearance of skin tone and firmness

Clinical Results

After one use

- 100% showed an increase in skin hydration
- 94% agreed their skin felt smoother and softer
- 94% agreed their skin felt an immediate improvement in skin moisturization

Based on an 8-week study of 22 women



How to Use

Apply to body daily. Massage until completely absorbed.



RE9 Advanced® for Men

Collection Focus Guide

DID YOU KNOW?

Men's skin is different from women's in many ways. As a result, they have different skincare needs.

The following content is for educational purposes only. It is not intended to be used to make health claims regarding our products.

Some of the differences between men's and women's skin include:

- **Thickness:** Men's skin is about 25% thicker than women's. This thickness can result in rougher, duller-appearing skin.
- **Sensitivity:** Men tend to have more sensitive skin than women. Shaving gradually breaks down the hydrolipidic film, a protective layer on the skin's surface. This reduces the skin's natural lubrication and ability to protect from external elements.
- **Oil:** After puberty, sebum or oil production is more frequent in males than females; this is attributed to testosterone.

- **Collagen density:** Men's skin has a higher collagen density than women's. This is measured by the ratio of collagen compared to the skin thickness. For both men and women, collagen production starts to decline rapidly after age 50.

Men have a slight advantage when it comes to how or when skin will show signs of aging, but they still should follow a skincare regimen. Daily cleansing, moisturizing and sun protection is critical for maintaining healthy, youthful-looking skin.

Shaving can damage skin because it removes its protective barrier, the hydrolipidic film. Without this barrier, skin can lose moisture and become more vulnerable. In addition to maintaining a daily skincare regimen, it's also important to prep skin before shaving to avoid damage and discomfort. Using shaving products that moisturize and protect the skin surface can help avoid uncomfortable shaves and razor burn.

The RE9 Advanced for Men® Story

RE9 Advanced for Men products provide a skincare regimen to address the unique needs of men's skin. The products are formulated with some of the same scientific and botanical ingredients in the women's RE9 Advanced line, along with enhancements formulated for men to moisturize and protect. The products contains botanical ingredients that help revitalize the appearance of men's skin specifically, as well as improve tone and clarity.

Clinical Results

After 1 week

- 81% agreed the products calmed and soothed their skin

After 4 weeks

- 95% agreed they felt an improvement in skin hydration
- 90% noticed improved skin tone and clarity
- 81% agreed their skin felt more energized and revitalized

Based on a 4-week independent study

The RE9 Advanced for Men Collection Includes:

- Exfoliating Wash
- Shave Gel
- Post-Shave Balm
- Facial Moisturizer with SPF 20



EXFOLIATING WASH

Features

- Exfoliates and hydrates to help prepare for shaving after cleansing
- Exfoliation helps prevent ingrown hairs and clogged pores
- Certified gluten-free and vegan
- Allergy- and dermatologist-tested

Benefits

- Natural walnut shell exfoliates to remove debris and dead skin cells
- Sea buckthorn oil helps protect skin's natural moisture barrier
- Mallow flower extract moisturizes while it soothes and calms
- Algae extract supports collagen through moisture, helping diminish the appearance of fine lines and wrinkles
- Chickpea seed extract revitalizes skin's appearance

How to Use

Use daily before shaving. Moisten skin and apply liberally to face and neck. Massage on skin using fingertips, then rinse with warm water.



SHAVE GEL

Features

- Creamy formula softens skin, protecting the hydrolipidic film, or skin's moisture barrier, from damage during shaving
- Antifriction properties help increase glide for a smooth, close, comfortable shave
- Certified gluten-free and vegan
- Allergy- and dermatologist-tested

Benefits

- Red seaweed extract moisturizes and protects against razor burn by creating a protective film that helps the razor glide smoothly
- Mallow flower extract moisturizes while it soothes and calms
- Algae extract supports collagen through moisture, helping diminish the appearance of fine lines and wrinkles
- Chickpea seed extract revitalizes skin's appearance

How to Use

Massage liberally onto skin using fingertips. Shave, then rinse by splashing face with warm water.



POST-SHAVE BALM

Features

- Moisturizes to calm skin after shaving, and soothes razor burn
- Botanicals in the formula help achieve the appearance of rested, younger-looking skin
- Certified gluten-free and vegan
- Allergy- and dermatologist-tested

Benefits

- Sea mayweed soothes, comforts and calms freshly shaved skin
- Sea starwort reinforces skin's natural moisture barrier, helping protect and nurture
- Mallow flower extract moisturizes while it soothes and calms
- Algae extract supports collagen through moisture, helping diminish the appearance of fine lines and wrinkles
- Chickpea seed extract revitalizes skin's appearance

How to Use

Apply a small amount onto skin after shaving. Do not rinse after application.



FACIAL MOISTURIZER WITH SPF 20

Features

- Lightweight, non-greasy formula absorbs quickly and hydrates
- Provides broad spectrum UVA/UVB protection
- Gluten-free certified and vegan formulated
- Allergy- and dermatologist-tested

Benefits

- Chickpea seed extract revitalizes skin's appearance
- Kudzu root improves the appearance of skin tone and firmness
- Algae extract supports collagen through moisture, helping diminish the appearance of fine lines and wrinkles
- Peptides help support the appearance of firmer, smoother skin

How to Use

Apply onto skin prior to sun exposure.





Arbonne Intelligence® Genius

Collection Focus Guide

DID YOU KNOW?

One of the major ways skin ages is through loss of collagen and elastin. We lose some collagen because of the natural aging process, but an even greater amount can be lost through environmental factors, particularly sun exposure, pollution and stress.

These environmental exposures increase the rate at which a natural cellular process occurs, releasing “free radical” molecules into the skin. Free radicals attack and destroy collagen. When left unchecked, free radicals destroy the skin’s support structure; without that support, skin sags and, eventually, wrinkles form. Antioxidants are nutrients that bond with and disable free radicals before they have a chance to destroy collagen.

Elastin gives skin strength and elasticity. It is the “rubber band” that helps skin maintain its shape

and bounce back. Elastin is produced throughout childhood, but as adults, we produce little to no elastin. Elastin keeps your skin tight and young-looking. Since we lose elastin as we age, our skin begins to sag and the muscles weaken, causing fine lines and wrinkles, particularly in areas where we make repeated facial expressions.

Collagen works with elastin in the skin. They both play a huge role in the aging process.

Vitamin C also supports collagen and helps reduce the appearance of skin aging.

People need products they can trust to deliver more youthful, radiant-looking skin using the latest scientific advancements in botanicals that will not irritate delicate skin.



The Science Behind Our Proprietary PBR+ Complex

This complex demonstrates how botanical science can be used to target some of the primary concerns of aging skin. The combination of science and nature found in these products is what sets Arbonne apart from competitive treatment products and helps deliver the most impactful, immediate results.

P = Phytinol™

Our proprietary high-performance complex **Phytinol** combines two botanicals, alfalfa extract and chicory extract, which work together to help promote improved skin tone and surface smoothness. They help deliver an even, less-lined look and fight visible signs of aging.

B = Bakuchiol

R = Retinoid

A key advancement in our Genius products is the use of the botanical retinoid **bakuchiol**, along with

a scientific **retinoid**. Retinoids work by prompting surface skin cells to turn over, making way for a new, fresh layer of skin. They support collagen and reduce the appearance of wrinkles before they get their start. In addition, retinoids help slough off brown spots that can give skin an uneven tone, and make them appear less noticeable.

The “Plus”

The “plus” in our PBR+ Complex is mandelic acid and bisabolol. Mandelic acid is an alpha hydroxy acid extracted from bitter almond that has been studied to target common anti-aging concerns. As an alpha hydroxy acid, mandelic acid encourages surface cell turnover, resulting in even-toned skin, as well as a reduction in the appearance of wrinkles. Bisabolol comes from the chamomile plant and provides calming, soothing benefits.

Key Points of Difference

- Developed with our “pure, safe, beneficial.” philosophy to slow signs of aging on the face and body
- Dermatologist-tested to ensure both products meet expectations and deliver results
- Products help improve the look of skin resiliency and texture to support the appearance of smooth, radiant-looking skin
- Anti-aging skincare products that target often-neglected areas of the body such as hands, décolleté, and backs of the arms and thighs

Each product has unique features that provide specialized benefits. Products include:

- Genius Nightly Resurfacing Pads & Solution
- Genius Booster Serum for Body

The Arbonne Intelligence® Genius Story

Arbonne Intelligence products were developed with efficacious botanicals and other key ingredients to target the signs of aging and help achieve youthful, radiant, healthy-looking skin. Cutting-edge formulas integrate key ingredients to deliver targeted skin health results.

Genius Nightly Resurfacing Pads & Solution and Genius Booster Serum for Body are designed to support skin health by using dermatologist-approved science balanced with botanicals to enhance the efficacy of your daily skincare regimen.

Arbonne Intelligence Genius products are skincare solutions developed to deliver benefits typically achieved after a visit to a dermatologist, along with prescribed retinoid product. They have been inspired by the gold standard of anti-aging skincare, which typically includes a retinoid as a part of a daily regimen.

When used in combination with your Arbonne skin health regimen, Genius products produce the most significant, visible results. They deliver targeted benefits beyond hydration, including brightening, toning and radiance.

GENIUS NIGHTLY RESURFACING PADS & SOLUTION

Features

- Nightly skin resurfacing pads with a “fresh pour” active solution; fresh pour delivers the ingredients in their most active form
- Nightly use reveals youthful, radiant, luminous-looking skin in one easy step
- Helps maximize skin’s youthful appearance, while minimizing the risk of irritation as a result of skin conditioners and soothing botanicals in the formula
- Helps deliver dermatologist results with an improved appearance of overall skin health without the irritation caused by peels or other retinol products
- Removes the dead, rough layer of skin to help maximize absorption of the remaining products in the nightly skin health regimen



Benefits

- **Retinoids**, along with other ingredients, helps reduce the appearance of dark spots and skin discoloration; with continued use, skin tone and clarity is more evenly restored
- A proprietary blend of sea buckthorn oil and olive oil ceramide, with omega-3, 6, 7, and 9 fatty acids, helps retain surface hydration for soft, smooth, radiant-looking skin
- **Mandelic acid** encourages surface cell turnover, resulting in an even toned skin appearance as well as reducing the appearance of wrinkles

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**

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 they found their skin to be softer and smoother after using the product**

*Based on a clinical instrumental study of 50 participants

**Based on a 4-week consumer perception study

How to Use

- Use Genius every night.
- Step 1: Cleanse with your favourite Arbonne facial cleanser.
- Step 2: Pour entire bottle of retinoid solution slowly over pads. Discard bottle. Wait 1 minute before use.
- Step 3: Gently sweep one pad over clean, dry skin, in upward and outward motions.
- Step 4: Follow with your favourite Arbonne toner, serum and moisturizing products. Sunscreen is recommended every morning.

GENIUS BOOSTER SERUM FOR BODY

Key Feature

Key ingredients in this serum work together to deliver targeted, faster results with lasting skin health benefits, with continued use, to the often neglected areas of our body — from the neck down.

Additional Features

- Lightweight, ultra-concentrated serum illuminates as well as improves the appearance of skin firmness and health, targeted to address the unique skincare needs of the body
- Can be mixed with any Arbonne body moisturizer to supercharge the product's benefits, or used by itself for targeted results

Benefits

- A proprietary blend of **sea buckthorn oil** and **olive oil ceramide**, with **omega-3, 6, 7, and 9 fatty acids**, helps retain surface hydration for soft, smooth, radiant-looking skin
- **Jania rubens**, an extract from red algae, has ultra-moisturizing properties to help smooth and firm the skin surface, reducing the appearance of rough or uneven texture
- **Peptides** help support collagen and elastin, improving the look of skin firmness and elasticity
- **Mica**, a natural earth mineral, provides a sheer iridescent glow which helps create the appearance of smoother, softer, more radiant-looking skin

Clinical Results

In 2 hours*:

- 90% showed significantly improved skin texture
- 90% had significantly more radiant-looking skin
- 80% saw improvement in skin clarity

In 2 weeks*:

- 96% showed significant improvement in skin clarity
- 94% saw more radiant skin
- 75% experienced improved skin firmness and elasticity

*Based on a clinical instrumental study of 51 participants



How to Use

Shake well. Combine 2 pumps with your favourite moisturizer and apply all over body, or use serum by itself as a targeted treatment, morning and evening.



Arbonne Intelligence[®]

Lip Treatment

Product Focus Guide

DID YOU KNOW?

Collagen, elastin and hyaluronic acid are all naturally occurring in the skin; they help provide fullness and elasticity. As we age, their production slows, which causes skin to sag and lose its structural shape. The lips have naturally thinner skin than the face, so they are susceptible to showing signs of aging, especially as collagen, elastin and hyaluronic acid production decreases.

Lip appearance can be a significant indicator of aging, so they deserve the same care and attention as the rest of the face. Like the eyes, the skin on and around the lips needs daily treatment to maintain a healthy skin balance and help slow signs of aging.

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As we age, the skin on the lips naturally thins and loses its ability to retain water and oil. These factors, along with a thinning protective barrier, will cause lips to lose moisture faster than other areas of the

face if they do not receive proper hydration, barrier protection and care.

Lipsticks, balms and glosses can provide emolliency and immediate comfort, but in many cases are delivering short-term cosmetic benefits. To help minimize and even prevent signs of aging, lip care products must support the extracellular matrix to re-plump and restore a healthy, youthful appearance. Reactivating the skin's pathways to hyaluronic acid, collagen and elastin will help support the appearance of hydrated, replenished lips.

The skin around the lips is also prone to showing signs of aging caused by repetitive facial expressions, smoking, and sun exposure. Perioral lip wrinkles, marionette lines or upper lip wrinkles are fine lines or deep wrinkles around the lips and mouth. These are normal signs of skin aging that occur as a result of the loss of elasticity and moisture. Keeping skin on and around the lips well hydrated and protected will help it appear smoother, more volumized, more evenly textured and youthful.

The Arbonne Intelligence® Lip Treatment Story

Arbonne Intelligence products were developed with botanicals along with cutting-edge scientific ingredients to help target the signs of aging and achieve youthful, radiant, healthy-looking skin. Innovative formulas integrating key ingredients deliver targeted results that help improve skin's appearance.

Formulated with the latest in science, along with key botanicals, the Lip Treatment visibly improves the appearance of fine lines and wrinkles on and around the lips. The product is immediately and continuously hydrating, providing a protective barrier to help seal in moisture. Lips look volumized, both immediately and long term. The result is that lips appear smooth, healthy and youthful. With continued, consistent use, the Lip Treatment visibly reduces the appearance of wrinkles, with lips looking visibly lifted and recontoured.

Our proprietary high-performance complex Phytinol™ in the Lip Treatment combines two botanical extracts, alfalfa and chicory, which help promote an improved moisture barrier and surface smoothness to deliver an even, less-lined look. This complex, combined with botanicals and science, targets some of the primary appearance concerns of aging skin, such as wrinkles and lip volume.

Arbonne Intelligence Lip Treatment hydrates, volumizes, and softens the look of the lips. It reduces the appearance of wrinkles, and primes the lips for the application of lipstick or gloss.

When used in combination with a complete Arbonne healthy-skin regimen, the Arbonne Intelligence products, including the Lip Treatment, produce visible, targeted benefits beyond hydration, including softening, toning, smoothing and radiance.

The Science Behind the Formula & Key Ingredients

Our Lip Treatment features an innovative, patent-pending science and manufacturing technology that combines ingredients in a unique fashion to create an unsurpassed lip treatment. The process makes the particle sizes in the base so small that they blend together naturally and never separate. The result is a highly concentrated product:

Pure: Emulsifier-, surfactant-free technology

Efficacious: Highly effective key ingredients are concentrated and dispersed within the rich formula to ensure even application

Faster-acting: The concentrated formula, with evenly dispersed key ingredients, provides nearly instant coverage, delivering a plumped, moistened lip appearance

The technology behind this product is not only more effective, but cleaner. The formula can be created with a cold process because it uses technology without traditional emulsifiers or surfactants. This results in better formula preservation, since efficacy is not reduced by heat. The final formula contains more consistent, efficacious levels of key ingredients, moisturizers and lip-soothing agents.



LIP TREATMENT

Features

- Replenishes moisture to smooth lip texture as well as reduce the look of fine lines and wrinkles on and around the lips
- Deeply hydrates, moisturizes and protects the natural moisture barrier to help lips look soft and supple
- Immediately and continuously plumps lips' appearance, restoring a youthful, well-defined appearance
- Cream formula absorbs quickly and can be worn alone or as a primer to help extend the wear of lipstick or gloss
- Dermatologist- and allergy-tested; suitable for all skin types
- Vegan, formulated without gluten

Benefits

- Includes proprietary complex Phytinol™:
 - Alfalfa extract smooths skin's appearance and minimizes the look of fine lines
 - Chicory root extract protects and supports skin's natural moisture barrier
- Ginger enhances lips' natural pink colour, and delivers the appearance of immediate plumping
- Cocoa butter comforts, softens and nourishes with moisture
- Raspberry seed oil minimizes moisture loss by replenishing lip barrier and sealing in moisture
- Cloudberry extract — with omega-3 and -6 fatty acids, vitamin C and pectins — softens, conditions and nourishes by moisturizing



How to Use

Use morning and night as part of your skincare regimen. Pat gently all over clean lips and along the lip contour. Use alone or under lipstick or gloss.

LIP TREATMENT

Clinical Instrumentation Results

After 3 days

- 31% measured improvement in lip moisture was shown
- 29% measured improvement in the appearance of lip volume was shown
- 19% measured improvement in the appearance of firmness was shown

Based on a clinical study of 20 women

Clinical Grading Results

After 3 days

- 17% reduction in the appearance of wrinkles on and around the lips was shown

Based on a clinical study of 20 women

Consumer Perception Results

After 3 days

- 90% said their lips looked more youthful

Based on a perception study of 20 women





Arbonne Intelligence[®]

Hair and Body Collection Focus Guide

DID YOU KNOW?

Dry skin and hair are usually caused by environmental factors such as:

- **Weather:** Skin and hair are driest in winter, when temperatures and humidity levels decrease.
- **Heat:** Central heating, wood-burning stoves, space heaters and fireplaces can reduce humidity and cause skin and hair to become dry.
- **Hot baths and showers:** Hot showers or baths can dry skin.
- **Swimming:** Swimming, particularly in chlorinated pools, can cause dry skin and hair.
- **Harsh soaps and detergents:** Many soaps, shampoos and detergents strip moisture from skin and hair. Deodorant and antibacterial soaps can be the most drying.
- **Sun exposure:** Sun exposure can cause skin and hair to dry, leading to deep wrinkles and dull hair.

Dry skin can be uncomfortable and can contribute to noticeable appearance of fine lines and wrinkles. The following can help alleviate dry skin and avoid discomfort:

- **Moisturizing:** Moisturizers create a seal to hold in water and moisture. Applying facial moisturizer as part of a daily skincare regimen, as well as several times per day on your hands and body, can help dry skin. Additionally, using cosmetics with moisturizers can also help maintain hydration levels.
- **Using warm instead of hot water, and limiting bath time:** Long, hot showers or baths remove natural oils from skin and hair, causing dryness.
- **Avoiding harsh, drying soaps and shampoos:** Use cleansing creams or gentle skin cleansers, as well as shampoo or shower gels with added moisturizers. Avoid deodorant and antibacterial cleansers with detergents, fragrance and alcohol. They can strip skin, or leave it feeling irritated.
- **Moisturizing immediately after showering or bathing:** Gently pat skin dry with a towel instead of rubbing it. Apply moisturizer or lotion to skin immediately after bathing to help maintain hydration levels.
- **Drinking water:** Keep skin hydrated and looking healthy by drinking water.

The Arbonne Intelligence Story

Arbonne Intelligence products were developed with botanicals and other key ingredients to help target signs of aging. They help achieve hydrated, radiant, healthy-looking skin and hair with cutting-edge formulas.

The combination of science and nature used to formulate these products helps deliver impactful, immediately visible results.

The Arbonne Intelligence Hair and Body Collection Includes:

- Rejuvenating Cream
- Thermal Fusion Hair & Scalp Revitalizer
- Daily Self-Adjusting Shampoo With Tea Tree Oil

REJUVENATING CREAM

Features

- Deeply moisturizing, multipurpose cream soothes, hydrates and softens dry, dehydrated skin on the face, elbows, hands and feet
- All-in-one formula with botanical emollients helps replenish moisture
- Formulated and clinically tested to provide 24-hour moisture
- Suitable for all skin types
- Certified gluten-free and vegan
- Use with your favourite Arbonne toner and serum for extra hydration
- Apply to heels and leave on overnight under socks to help soften dry skin on your feet

Benefits

- Proprietary ingredient Phytinol™, which includes alfalfa and chicory extracts, improves the appearance of skin tone and smoothness
- Panthenol acts as a humectant to help increase the moisture content in the top layers of skin
- Sunflower seed and safflower seed oils contain natural antioxidants, as well as fatty acids, to help moisturize and condition
- Aloe vera helps moisturize and soothe
- Chamomile extract conditions and soothes



How to Use

Apply as needed on face and body, focusing liberally on dehydrated skin and dry rough patches.

REJUVENATING CREAM

Clinical Perception Results

After 1 week

- 97% said the product is a perfect all-in-one moisturizer for skin, hair and body
- 91% agreed the product made their skin look healthier
- 97% agreed the product improved dry skin texture
- 97% agreed the product provided instant relief to very dry skin

Clinical Instrumentation Results

After 24 hours

- 87% showed measured improvement in skin moisture

After 2 hours

- 88% showed measured improvement in skin moisture

After 8 hours

- 88% showed measured improvement in skin moisture

Based on a study of 30 participants



THERMAL FUSION HAIR & SCALP REVITALIZER

Features

- Self-adjusting treatment supports healthy-looking and -feeling hair from root to tip
- Nurtures hair and scalp with tingling, Thermal Fusion Technology that revitalizes the scalp's appearance and promotes radiant hair
- Lightly scented and suitable for all hair types
- Certified gluten-free and vegan

Benefits

- Peppermint oil conditions the hair and scalp
- Rosemary extract nurtures the hair and scalp to promote shine and revitalized appearance
- Sage extract promotes hair radiance

How to Use

After shampooing and conditioning, apply directly to scalp and massage gently. Comb through hair and leave in for up to 5 minutes. Rinse thoroughly.



DAILY SELF-ADJUSTING SHAMPOO WITH TEA TREE OIL

Features

- Tingly shampoo cleanses, enhances shine, improves manageability, and moisturizes the scalp
- Naturally scented and suitable for the changing needs of all hair types
- Certified gluten-free and vegan

Benefits

- Sage extract helps promote hair radiance
- Rosemary extract nurtures hair and scalp to promote shine and revitalized appearance

How to Use

Use daily or as needed for all hair types. Wet hair thoroughly. Apply a small amount and lather. Rinse and repeat if necessary.





Calm

Collection Focus Guide

DID YOU KNOW?

Sensitive skin affects millions in different ways and in varying degrees. Many people with sensitive skin experience an adverse reaction to skincare products or household items, causing redness or tightness.

The following content is provided for educational purposes only. It is not intended to be used to make health claims regarding our products.

Dermatologists look for the following when identifying sensitive skin:

- Reactions such as redness, bumps and skin flaking
- Severe dryness
- A tendency toward blushing and skin flushing

Skin reactions can be caused by:

- Overly dry or injured skin that cannot protect nerve endings
- Excessive exposure to environmental factors, such as sun, wind, or excessive heat or cold

- Contact with materials or substances that cause a reaction such as burning, stinging, redness or sensitivity
- Allergy or irritation
- Product fragrances

The best approach when caring for sensitive skin is to prevent irritation and take steps to maintain healthy skin. The first step is proper cleansing. Most dermatologists agree facial cleansers with fragrance should not be used if you have sensitive skin. Mild fragrance- and soap-free cleansers are ideal because they have less potential for irritation.

Moisturizing is the next step, helping skin retain hydration to resist drying and abrasion. When choosing skincare products for sensitive skin, look for products that contain only essential ingredients, free of irritating substances. The products should soothe and hydrate skin, leaving it feeling and looking healthy, refreshed and calmed.

The Calm Collection Story

Calm products were designed to address the needs of sensitive skin, formulated to be extra gentle and soothing. The products focus on hydrating, moisturizing and soothing skin discomforted by tightness and dryness.

Clinically tested for sensitive skin, the Calm line is non-comedogenic, and fragrance- and colourant-free.

The Calm Collection Includes:

- Gentle Daily Cleanser
- Soothing Facial Serum
- Gentle Daily Moisturizer
- Soothing Eye Gel

Clinical Results

After 2 Days

- 88% of participants agreed the 4-step collection calmed, soothed and hydrated skin; helped prevent moisture loss; and soothed red, dry skin by moisturizing
- 82% of participants agreed the products helped their skin feel softer and smoother, with improved appearance of skin texture and tone

Based on clinical studies of 50 individuals using the 4-step Calm Collection



GENTLE DAILY CLEANSER

Features

- Gently washes away makeup, dirt and oil without over-drying or irritating skin
- Extra-gentle formula helps soothe easily irritated, sensitive skin by providing hydrating relief while cleansing
- Allergy- and dermatologist-tested
- Fragrance- and colourant-free
- Certified gluten-free and vegan

Benefits

- Aloe vera soothes and moisturizes
- Cucumber helps soothe skin
- Licorice softens and soothes skin
- Mallow, rich in vitamins, softens and soothes
- Chamomile contains antioxidant properties
- Sea mayweed calms skin
- Japanese green tea helps soothe skin

How to Use

Apply a small amount to moist skin and massage gently in circular motion. Rinse with warm water.



SOOTHING FACIAL SERUM

Features

- Lightweight serum absorbs quickly, locking in moisture to leave skin feeling hydrated and refreshed
- Extra-gentle formula helps soothe easily irritated, sensitive skin
- Allergy- and dermatologist-tested
- Fragrance- and colourant-free
- Certified gluten-free and vegan

Benefits

- Aloe vera soothes and moisturizes
- Cucumber helps soothe skin
- Licorice softens and soothes skin
- Mallow, rich in vitamins, softens and soothes
- Chamomile contains antioxidant properties
- Sea mayweed calms skin
- Japanese green tea helps soothe skin

How to Use

Squeeze tip of dropper to fill, and squeeze again to release serum onto hands. Apply evenly over face and neck. Use in the morning and evening after cleansing.



GENTLE DAILY MOISTURIZER

Features

- Lightweight, fast-absorbing formula soothes and moisturizes skin, leaving it feeling soft and refreshed
- Provides hydrating relief from tightness and discomfort caused by dry skin
- Allergy- and dermatologist-tested
- Fragrance- and colourant-free
- Certified gluten-free and vegan

Benefits

- Aloe vera soothes and moisturizes
- Cucumber helps soothe skin
- Licorice softens and soothes skin
- Mallow, rich in vitamins, softens and soothes
- Chamomile contains antioxidant properties
- Sea mayweed calms skin
- Japanese green tea helps soothe skin

How to Use

Apply evenly over face and neck in the morning and evening, after serum application.



SOOTHING EYE GEL

Features

- Glides on and absorbs quickly with cool roller ball application
- Helps reduce the appearance of puffiness, and hydrates skin around the eyes
- Leaves skin around the eyes feeling hydrated and refreshed
- Allergy-, dermatologist- and ophthalmologist-tested
- Fragrance- and colourant-free
- Certified gluten-free and vegan

Benefits

- Aloe vera soothes and moisturizes
- Cucumber helps soothe skin
- Licorice softens and soothes skin
- Mallow, rich in vitamins, softens and soothes
- Chamomile contains antioxidant properties
- Sea mayweed calms skin
- Japanese green tea helps soothe skin

How to Use

Using gentle pressure, roll under each eye, from inner corner to outer corner, in the morning and evening.





Clear Future®

Collection Focus Guide

DID YOU KNOW?

Acne is the leading cause for visits to a dermatologist. Approximately 70%–87% of adolescents experience some acne, and it can frequently continue into adulthood. Although specific reasons are unclear, the number of people experiencing acne appears to be increasing.

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Acne is a skin condition characterized by whiteheads, blackheads, and red pimples or lesions. It occurs when pores become clogged from increased sebum or oil production, along with decreased cellular turnover. Pores can get clogged when cellular turnover is slowed due to excess oil or an imbalance in bacteria on the skin surface, as well as inflammatory effects from hormone fluctuations or dietary choices.

Almost everyone experiences some clogged pores and pimples in their lives, especially during adolescence. Various grades of acne, depending on severity, can be experienced throughout adolescence and adulthood:

- **Mild Acne:** Minor pimples appear, but they are small, appear only very occasionally, and in small numbers. Blackheads and milia, which are small white or yellow bumps, will appear, sometimes in large numbers, without redness or swelling. Mild acne can become more severe if left untreated.
- **Moderate Acne:** Blackheads and milia generally appear in greater numbers. Papules, or small red bumps, and the formation of pustules or whiteheads will develop in this stage. These symptoms appear

with greater frequency, and general breakout activity will be more obvious. Slight inflammation of the skin is now apparent.

- **Severe Acne:** Blackheads and milia generally appear in large numbers. Papules, or small red bumps, and the formation of pustules or whiteheads are well-developed and widespread in this stage. These symptoms appear continuously, and breakout activity is apparent along with more severe skin inflammation.

In teen years, acne will often progress from the nose and forehead to other facial areas. Acne may start to spread to the chest and shoulders, with occasional breakouts on the back, especially in males. Adult women may find greater breakout activity in the cheek, chin, and jawline areas, especially just before and during the menstrual cycle.

Healthy skin is balanced, smooth, clear and glowing, with controlled oil production and small, even, unclogged pores. Supporting healthy, balanced skin starts with better understanding the needs, function and regulation of the skin's ecosystem.

In a healthy-skin ecosystem, dead skin cells rise to the skin's surface to be shed. When the skin produces excess sebum or oil, dead skin cells can stick together and become trapped inside the pores. These trapped cells clog the pores, and acne begins to appear.

Bacteria known as *Propionibacterium acnes* (*P. acnes*) live on the skin's surface, and can sometimes get inside a clogged pore. The oily, or sebaceous, glands of the head, neck, and chest or back secrete a

mixture of lipids, called sebum, which is dominated by the Propionibacterium species, including *P. acnes*. A clogged pore can become inflamed and red when *P. acnes* get inside it, which can trigger an acne pimples formation. Keeping the skin's ecosystem in balance, including sebum production and *P. acnes*, can help minimize and prevent future acne formation.

Myths about acne and how to best manage it are as common as this skin problem. One common myth is to let acne run its course. Dermatologists believe that this is not always the best advice:

- Without adequate treatment, dark spots and permanent scars can appear after acne clears.
- Treating acne often boosts self-esteem.
- Many effective treatments are available and can help improve skin's appearance more rapidly than if left alone.

Nutrition

Skincare products are one critical step to achieving a balanced skin ecosystem, but they are not the only area to consider. To achieve glowing, clear, balanced skin you also need to focus from the inside out with the right nutrition.

Tips for supporting skin from the inside out:

- **Optimize digestion:** The body's overall health is connected to how foods are digested. Good digestion helps the body absorb nutrients from foods; improper or unbalanced digestion can lead to mineral or vitamin deficiencies.
 - **Boost good bacteria with probiotics:** The digestive system naturally has billions of bacteria, like the skin. Digestive health can be supported by promoting growth of good bacteria, along with lowering the amount of harmful bacteria. Probiotics provide strains of good bacteria to help replenish and support the digestive tract. These good bacteria help support the immune system from the inside out.
 - **Supplement your diet with digestive enzymes:** This helps the body process foods more effectively and the digestive system function optimally. Digestive enzyme levels decline with age, so a supplement can be necessary to support good function.
 - **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 fibre recommended daily. Fibre

When skin is viewed under a microscope, you can see it has its own ecosystem, or biological community of interacting organisms, similar to a rainforest. It has many diverse sections and layers, as well as both good and harmful bacteria. The skin's primary function is to serve as a physical barrier to protect our body from harmful foreign organisms or toxic substances. Four barriers help regulate and keep the skin's ecosystem in balance:

- **Microbiological or ecoflora:** Skin's natural defense to protect against undesirable bacteria
- **Physical barrier or stratum corneum:** Functions as the wall to protect and allow exchanges of molecules from inside and outside the skin
- **Biological barrier or epidermis:** Physical structure of the skin
- **Hair barrier:** Protects against external aggressors such as UV light

supplements can help support the toxin elimination from the body.

- **Add healthy fats to your diet:** Research demonstrates most people aren't consuming the needed levels of essential fatty acids, such as omega-3.
 - 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.
- **Boost key vitamins and minerals:**
 - **Vitamin A:** Shown in studies to reduce sebum production and support skin health on the surface.
 - **B vitamins:** High doses of vitamin B5, also known as pantothenic acid, supported healthier, more balanced skin and decreased pore size, according to a published study.
 - **Vitamin C:** Important for tissue growth, repair, and collagen production. It has also been shown to minimize free radical damage.
 - **Zinc:** Helps balance oil gland production, helps support collagen and healthier skin, and helps prevent free radical damage.

Since most people have used antibiotics to kill pathogenic or “bad” microorganisms, the idea of “good” microorganisms may be difficult to understand. However, more beneficial microorganisms live in the human body than harmful ones. Probiotics support the body’s immune system, which, in turn, helps support overall healthy skin balance. This balance can be restored and maintained by supporting the growth of good microorganisms, resulting in fewer harmful microorganisms.

Prebiotics like oligosaccharides are made of linked sugar molecules and, when taken orally, help stimulate the growth of beneficial microorganisms. Oligosaccharides, when in abundance, are an easily digestible food source for skin’s beneficial microflora.

In the presence of good and harmful bacteria, supplementing with probiotics and prebiotics results in more good bacteria and a reduction of harmful bacteria.

The Clear Future® Story

Clear Future acne products were developed as a complete system to help keep skin clear as well as reduce and help prevent acne pimples. The acne formulas are powered with salicylic acid, along with a unique blend of efficacious botanicals, to calm and soothe skin. Daily, consistent use as a regimen helps skin appear more even-toned and clear. The system is clinically proven to deliver faster results with key ingredients, including:

- **Salicylic acid:** Potent exfoliant known for its anti-bacterial properties
- **Alpha-glucan oligosaccharide:** Skin-conditioning agent derived from bio-fermentation and natural sugars, helps mattify and moisturize skin
- **Exopolysaccharide (*Saccharide isomerase*):** Skin-conditioning agent humectant derived from marine algae, helps mattify skin and control sebum by absorbing it at the skin’s surface
- **Naturally derived polysaccharide, humectant rhamnose, skin-conditioning agent glucose and pH adjuster glucuronic acid:** Derived from bio-fermentation and natural sugars, protect the skin’s moisture barrier

The Clear Future Collection Includes:

- Deep Pore Acne Cleanser
- Corrective Acne Treatment Pads
- Mattifying Acne Treatment Lotion
- Intensive Acne Spot Treatment
- Soothing Overnight Mask



Clinical Grading Results

Based on an independent lab study of 30 participants using the Clear Future daily regimen of Deep Pore Acne Cleanser, Corrective Treatment Pads, and Mattifying Acne Treatment Lotion

After 3 days

- 38% showed a reduction in acne pimples
- 100% showed improvement in moisturization

After 1 week

- 79% showed a reduction in acne pimples

After 4 weeks

- 84% showed a reduction in acne pimples

Results are based on clinical observation, compared to baseline

Before

After



Perception Results

Based on an independent lab study of 30 participants using the Clear Future daily regimen of Deep Pore Acne Cleanser, Corrective Treatment Pads, and Mattifying Acne Treatment Lotion

After 4 weeks

- 91% would recommend the products to a friend or family member
- 84% would replace their existing acne products with these products
- 91% reported an improvement in clogged pores
- 94% reported a reduction in oiliness and shine



DEEP PORE ACNE CLEANSER

Features

- Strong enough to deliver a thorough cleansing of dirt, oil and debris
- Gentle enough to leave skin feeling soft, fresh and clean without stripping it of natural moisture
- Exfoliates and penetrates pores to help control or reduce acne pimples
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Salicylic acid offers antibacterial benefits
- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Naturally derived polysaccharide protects skin's moisture barrier
- Skin-conditioning agents sage (*Salvia officinalis*) leaf extract, calendula (*Calendula officinalis*) flower extract, and witch hazel (*Hamamelis virginiana*) help condition and soothe skin
- White willow (*Salix alba*) bark extract, a skin conditioner, boosts exfoliation to reveal the next layer of skin

How to Use

Morning and evening, apply to damp face, massaging in circular motions while concentrating on areas of congestion and oiliness. Avoid eye area. Rinse thoroughly with warm water and pat dry. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to two or three times daily if needed or as directed by a doctor. If bothersome dryness or peeling occurs, reduce application to once a day or every other day.



CORRECTIVE ACNE TREATMENT PADS

Features

- Exfoliates and refines pores
- Removes dead skin cells and impurities
- Penetrates pores to clear up acne pimples
- Provides extra clarifying benefits when used after cleansing
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Salicylic acid offers antibacterial benefits
- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Exopolysaccharide (*Saccharide isomerate*), a humectant skin-conditioning agent derived from marine algae, helps mattify skin and control sebum by absorbing it at skin's surface
- Naturally derived polysaccharide protects skin's moisture barrier
- Skin-conditioning agents sage (*Salvia officinalis*) leaf extract, calendula (*Calendula officinalis*) flower extract and witch hazel (*Hamamelis virginiana*) help condition and soothe skin
- White willow (*Salix alba*) bark extract, a skin conditioner, boosts exfoliation to reveal next layer of skin



How to Use

Cleanse the skin thoroughly before applying this product. Apply presoaked pad to entire face or cover the entire affected area with a thin layer one to three times daily. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to two or three times daily if needed or as directed by a doctor. If bothersome dryness or peeling occurs, reduce application to once a day or every other day.

MATTIFYING ACNE TREATMENT LOTION

Features

- Lightweight, non-oily hydrator provides essential moisture without shine
- Absorbs oil while soothing skin and preventing dryness
- Dries and helps clear up acne pimples
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Salicylic acid offers antibacterial benefits
- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Exopolysaccharide (*Saccharide isomerate*), a humectant skin-conditioning agent derived from marine algae, helps mattify skin and control sebum by absorbing it at skin's surface
- Arbonne proprietary blend — including sea buckthorn (*Hippophae rhamnoides*) oil and olive (*Olea europaea*) fruit oil — a natural source of omega-9, -6, -3, and -7 fatty acids, maintains skin's barrier function
- Naturally derived polysaccharide protects skin's moisture barrier
- Skin-conditioning agents sage (*Salvia officinalis*) leaf extract, calendula (*Calendula officinalis*) flower extract and witch hazel (*Hamamelis virginiana*) help condition and soothe skin
- White willow (*Salix alba*) bark extract, a skin conditioner, boosts exfoliation to reveal next layer of skin



How to Use

Cleanse skin thoroughly before applying this product. Cover the entire affected area with a thin layer one to three times daily. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to two or three times daily if needed or as directed by a doctor. If bothersome dryness or peeling occurs, reduce application to once a day or every other day.

INTENSIVE ACNE SPOT TREATMENT

Features

- Strong enough to immediately target acne pimples with a fast-acting formula, yet gentle enough not to over-dry skin
- Penetrates pores to help control (reduce) acne pimples
- Helps improve the appearance of skin tone
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Salicylic acid offers antibacterial benefits
- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Exopolysaccharide (*Saccharide isomerate*), a humectant skin-conditioning agent derived from marine algae, helps mattify skin and control sebum by absorbing it at skin's surface
- Naturally derived polysaccharide protects skin's moisture barrier
- Skin-conditioning agents sage (*Salvia officinalis*) leaf extract, calendula (*Calendula officinalis*) flower extract and witch hazel (*Hamamelis virginiana*) help condition and soothe skin
- White willow (*Salix alba*) bark extract, a skin conditioner, boosts exfoliation to reveal next layer of skin



How to Use

Cleanse skin thoroughly before applying this product. Cover the entire affected area with a thin layer one to three times daily. Because excessive drying of the skin may occur, start with one application daily, then gradually increase to two or three times daily if needed or as directed by a doctor. If bothersome dryness or peeling occurs, reduce application to once a day or every other day.

SOOTHING OVERNIGHT MASK

Features

- Provides cooling comfort to soothe and calm skin
- Delivers beneficial, non-greasy hydration for soft, smooth skin
- Helps prevent impurities from settling into and clogging pores
- Dermatologist- and allergy-tested; non-comedogenic
- Suitable for ages 12+ and all skin types
- Vegan; formulated without gluten

Benefits

- Alpha-glucan oligosaccharide, a skin-conditioning agent, helps mattify and moisturize skin
- Exopolysaccharide (*Saccharide isomerate*), a humectant skin-conditioning agent derived from marine algae, helps mattify skin and control sebum by absorbing it at skin's surface
- Naturally derived polysaccharide protects skin's moisture barrier
- Skin conditioning agents sage (*Salvia officinalis*) leaf extract, calendula (*Calendula officinalis*) flower extract and witch hazel (*Hamamelis virginiana*) help condition and soothe skin
- Arbonne proprietary blend — including sea buckthorn (*Hippophae rhamnoides*) oil and olive (*Olea europaea*) fruit oil — a natural source of omega-9, -6, -3, and -7 fatty acids, maintains skin's barrier function

How to Use

Apply evenly over clean face. Wait until completely dry and go to sleep. Rinse thoroughly in the morning and continue with daily Clear Future acne regimen. Apply two to three times a week or as often as needed.





FC5®

Collection Focus Guide

DID YOU KNOW?

Healthy skin starts with a daily skincare regimen, customized with products to address your skin type and needs. Healthy skin is defined as radiant, smooth skin with even skin tone, small pore size, and minimal appearance of fine lines and wrinkles. Consistently following a daily skincare regimen helps achieve and maintain a healthy-looking complexion.

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Knowing your skin type helps you choose the products suited to your skin's needs.

4 Major Skin Types

Oily: Oily skin produces excessive oil all over the face throughout the day. Skin looks shiny due to an oily film buildup. Blackheads and blemishes may be present, and pores generally look enlarged.

Combination: Combination skin generally exhibits oily skin in the T-zone, and dry skin on the cheeks. Both areas of oiliness and dryness are present every day. Skin appears shiny in the T-zone area due to an oily film, but it also looks dry and matte on the cheeks. Blackheads and blemishes may be present, especially in the oilier T-zone area. Pores generally look enlarged on the nose, forehead and chin.

Normal: Normal skin is not too oily or too dry. Blemishes are uncommon, as skin looks soft and supple. Pores are generally small and unnoticeable. Skin looks healthy and smooth.

Dry: When skin loses its ability to produce oils and retain moisture, it feels dry. Though it may look smooth with small pores, it can have a tight, leathery, rougher appearance.

Skincare Regimen

Regardless of skin type, following a skincare regimen is essential for healthy skin and should include the following key steps:

Cleanse: Every great regimen starts with a perfect foundation — clean skin courtesy of a great cleanser. Cleansing is the first step to healthy-looking skin. It is important to gently cleanse the skin at least twice a day to remove dead skin cells, makeup, oil, and debris. When your face is clean, it allows other skincare products you use to work even better, morning and evening.

Treat: Treatment comes in many forms, the most common of which is serum. Serums deliver targeted ingredients specific to the skin's needs, such as anti-aging, brightening or soothing. Serums also deliver the active ingredients that help refresh, rejuvenate and renew the skin's appearance, so it is essential to use them in the morning and evening.

Protect: Hydration is key to a dewy, soft, smooth complexion — even if your skin is oily. Use a moisturizer suited to your skin type that is non-comedogenic, meaning it doesn't clog pores. Also, choose appropriate day and night moisturizers, as they each deliver unique benefits along with hydration.

Day creams with SPF deliver hydration and other related skincare benefits, such as anti-aging or oil absorbing, as well as broad spectrum UVA/UVB protection. Night creams contain key ingredients at effective levels to support your skin's natural restorative process while you sleep.

Target: Eye creams are an important part of the skincare routine. They can reduce the appearance of

puffiness, smooth the look of fine lines, brighten dark circles, and replenish moisture. The skin around the eyes is thinner and very delicate, and it loses moisture rapidly so it needs to be treated gently. Eye creams should be used in the morning and evening.

Additionally, products such as scrubs and masks can be added as needed to tone, hydrate, exfoliate and deep-clean skin.

The FC5® Collection Story

FC5 was developed to help preserve, protect and revitalize skin, while helping it look healthy. This is accomplished by utilizing Fresh Cell Technology, which encapsulates fresh cell phytonutrients to deliver pure and potent botanicals to the surface of your skin.

Youthful, radiant skin gives off a perceived glow, making it appear luminous. After age 25, most people's skin needs help maintaining its glow. A targeted daily skin health regimen will provide beneficial hydration, necessary cleansing, exfoliation and moisturization, plus the added benefit of UVA/UVB broad spectrum protection. The FC5 collection was developed with two highly effective formulas:

- **Moisture Fresh™ Complex:** Helps soften, cool, soothe and condition normal/dry skin.
- **Matte Fresh™ Complex:** Helps soothe, calm and harmonize oily/combo skin.

This collection offers products specifically formulated for oily/combo skin, normal/dry skin, all skin types, body, and hair — all with Fresh Cell Technology.

The Science Behind Fresh Cell Technology

Fresh Cell Technology brings all of the skin health benefits from plants directly into FC5 products to deliver benefits from more active, complete ingredients.

5 Fresh Cell ingredients are used in the FC5 collection to deliver visible radiant results.



Kiwi: Antioxidant source

Strawberry: Purifies and tones

Carrot: Soothes and calms; rich in beta-carotene

Mango: Nurtures and hydrates

Pumpkin: Moisturizes; rich in beta-carotene

The FC5 Collection Includes:

Oily/Combination

- Purifying Cleanser + Toner
- Oil-Absorbing Day Lotion with SPF 20
- Mattifying Powder
- Deep Cleansing Mask

Normal/Dry

- Hydrating Cleanser + Freshener
- Nurturing Day Lotion with SPF 20
- Moisturizing Night Crème
- Intense Hydration Mask

All Skin Types

- Hydrating Eye Crème
- Exfoliating New Cell Scrub

Body

- Invigorating Body Cleanser
- Conditioning Body Moisture
- Skin Conditioning Oil
- Ultra-Hydrating Hand Crème
- Cooling Foot Crème

Hair

- Nourishing Daily Shampoo
- Nourishing Daily Conditioner

Oily/Combination

PURIFYING CLEANSER + TONER

Features

- Mild yet effective 2-in-1 formula combines the benefits of a cleanser and toner
- Gentle formula eliminates traces of makeup and impurities, deeply cleanses pores and leaves skin feeling clean and refreshed
- Matte Fresh™ Complex softens, cools, and conditions oily/combination skin
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Strawberry purifies and tones skin, helping reveal an even, radiant complexion
- Mallow and balm mint extracts help calm and soothe skin
- Watercress extract helps even skin tone

How to Use

Apply a small amount to moist skin and massage gently in circular motions. Rinse with warm water.



Oily/Combination

OIL-ABSORBING DAY LOTION WITH SPF 20

Features

- Lightweight, dual-purpose hydrating lotion helps absorb oil to diminish shine and gives skin a matte appearance
- Matte Fresh™ Complex softens, cools, and conditions oily/combination skin
- Offers sunburn protection, and provides broad spectrum UVA/UVB protection
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Kiwi is an antioxidant source
- Mallow and balm mint extracts help calm and soothe skin
- Watercress extract helps even skin tone

How to Use

Use daily in the morning and throughout the day before sun exposure. Apply evenly to face and neck after cleansing and before makeup.



Oily/Combination

MATTIFYING POWDER

Features

- Translucent powder absorbs oil when used over or under moisturizer or makeup
- Formulated with a green pigment and naturally derived minerals to reduce the appearance of redness and deliver a more even, matte finish
- Works on a variety of skin tones to diminish shine while helping makeup last longer
- Matte Fresh™ Complex softens, cools, and conditions oily/combination skin
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Balm mint and ivy extracts help calm and soothe skin

How to Use

Pat powder onto face with applicator and blend. Reapply as needed throughout the day for a refreshed look.



Oily/Combination

DEEP CLEANSING MASK

Features

- Formulated specifically for oily/combination skin to help restore smoothness, radiance and clarity
- Deep cleansing formula lifts away oiliness and impurities, and helps unclog pores
- Matte Fresh™ Complex softens, cools, and conditions oily/combination skin
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Strawberry purifies and tones skin, helping reveal an even, radiant complexion
- Balm mint extract helps calm and soothe skin
- Watercress extract helps even skin tone

How to Use

Apply an even layer to clean, dry skin; leave on for up to 10 minutes. Gently remove with a warm, wet towel, and pat dry. Use 3–4 times per week in the morning or evening.



Normal/Dry

HYDRATING CLEANSER + FRESHENER

Features

- Mild yet effective formula eliminates traces of makeup and impurities, delivering an instant cooling sensation that leaves skin feeling fresh and cleansed
- Moisture-rich cleanser gently cleans skin, leaving it feeling moisturized and refreshed
- Moisture Fresh™ Complex softens, cools and conditions normal/dry skin
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Strawberry purifies and tones skin, helping reveal an even, radiant complexion
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone

How to Use

Apply a small amount to moist skin and massage gently in circular motions. Rinse with warm water.



Normal/Dry

NURTURING DAY LOTION WITH SPF 20

Features

- Rich formula deeply moisturizes skin, providing needed hydration
- Moisture Fresh™ Complex softens, cools and conditions normal/dry skin
- Offers sunburn protection, and provides broad spectrum UVA/UVB protection
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking and more radiant skin
 - Kiwi is an antioxidant source
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone

How to Use

Use daily in the morning and throughout the day before sun exposure. Apply evenly to face and neck after cleansing and before makeup.



Normal/Dry

MOISTURIZING NIGHT CRÈME

Features

- Rich formula provides intense, long-lasting hydration with the appearance of renewed radiance
- Protects against moisture loss while sleeping, leaving skin feeling soft, supple and smooth
- Moisture Fresh™ Complex softens, cools and conditions normal/dry skin
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells deliver hydrating skin benefits, resulting in healthier-looking, more radiant skin
 - Mango helps hydrate and nurture skin
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone

How to Use

Massage liberally onto skin using circular motions every night.



Normal/Dry

INTENSE HYDRATION MASK

Features

- Creamy, rich formula replenishes and revitalizes skin, helping provide a soft, smooth and youthful appearance through rich hydration
- Intensely hydrating formula helps deliver a radiant glow
- Moisture Fresh™ Complex softens, cools and conditions normal/dry skin
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Mango helps hydrate and nurture skin
 - Carrot, rich in beta-carotene, soothes and calms
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone

How to Use

Apply an even layer to clean, dry skin; leave on for up to 10 minutes. Rinse with cool water and pat dry. Use 3–4 times per week in the morning or evening, or more often if you have drier skin.



All Skin Types

HYDRATING EYE CRÈME

Features

- Refreshing formula brightens to improve the look and feel of the eye contour and undereye area
- Helps reduce the appearance of undereye puffiness, fine lines and dark circles
- Soothes and moisturizes skin around the eye
- Ophthalmologist-, allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Kiwi is an antioxidant source
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone

How to Use

Use twice daily, in the morning and at night, on clean skin. Gently apply around the eye area using your ring finger.



All Skin Types

EXFOLIATING NEW CELL SCRUB

Features

- Gently exfoliates to leave skin clean, hydrated, soft and radiant
- Contains phytonutrients and antioxidant vitamins
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Carrot, rich in beta-carotene, soothes and calms
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity

How to Use

Use daily in the morning or night, after cleansing. Apply using circular motions to moistened face. Rinse well and pat dry. If you experience any irritation, reduce usage to 2–3 times per week.



FC5® Body

INVIGORATING BODY CLEANSER

Features

- Mild, refreshing formula cleanses and clarifies, leaving skin feeling silky, soothed and refreshed
- Gender-neutral citrus scent includes natural botanicals and essential oils
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Strawberry purifies and tones skin, helping reveal an even, radiant complexion
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone
- Shea butter moisturizes, conditions, soothes and softens
- Oat kernel extract soothes and moisturizes

How to Use

Use daily in the shower. Apply with a sponge or washcloth, then rinse.



FC5® Body

CONDITIONING BODY MOISTURE

Features

- Moisturizes and conditions dry skin, leaving it soft and smooth
- Reinforces skin's moisture barrier to provide lasting hydration support
- Gender-neutral formula and scent includes natural botanicals and essential oils
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Mango helps hydrate and nurture skin
 - Pumpkin, rich in beta-carotene, moisturizes
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone
- Vitamin E hydrates and soothes
- Rosemary extract and cocoa butter moisturize to soften and soothe

How to Use

Use daily or as often as needed to moisturize the body.



FC5® Body

SKIN CONDITIONING OIL

Features

- Ultra-rich, moisturizing botanical oil deeply conditions and nurtures dry skin
- Can be used to condition any dry area of skin, including the face, elbows, knees, feet, cuticles, and hair
- Combine with FC5 Ultra-Hydrating Hand Crème or Arbonne Intelligence® Rejuvenating Cream for extra hydration and softening
- Gender-neutral citrus scent includes natural botanicals and essential oils
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone
- Safflower, sunflower, olive, and avocado oils soothe, soften and nurture
- Vitamin E hydrates and soothes

How to Use

Apply as often as desired wherever dry, chapped skin is a problem. Use on clean skin or over your favourite serum, day lotion or night/eye cream.



FC5® Body

ULTRA-HYDRATING HAND CRÈME

Features

- Lightweight cream moisturizes deeply, leaving hands feeling soft, smooth and well-hydrated
- Gender-neutral citrus scent includes natural botanicals and essential oils
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Kiwi is an antioxidant source
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone

How to Use

Use daily or as often as needed on dry hands.



FC5® Body

COOLING FOOT CRÈME

Features

- Creamy, rich formula intensely hydrates and nourishes to soften rough, tough skin and soothe cracked heels
- For high-impact hydration, apply to feet before bedtime, and wear socks overnight to lock in moisture
- Gender-neutral citrus scent includes natural botanicals and essential oils
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Encapsulated fresh cells hydrate skin, resulting in healthier-looking, more radiant skin
 - Kiwi is an antioxidant source
- Cucumber and watercress extracts help even skin tone
- Birch leaf extract helps improve the appearance of skin clarity
- Clover blossom extract, rich in vitamin C, helps soothe skin and even tone
- Shea butter delivers moisture and absorbs quickly, helping even skin tone while improving texture
- Avocado oil moisturizes skin to soften and smooth

How to Use

Massage a generous amount of crème onto clean, dry feet. Use up to two times per day.



FC5® Hair

NOURISHING DAILY SHAMPOO

Features

- Gently cleanses and moisturizes hair, improving luster and manageability
- Recommended for use on all hair types
- Gender-neutral citrus scent includes natural botanicals and essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Encapsulated fresh cells nourish hair
 - Kiwi is an antioxidant source
- Panthenol helps cleanse and moisturize hair
- Biotin helps maintain healthy hair

How to Use

Can be used daily. Wet hair thoroughly; apply a small amount and lather. Rinse well. For optimum results, follow with FC5 Nourishing Daily Conditioner.



FC5® Hair

NOURISHING DAILY CONDITIONER

Features

- Rich formula helps hydrate hair, leaving it feeling soft and manageable
- Conditions hair and scalp
- Recommended for use on all hair types
- Gender-neutral citrus scent includes natural botanicals and essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Encapsulated fresh cells nourish hair
 - Carrot promotes lustrous and manageable hair
- Golden jojoba oil helps smooth and soften hair
- Hops extract conditions hair

How to Use

Can be used daily. After shampooing with FC5 Nourishing Daily Shampoo, massage a small amount into hair. Leave in for 2 minutes, then rinse thoroughly.





Arbonne® Liquid Sunshine

Collection Focus Guide

DID YOU KNOW?

Tanned skin is actually damaged skin. That golden colour that many people covet as a sign of beauty is the result of injury to the top layer of the skin, the epidermis. That damage is caused from UVA and UVB rays.

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UVA (aging) rays: Make up over 95% of the ultraviolet radiation from the sun that reaches the earth's surface. These rays enhance the damage caused by UVB ray exposure and penetrate the first two layers of skin. These rays are present throughout the day, regardless of the weather.

UVB (burning) rays: Make up 1%–2% of ultraviolet radiation from the sun that reaches the earth's surface. UVB rays cause sunburn and damage on a cellular level while penetrating the first layer of skin. These rays are most present from 10 a.m.–4 p.m.

Negative effects of UVA/UVB rays on your skin:

- **Elastosis:** destruction of the elastin and collagen tissue, causing lines, wrinkles and sagging skin
- **Mottled pigmentation:** discoloured areas of the skin
- **Sallowness:** yellow discolouration of the skin
- **Telangiectasias:** dilation of small blood vessels under the skin

It is critical to use a sunscreen every day to protect your skin from the sun. UVA and UVB rays can be amplified

when reflecting off snow, sand and water, so it's important to be extra vigilant with sun protection when you know that you will be getting sun exposure. Staying in the shade as much as possible, choosing clothing that protects exposed skin from the sun, and applying broad spectrum sunscreen with SPF protection are effective ways to avoid UVA and UVB damage.

SPF, or sun protection factor, refers to protection against UVB rays and ranges from 1–45. A sunscreen with SPF 15 filters 92% of UVB rays. Another way of explaining this is a person who would normally burn after 15 minutes of sun exposure will not burn for 150 minutes. An SPF 15 sunscreen allows a person to be exposed to the sun and not burn 15 times longer than if he or she were wearing no sunscreen.

Consumers commonly believe that sunscreens with higher SPF ratings must be better, stronger or more effective at protecting skin. Current research has found that regardless of how high the SPF, any sunscreen still loses effectiveness and needs to be reapplied after several hours. Additionally, no sunscreen can offer 100% protection. The most current medical recommendation, according to WebMD, is to apply an SPF 30 sunscreen liberally and reapply after several hours to get the most effective coverage and protection.

Broad spectrum sunscreen offers greater protection against both UVA and UVB rays that cause skin damage compared to other sunscreens that only protect against UVB rays.

The Arbonne Liquid Sunshine Story

Liquid Sunshine was developed to let you enjoy the positive aspects of sun exposure. Featuring several products with a physical mineral sunscreen rather than a chemical one, it delivers a collection of sun protection

products that align with our core philosophy: pure, safe, beneficial... Chemical sunscreen works by absorbing the sun's rays while physical sunscreen offers protection by deflecting UVA and UVB rays.

Tips for Sunscreen Use

The Arbonne® Liquid Sunshine ingredient combination offers immediate and long-term skincare benefits; however, it must be applied correctly to maximize effectiveness. Follow these tips when applying mineral sunscreen:

1. Apply sunscreen liberally 15 minutes before going outdoors. Do not wait until you are in the sun to apply, as skin will be unprotected and can burn.
2. Shake well before use and apply the proper amount. An average-size adult needs 6 teaspoons (30 ml) of sunscreen — about the amount you can hold in your palm — to fully cover all exposed areas of the body. An additional 1½ teaspoons (7.5 ml) of sunscreen should be used to cover entire face.
3. Rub sunscreen evenly over skin, remembering that mineral sunscreen is a physical blocker that sits on top of the skin. You should see a white cast on your skin, which is characteristic of a mineral (zinc oxide base) versus a chemical sunscreen. Avoid over-rubbing as this spreads mineral sunscreen too thinly, which can leave areas of skin less protected.
4. Apply sunscreen to all exposed areas. Ask someone to help apply to hard-to-reach areas like the back.
5. Reapply sunscreen at least every two hours to remain protected, or after swimming, sweating, or immediately after towel drying. Liquid Sunshine is water-resistant for up to 80 minutes.

People often do not use enough sunscreen or do not reapply it after being in the water or sweating excessively, resulting in less protection and sunburn. Apply often and frequently; there is no such thing as over-protection when it comes to sun care.

Additional Tips for Protective Sun Care Measures

Spending time in the sun increases a person's risk of skin cancer and early skin aging. To reduce these risks, regular use of a broad spectrum sunscreen with an SPF value of 15 or higher is recommended in combination with other protective measures, such as:

- limiting time in the sun, especially between 10 a.m.–2 p.m. when the sun's rays are the strongest.
- wearing long-sleeved shirts, pants, hats, and sunglasses when possible.
- using a water-resistant sunscreen if swimming or sweating.

Be aware that no sunscreens are “waterproof” because all sunscreens eventually wash off. Sunscreens can only be labeled water-resistant if they are tested according to the required SPF test procedure. Sunscreens labeled water-resistant will also be required to state whether the sunscreen remains effective for 40 minutes or 80 minutes when swimming or sweating, and all sunscreens will be required to provide directions on when to reapply.

Additionally, UV radiation penetrates clouds and water. Areas of skin on top of the water will receive more radiation than on dry land, owing to reflection of UV radiation from the water's surface.



Chemical Sunscreen

Mineral Sunscreen

Key Points of Difference

The Liquid Sunshine collection contains 4 key ingredients utilized to deliver soothing benefits:

- **Aloe vera leaf juice/extract:** Soothes, moisturizes
- **Green tea leaf extract:** Soothes; antioxidant
- **Edelweiss extract:** Antioxidant
- **Grapeseed extract:** Moisturizes; antioxidant

The Liquid Sunshine Collection Includes:

- Mineral Sunscreen Broad Spectrum SPF 30 for Face
- Mineral Sunscreen Broad Spectrum SPF 30 for Body
- Lip Balm Mineral Sunscreen Broad Spectrum SPF 15
- Tinted Self-Tanner

MINERAL SUNSCREEN BROAD SPECTRUM SPF 30 FOR FACE

Features

- Instead of using chemical actives, this mineral sunscreen is formulated with titanium dioxide and zinc oxide along with botanicals, antioxidants, minerals and moisturizers in a non-oily, lightweight formula suitable for the whole family
- Creates a physical barrier on the skin to protect against both UVA and UVB rays
- Non-greasy formula glides on easily to provide a physical layer of protection on skin's surface
- Non-shiny formula can be worn alone, over the Tinted Self-Tanner, or under makeup for sun protection along with soothing hydration
- Water-resistant for up to 80 minutes
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- If used as directed with other sun protection measures, reduces the risk of skin cancer and early skin aging, and helps prevent sunburn
- Aloe vera and green tea leaf extracts hydrate and soothe skin
- Vitamin E soothes skin
- Contains non-nano titanium dioxide and zinc oxide to help prevent sunburn
- Skin conditioners moisturize and soothe delicate facial skin

How to Use

Adults and children over 6 months of age: Shake well before use. Apply liberally/generously and evenly 15 minutes before sun exposure. Reapply at least every 2 hours or 80 minutes after swimming or sweating, or immediately after towel drying. For use on children less than 6 months of age, consult a healthcare practitioner.

Tips for Proper Use

Do not wait until you are in the sun to apply, as skin will be unprotected and can burn. Shake well before use and apply the proper amount. An average-size adult needs about 1½ teaspoons (7.5 ml) of sunscreen — enough to cover the entire face — per application to maintain effectiveness. Avoid over-rubbing as this spreads mineral sunscreen too thinly, which can leave areas of skin less protected.



MINERAL SUNSCREEN BROAD SPECTRUM SPF 30 FOR BODY

Features

- Instead of chemical actives, this mineral sunscreen is formulated with zinc oxide along with botanicals, antioxidants, minerals, and moisturizers in a non-oily, lightweight formula suitable for the whole family
- Creates a physical barrier on the skin to protect against both UVA and UVB rays
- Non-greasy formula glides on easily to provide a physical layer of protection on skin's surface
- Formulated with the viscosity of a body lotion for comfortable application
- Water-resistant for up to 80 minutes
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- If used as directed with other sun protection measures, reduces the risk of skin cancer and early skin aging, and helps prevent sunburn
- Aloe vera leaf juice and green tea leaf extract hydrate and soothe skin
- Contains non-nano zinc oxide to help prevent sunburn

How to Use

Adults and children over 6 months of age: Shake well before use. Apply liberally/generously and evenly 15 minutes before sun exposure. Reapply at least every 2 hours or 80 minutes after swimming or sweating, or immediately after towel drying. For use on children less than 6 months of age, consult a healthcare practitioner.

Tips for Proper Use

Do not wait until you are in the sun to apply, as skin will be unprotected and can burn. Shake well before use and apply the proper amount. An average-size adult needs 6 teaspoons (30 ml) of sunscreen — about the amount you can hold in your palm — to fully cover all exposed areas of the body. Apply to all exposed areas and rub evenly over skin. Avoid over-rubbing as this spreads mineral sunscreen too thinly, which can leave areas of skin less protected.



LIP BALM MINERAL SUNSCREEN BROAD SPECTRUM SPF 15

Features

- Using non-chemical actives, this gentle mineral sunscreen lip balm soothes, moisturizes, and protects the delicate skin of the lips from dehydration and sun damage
- Soothing botanicals hydrate and restore moisture to dry lips
- Broad spectrum SPF 15 mineral sunscreen offers UVA and UVB protection
- Coconut-flavoured, colourless, matte-finish balm is suitable for all skin types
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Aloe vera leaf extract and vitamin E hydrate and soothe skin
- Moisturizing botanicals and essential oils soothe and nurture the delicate skin on the lips
- Contains non-nano zinc oxide to help prevent sunburn

How to Use

Apply liberally and evenly 15 minutes before sun exposure. Reapply at least every 2 hours.



TINTED SELF-TANNER

Features

- Lightweight, non-oily, quick-drying formula provides a natural-looking tan, visible within 2 hours after application
- Lightly scented, creamy lotion rubs in with no sticky residue, streaking or colour transfer
- Tan can be built to a deeper tone with continued application, delivering a healthy, natural glow to the face and body
- Hydrating, refreshing formula recommended for ages 18+
- Allergy- and dermatologist-tested
- Certified gluten-free and vegan

Benefits

- Aloe vera leaf juice and green tea leaf extract hydrate and soothe skin
- DHA delivers a natural-looking, rich tan

How to Use

Apply evenly to cleansed, moisturized skin. Wash hands after use. Use Mineral Sunscreen for Face and/or Body for sun protection, as self-tanner does not contain a sunscreen.





SeaSource Detox Spa®

Collection Focus Guide

DID YOU KNOW?

Your skin is responsible for a quarter of your body's natural detoxifying each day to keep it healthy. Healthy skin appears vibrant, radiant and soft. Skin that appears dry, flaky or dull might need some rejuvenation and detoxification by cleansing, exfoliating and masking.

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Products such as cleansers, exfoliates and masks help detoxify skin by cleaning pores, and removing dead skin cells. To help keep your skin looking and feeling healthy:

- **Cleanse twice daily:** Cleansing helps remove toxins and impurities.

The SeaSource Detox Spa Story

SeaSource Detox Spa products were developed for skin detoxification, restoration and total renewal through hydration.

Beneficial marine plant extracts in the products offer restorative hydration as they nourish skin with moisture. Vitamins, sea-derived minerals and botanicals, and patented marine technologies make SeaSource Detox Spa a unique, dynamic collection to help you achieve maximum skincare benefits.

- **Practice skin brushing:** Similar to exfoliating, dry brushing helps stimulate surface circulation and remove dead skin.
- **Sweat:** Sweating can quickly and effectively discharge the body of toxins, so vigorous workouts and the use of steam rooms are effective for detoxifying skin.
- **Stay hydrated:** Drink at least 6–8 glasses of water daily. Hydrating helps your body flush out toxins and gives skin the appearance of a healthy glow.
- **Use masks:** Full-body or face masks draw out impurities and toxins, helping prevent clogged pores and remove excess oils.

The SeaSource Detox Spa Collection Includes:

- Detoxifying Rescue Wash
- Foaming Sea Salt Scrub
- Purifying Sea Soak
- Re-Mineralizing Body Lotion 24H
- 5-in-1 Essential Massage Oil
- Sea Mud Face & Body Mask
- Fortifying Hair Mask
- Renewing Body Gelée

DETOXIFYING RESCUE WASH

Features

- Lathers into a silky foam and hydrates for soft-, smooth-feeling skin
- Hydro-trap technology provides a 24-hour moisture shield to protect against environmental toxins
- Cleanses surface toxins and impurities while neutralizing hard-water effects
- Can be used on hair, face and body
- Ideal for swimmers to help wash off chlorine and pool chemicals
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Rosemary leaf extract hydrates skin and hair
- Hydrolyzed algin supports collagen through moisturization, helping diminish the appearance of fine lines and wrinkles
- Spirulina, also known as algae extract, helps improve hydration while it smooths hair and softens skin

How to Use

Can be used daily to cleanse and help detoxify the hair, face and body. In the shower, apply generously, lather well and rinse thoroughly.



FOAMING SEA SALT SCRUB

Features

- Lathers into a rich foam and cleanses to reveal the appearance of radiant, rejuvenated, smooth skin
- Hydro-trap technology provides a 24-hour moisture shield to protect against environmental toxins
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Sea fennel provides superior moisture benefits by boosting water balance and protecting the skin's hydration barrier
- Sea kelp helps balance skin's natural oils, promoting a radiant appearance
- Spirulina, also known as algae extract, helps improve hydration
- Marine salt helps exfoliate skin to reveal a smoother, brighter surface

How to Use

Use 2–3 times per week. In the shower, squeeze a generous amount onto palms and briskly massage over entire body, using broad circular movements toward the heart. Work into a light lather and rinse off thoroughly.



PURIFYING SEA SOAK

Features

- Delivers trace elements and minerals to fortify skin purification through moisturization so skin feels re-energized, rebalanced and relaxed
- Hydro-trap technology provides a 24-hour moisture shield to protect against environmental toxins
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Sea fennel provides superior moisture benefits by boosting water balance and protecting the skin's hydration barrier
- Sea kelp helps balance skin's natural oils, promoting a radiant appearance
- Spirulina, also known as algae extract, helps improve hydration

How to Use

Can be used daily or as desired. Pour the contents of one envelope into the bath, under warm running water. Soak for 20–30 minutes. Follow with a warm or cool shower, if desired.



RE-MINERALIZING BODY LOTION 24H

Features

- Lightweight, easy-to-apply lotion absorbs quickly for lasting hydration, softening and smoothing
- Hydro-trap technology provides a 24-hour moisture shield to protect against environmental toxins
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Formulated without gluten

Benefits

- Shea butter, containing essential fatty acids, moisturizes and rejuvenates
- Sea kelp helps balance skin's natural oils, promoting a radiant appearance
- Ginger root extract, containing antioxidants, helps reduce toxins in the skin

How to Use

Apply daily after shower or bath. Massage onto slightly damp skin using broad circular strokes, moving toward the heart, until completely absorbed.



5-IN-1 ESSENTIAL MASSAGE OIL

Features

- Improves skin texture, tone, softness and smoothness
- Hydro-trap technology provides a 24-hour moisture shield to protect against environmental toxins
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Sea fennel provides superior moisture benefits by boosting water balance and protecting the skin's hydration barrier
- Sea kelp helps balance skin's natural oils, promoting a radiant appearance
- Spirulina, also known as algae extract, helps improve hydration

How to Use

Use once a week, increasing to daily use, as desired. Apply liberally, as needed, to the face and body or in a steam bath for relaxing aromatherapy.



SEA MUD FACE & BODY MASK

Features

- Absorbing action unclogs pores, eliminates dead skin cells, and detoxifies by removing impurities
- Leaves skin feeling hydrated, firm and invigorated
- Moisturizes and softens skin while promoting the appearance of a healthy glow
- Hydro-trap technology provides skin with a 24-hour moisture shield to protect against environmental toxins
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Formulated without gluten

Benefits

- Sea salt absorbs toxins from the skin and helps remove dead skin cells to reveal fresh, vibrant-looking skin
- Ginger root extract, containing antioxidants, helps increase skin's radiant appearance
- Bentonite clay — containing iron, magnesium, calcium, and potassium — draws out toxins and minimizes appearance of pores

How to Use

After cleansing, apply a generous, even layer over desired areas of the face and body. Avoid eye contour area and mouth. Leave on face for 10–15 minutes and on body for 20–30 minutes, then rinse. For best results, use once a week.



FORTIFYING HAIR MASK

Features

- Antioxidants and sea minerals help strengthen, condition, repair and revitalize hair
- Hydrating formula restores luster and shine while leaving hair luxuriously soft
- Hydro-trap technology provides a 24-hour moisture shield to protect against environmental toxins
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Panthenol provides long-lasting moisture
- Shea butter, containing essential fatty acids, moisturizes and rejuvenates
- Spirulina, also known as sea algae, helps improve hydration

How to Use

After shampooing, apply mask liberally and work through wet hair. Leave on 3–5 minutes, and then rinse with warm water. Use 1–2 times per week. For exceptionally dry or damaged hair, increase usage to 2–4 times per week, or as needed, and leave mask on for 10–15 minutes before rinsing out.



RENEWING BODY GELÉE

Features

- Hydrating, instantly cooling and moisturizing gel refreshes and revitalizes the appearance of over-stressed skin
- Hydro-trap technology provides a 24-hour moisture shield to protect against environmental toxins
- Gender-neutral scent with natural essential oils
- Allergy- and dermatologist-tested
- Vegan-certified, formulated without gluten

Benefits

- Green tea helps preserve skin's protective moisture barrier
- Sea kelp helps balance skin's natural oils, promoting a radiant appearance
- Ivy extract, a skin-conditioning agent, tones and tightens appearance of skin

How to Use

Massage a generous amount onto skin using broad circular strokes, until completely absorbed. For added benefit, mix one part 5-in-1 Essential Massage Oil to two parts Renewing Body Gelée.





Arbonne Aromassentials®

Collection Focus Guide

DID YOU KNOW?

Aromatherapy — utilizing scent for relaxation purposes — has been practiced for centuries to help create a sense of well-being. Out of all of your senses, smell is most closely tied to your emotions and memory. A scent can stir old memories, influence mood, and even affect work performance.

The Arbonne Aromassentials Story

Arbonne Aromassentials was inspired by the practice of aromatherapy, and combines the best of nature and science. This botanically based collection is formulated with natural plant essences to help promote either joy and contentment, or relaxation and peaceful serenity.

The collection features two proprietary essential oil blends:

Awaken: An energizing aroma with lemon for vitality and coriander for energizing

Unwind: A soothing aroma with chamomile and ylang-ylang to promote relaxation

The Arbonne Aromassentials Collection Includes:

- Awaken Sea Salt Scrub
- Awaken Bath & Shower Gel
- Awaken Body Lotion
- Awaken Rejuvenating Body Mist
- Unwind Bath Salts
- Unwind Bath & Shower Gel
- Unwind Body Lotion
- Unwind Massage Oil
- Unwind Rejuvenating Body Mist



AWAKEN SEA SALT SCRUB

Features

- Exfoliates and cleanses skin, leaving it refreshed, brighter and healthier-looking
- Features proprietary, uplifting Awaken Essential Oil Blend
- Vegan-certified, formulated without gluten

Benefits

- Safflower seed oil helps protect and replenish skin's moisture barrier
- Avocado oil moisturizes and softens
- Vitamin E, an antioxidant, conditions skin and helps restore a radiant appearance



How to Use

In the shower, massage thoroughly over lightly dampened skin.

AWAKEN BATH & SHOWER GEL

Features

- Gently cleanses without drying, leaving skin feeling smooth, soft and conditioned
- Features proprietary, uplifting Awaken Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Aloe vera leaf juice, a natural emollient, softens and conditions
- Purple orchid flower extract's scent energizes
- Kukui seed oil has superior hydration properties

How to Use

In the shower, apply with a sponge or washcloth after wetting skin thoroughly.



AWAKEN BODY LOTION

Features

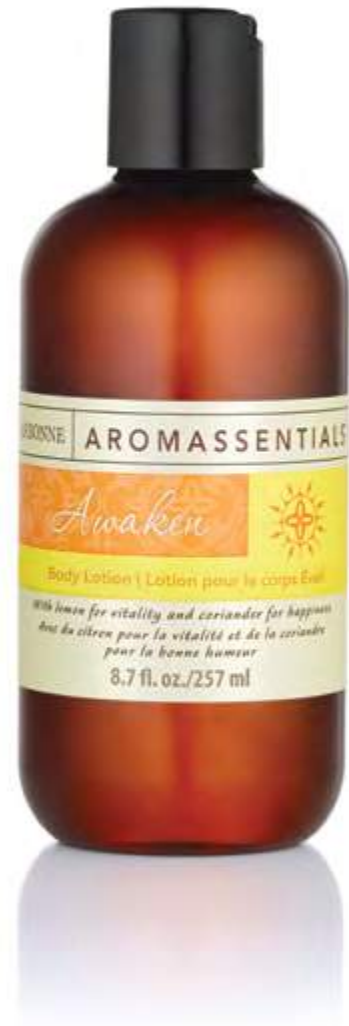
- Moisturizing, lightweight lotion absorbs quickly for soft, smooth skin
- Features proprietary, uplifting Awaken Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Sunflower seed oil, rich in vitamins and minerals, nourishes skin while promoting a radiant appearance
- Aloe vera leaf juice, a natural emollient, softens and conditions
- Purple orchid flower extract's scent energizes

How to Use

Apply liberally to hands and body.



AWAKEN REJUVENATING BODY MIST

Features

- Refreshing moisture-replenishing spray can be used throughout the day to deliver a light botanical fragrance
- Features proprietary, uplifting Awaken Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Birch leaf extract refreshes and soothes skin
- Red clover flower extract energizes
- Ginseng root extract's scent provides a sense of balance

How to Use

Hold approximately 8 inches from body and lightly mist.



UNWIND BATH SALTS

Features

- Mineral-rich salts and essential oils soothe and comfort body and mind
- Features proprietary, calming Unwind Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Ylang-ylang flower oil promotes relaxation and a sense of well-being
- Chamomile oil provides a soothing scent

How to Use

Dissolve one to two scoopfuls in a warm bath and enjoy the relaxing effects.



UNWIND BATH & SHOWER GEL

Features

- Gently cleanses without drying, leaving skin feeling smooth, soft and conditioned
- Features proprietary, calming Unwind Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Aloe vera leaf juice, a natural emollient, softens and conditions skin
- Oak bark extract helps soothe skin
- Balm mint extract helps soothe and restore the appearance of skin

How to Use

In the bath or shower, apply with a sponge or washcloth after wetting skin thoroughly.



UNWIND BODY LOTION

Features

- Moisturizing, lightweight lotion absorbs quickly for soft, smooth skin
- Features proprietary, calming Unwind Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Aloe vera leaf juice, a natural emollient, softens and conditions skin
- Sage leaf extract helps skin appear radiant
- Calendula flower extract hydrates dry skin

How to Use

Apply liberally to hands and body.



UNWIND MASSAGE OIL

Features

- Lightweight, non-greasy oil glides on smoothly to moisturize skin
- Features proprietary, calming Unwind Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Passion fruit oil, an emollient, nourishes dry skin and promotes relaxation
- Marula seed oil, rich in antioxidants, conditions skin through hydration
- Grapeseed oil moisturizes, softens and conditions

How to Use

Apply liberally and massage into hands and body.



UNWIND REJUVENATING BODY MIST

Features

- Refreshing moisture-replenishing spray can be used throughout the day to deliver a light, natural fragrance
- Features proprietary, calming Unwind Essential Oil Blend
- Suitable for all skin types
- Vegan-certified, formulated without gluten

Benefits

- Birch leaf extract refreshes and soothes skin
- Cucumber fruit extract soothes, refreshes and conditions skin
- Watercress extract helps support skin balance and moisture

How to Use

Hold approximately 8 inches from body and lightly mist.





Arbonne® Pure Vibrance

Collection Focus Guide

DID YOU KNOW?

Your hair consists of 100,000 strands, with about 1,000 strands per square inch on your scalp. Hair is made up of a protein called keratin, the same protein that protects fingernails. Keratin can be damaged in many ways, including sun exposure, chemical processing, colouring, environmental pollutants, heat styling, and cleansing with harsh shampoos.

Common Characteristics of Damaged Hair

- Split ends
- Dulled shine
- Lack of moisture
- Extreme breakage
- Rough texture

Besides damage, the vibrancy and depth of hair colour can fade from shampooing and sun exposure. Most hair colouring products penetrate into the layers

of keratin, causing hair to dry out, produce flyaways, and create breakage that can result in hair thinning.

These concerns can be prevented or minimized by treating your hair with care, nourishing it with the correct products, and protecting it from sun and heat exposure. Hair-nourishing products can protect, strengthen, improve dullness and help retain colour.

Like your skin, your hair needs a daily care regimen to cleanse, treat, moisturize and protect it.

Consumers don't generally view styling products as something that can improve hair health, but emerging science and efficacious ingredients have shown products can. Consistently using beneficial styling products can help prevent damage, protect against heat, and preserve colour while promoting fullness and maintaining shine. These styling products can be just as important to hair health as using the right shampoo and conditioner.

The Arbonne Pure Vibrance Story

The Pure Vibrance collection was specifically created to protect and address the needs of chemically and colour-treated hair. The products feature our proprietary Arbonne ColorLast Technology, a unique botanical blend that hydrates to prevent future breakage while incorporating anti-fading properties to help lock in colour for healthy-looking, healthy-feeling hair.

Key Points of Difference

When tested against competitive products, Pure Vibrance Lustre Fortifying Shampoo delivered 93% colour retention, even on double-processed hair, as opposed to results such as:

- Salon Brand Competitor 1 – Delivered 20% colour retention
- Salon Brand Competitor 2 – Delivered 14% colour retention

Each of the products has unique features that provide specialized benefits. The collection includes:

- Lustre Fortifying Shampoo
- Fortifying Crème Conditioner
- Hair Revitalizing Masque
- Texturizing Mousse
- ColorLast Hair Serum
- ColorLast Hair Spray



LUSTRE FORTIFYING SHAMPOO

Features

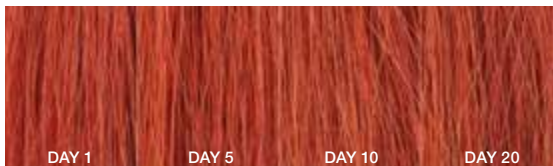
- Gentle, mild botanical blend helps nourish, revitalize, repair and protect all hair types
- Formulated with ColorLast Technology to be effective for daily use, without stripping hair of moisture, colour or vibrancy
- Lightly scented with natural fragrance and botanicals
- Recommended for all hair types
- Vegan certified; formulated without artificial colours, sulfates and parabens

Benefits

- ColorLast Technology combines botanicals Hawaiian white ginger root and sage leaf extracts to hydrate hair and protect from damage.
- The proprietary technology helps repair, strengthen, condition and lock in colour.
- Rice extract promotes hair strength, helping reduce breakage and increasing flexibility while protecting and enhancing colour.
- Artichoke leaf extract preserves and maintains shine and the integrity of the hair fibre.
- White tea leaf extract protects against environmental stressors and damage.
- Sage leaf extract leaves hair soft, shiny and manageable.

Clinical Results

- 93% of hair colour was retained after 20 washes in both single and double process



HOW TO USE

Use daily. Work a small amount into lather, gently massage into the hair and rinse.

FORTIFYING CRÈME CONDITIONER

Features

- Daily-use, light conditioner nourishes hair without weighing it down and detangles to deliver a silky, smooth texture
- Created with ColorLast Technology and a botanical blend to protect, deliver moisture, increase vibrancy and extend colour
- Lightly scented with natural fragrance and botanicals
- Recommended for all hair types
- Vegan certified; formulated without artificial colours, sulfates and parabens

Benefits

- ColorLast Technology combines botanicals Hawaiian white ginger root and sage leaf extracts to hydrate hair and protect from damage.
- The proprietary technology helps repair, strengthen, condition and lock in colour.
- Rice extract promotes hair strength, helping reduce breakage and increasing flexibility while protecting and enhancing colour.
- Artichoke leaf extract preserves and maintains shine and the integrity of the hair fibre.
- White tea leaf extract protects against environmental stressors and damage.
- Sage leaf extract leaves hair soft, shiny and manageable.
- Horsetail leaf extract conditions and protects against breakage.

HOW TO USE

Use daily after shampooing with Pure Vibrance Lustre Fortifying Shampoo. Massage into hair and scalp; leave in for 1–2 minutes then rinse.



HAIR REVITALIZING MASQUE

Features

- Deep, penetrating conditioner helps restore moisture loss due to colouring, processing and damage
- Softens hair as it works to bring back lost luster, radiance and shine
- Formulated with ColorLast Technology and additional botanicals to fortify hair, deliver hydration, and retain vibrant colour
- Can also be used as a styling cream by itself or mixed with Pure Vibrance Texturizing Mousse for texture and hold
- Lightly scented with natural fragrance and botanicals
- Recommended for all hair types
- Vegan certified; formulated without artificial colours, sulfates and parabens

Benefits

- ColorLast Technology combines botanicals Hawaiian white ginger root and sage leaf extracts to hydrate hair and protect from damage.
- The proprietary technology helps repair, strengthen, condition and lock in colour.
- Rice extract promotes hair strength, helping reduce breakage and increasing flexibility while protecting and enhancing colour.
- Artichoke leaf extract preserves and maintains shine and the integrity of the hair fibre.
- White tea leaf extract protects against environmental stressors and damage.
- Sage leaf extract leaves hair soft, shiny and manageable, and improves hair follicle formation.
- Horsetail leaf extract conditions and protects against breakage.
- Hydrolyzed linseed extract restores vibrancy and shine while preserving colour.



HOW TO USE

Use 1–2 times per week or as needed. After shampooing, massage generously into hair and scalp. Leave in for 2–5 minutes, or longer for a deeper conditioning, then rinse clean.

TEXTURIZING MOUSSE

Features

- Easy-to-use pump dispenses a lightweight styling foam that will not weigh hair down while adding volume and increasing manageability
- Can be applied to damp or dry hair to achieve strong hold or a tousled, textured look
- Formulated with ColorLast Technology and additional botanicals to fortify hair, deliver hydration, protect against sun damage, and retain vibrant colour
- Lightly scented with natural fragrance and botanicals
- Recommended for all hair types
- Vegan certified; formulated without artificial colours, sulfates and parabens

Benefits

- ColorLast Technology combines botanicals Hawaiian white ginger root and sage leaf extracts to hydrate hair and protect from damage.
- The proprietary technology helps repair, strengthen, condition and lock in colour.
- Rice extract promotes hair strength, helping reduce breakage and increase flexibility while protecting and enhancing colour.
- Artichoke leaf extract preserves and maintains shine and the integrity of the hair fibre.
- White tea leaf extract protects against environmental stressors and damage.
- Sage leaf extract leaves hair soft, shiny and manageable.
- Horsetail leaf extract conditions and protects against breakage.
- Vicia faba seed extract supports hair volume.



HOW TO USE

Dispense 2–4 pumps and apply to damp or towel-dried hair. Massage from roots to ends and style.

COLORLAST HAIR SERUM

Features

- Weightless, leave-in formula absorbs quickly to deliver shine, prevent hair colour from fading, control frizz, and protect from heat styling damage while adding vitality and brilliance
- Salon-tested, pH-balanced formula can be used on damp hair for protection during styling, or dry hair to help with split ends and add shine without weighing hair down
- Formulated with ColorLast Technology and additional botanicals to fortify hair, deliver hydration and retain vibrant colour
- Lightly scented with natural fragrance and botanicals
- Recommended for all hair types
- Vegan certified; formulated without artificial colours, sulfates and parabens

Benefits

- ColorLast Technology combines botanicals Hawaiian white ginger root and sage leaf extracts to hydrate hair and protect from damage.
- The proprietary technology helps repair, strengthen, condition and lock in colour.
- Rice extract promotes hair strength, helping reduce breakage and increasing flexibility while protecting and enhancing colour.
- White tea leaf extract protects against environmental stressors and damage.
- Sage leaf extract leaves hair soft, shiny and manageable, and improves hair follicle formation.
- Horsetail leaf extract conditions and protects against breakage.
- Hydrolyzed linseed oil restores vibrancy and shine while preserving colour.
- Argan oil penetrates the follicle to the shaft to remove brittleness, restore shine, and increase manageability.
- Abyssinian oil absorbs quickly into the hair to enhance moisture, creating a smooth texture, promoting shine and preventing breakage.



HOW TO USE

Apply one pump on clean, damp hair and style as desired. Apply on dry hair for added protection and frizz control.

COLORLAST HAIR SPRAY

Features

- Non-flaking, alcohol-free spray creates flexible, long-lasting hold
- pH-balanced formula can be used throughout the day to give hair an extra boost of shine, hold and style while leaving it touchable, soft and smooth
- ColorLast Technology protects hair from sun damage and humidity while maintaining style, softness and colour integrity
- Lightly scented with natural fragrance and botanicals
- Recommended for all hair types
- Vegan certified; formulated without artificial colours, sulfates and parabens

Benefits

- ColorLast Technology combines botanicals Hawaiian white ginger root and sage leaf extracts to hydrate hair and protect from damage.
- The proprietary technology helps repair, strengthen, condition and lock in colour.
- Rice extract promotes hair strength, helping reduce breakage and increasing flexibility while protecting and enhancing colour.
- Artichoke leaf extract preserves and maintains shine and the integrity of the hair fibre.
- White tea leaf extract protects against environmental stressors and damage.
- Sage leaf extract leaves hair soft, shiny and manageable.
- Horsetail leaf extract conditions and protects against breakage.
- Vicia faba seed extract supports hair volume.
- Panthenol, a vitamin B derivative, conditions and strengthens hair while reducing split ends, adding moisture and preventing breakage.
- Hydrolyzed linseed extract promotes vibrancy, shine and colour preservation.



HOW TO USE

After styling, spray over hair for flexible lift and hold.



ABC Arbonne Baby Care[®]

Collection Focus Guide

DID YOU KNOW?

A baby's skin is more delicate and fragile than our own. A baby's skin is thinner and continues to develop through the first year of life, making it more vulnerable to irritants. Skin acts as a protective barrier, the first line of defense against outside organisms, irritants and allergens. Therefore, a baby's skin is more sensitive and needs gentle products to deliver gentle care.

Many baby care products on the market contain artificial fragrances, dyes, and other chemical ingredients that can irritate a baby's skin. In addition, other products often contain harsh cleansing agents or surfactants that can penetrate deep into the skin and be absorbed by the body.

THE ABC STORY

Parents need and want baby care products they can trust for their baby, while still providing the moisture, cleansing and protection necessary. Parents consistently prefer products made with pure ingredients to use on their babies. The collection includes:

Hair & Body Wash
Body Lotion

Mineral Sunscreen Broad Spectrum SPF 30
Diaper Rash Cream

COLLECTION POINTS OF DIFFERENCE

- The products are developed with the finest, most gentle ingredients for ultra-delicate skin and hair to meet our strict Ingredient Policy.
- Products were tested by pediatricians, dermatologists and parents to ensure that they meet expectations and deliver results.
- Products soothe, moisturize and cleanse a baby or child's delicate skin.
- Products protect sensitive skin from sun damage or environmental irritants that can cause dry skin.
- Products help avoid common skin irritations from allergies to environmental factors, artificial fragrances or chemical agents found in other popular baby care products.
- The cleansing agents are vegetable surfactants, so they are mild, gentle and can be washed off the skin.

KEY PRODUCT IMPROVEMENTS

- Completely new and improved formulas follow the strict Arbonne Ingredient Policy. Arbonne uses the finest, most efficacious ingredients to develop products with only what's needed and works best together.
- Squeezable tubes with flip-top caps make them more convenient to use and store.
- **Hair & Body Wash:** Botanically based formula has vegetable-derived cleansing agents, gentle surfactants that wash off and can't be absorbed into the body.
- **Body Lotion:** Improved formula is clinically proven to provide 24-hour moisture with an ultra-mild, ultra-soothing formula that can replace the need to use Baby Oil. This formula does the job of both products, all in one.
- **Mineral Sunscreen:** Formula is a chemical-free, non-nano zinc oxide mineral sunscreen active that provides a physical barrier to protect skin from damaging UVA/UVB rays.
- **Diaper Rash Cream:** The deeply hydrating, ultra-rich formula creates a water-repelling moisture barrier to help reduce skin dryness and irritation.



Hair & Body Wash

FEATURES

- Ultra-gentle, tear-free daily cleanser for face, body and hair
- Two-in-one product cleanses, calms and moisturizes in one step
- Naturally scented with an essential oil blend of cottonwood, sandalwood and vanilla
- Vegetable-derived cleansing agents function as gentle surfactants that wash off and can't be absorbed into the body
- Pediatrician-, dermatologist- and ophthalmologist-tested
- Vegan and gluten-free certified
- Soap-free to prevent moisture loss or irritation

BENEFITS

- Gently cleanses without stripping delicate skin of moisture
- Ultra-mild, tear-free formula soothes and moisturizes with aloe and shea butter
- Leaves skin, scalp and hair soft, soothed and comforted with a blend of soothing botanicals, antioxidants and minerals:
 - Aloe barbadensis leaf juice is an excellent cleansing and moisturizing agent.
 - Chamomile and calendula extracts contain natural moisturizing properties that soothe and calm.
 - Vitamin E is a moisturizing antioxidant that calms and hydrates skin
 - Sunflower seed oil, used as an emollient, softens skin and helps it retain moisture
- Squeezable tube with a flip-open cap makes it easy to use (even one-handed), as well as portable and easy to store

HOW TO USE

Use in the bath after wetting skin. Pour a small amount of washing solution onto a sponge or washcloth and gently lather body and hair. Rinse well.



Body Lotion

FEATURES

- Botanically based lotion provides 24-hour moisture-loss prevention, offering all the features of an oil (which forms a moisture barrier) and a lotion (which conditions the skin) in one, easy-to-use product
- Naturally scented with a soothing essential oil blend of cottonseed, vanilla and sandalwood
- Ultra-gentle formula has been pediatrician-, dermatologist- and allergy-tested to be safe for babies or anyone with sensitive skin
- Natural ingredients such as shea butter, sunflower seed oil, aloe, vitamin E and chamomile nourish skin and provide a protective layer of natural emollients and antioxidants

BENEFITS

- Formula absorbs quickly and contains soothing botanicals, antioxidants and minerals to calm and support the skin in retaining moisture.
 - Aloe barbadensis leaf juice is an excellent, natural moisturizing agent.
 - Chamomile extract has natural moisturizing properties that soothe and calm.
 - Vitamin E is a moisturizing antioxidant that calms and hydrates skin.
 - Allantoin is a natural soothing agent.
 - Sunflower seed oil, used as an emollient, softens skin and helps retain moisture.
 - Shea butter hydrates skin and provides a protective layer to prevent moisture loss.
- Forms a protective barrier to help shield skin from environmental irritants.
- Enhanced formulation eliminates the need to use an additional product, such as baby oil, by providing skin conditioning, hydrating and moisture-loss prevention all in one.
- Squeezable tube with a flip-open cap makes it easy to use (even one-handed), as well as portable and easy to store.



HOW TO USE

Gently massage a generous amount of lotion over the entire body. A baby's skin can be exceptionally sensitive. If redness occurs, discontinue use.

Mineral Sunscreen Broad Spectrum SPF 30

FEATURES

- Non-chemical mineral sunscreen, formulated with non-nano zinc oxide, along with botanicals, antioxidants, minerals and natural moisturizers
- Protects against UVA and UVB rays by creating a physical barrier on the skin
- Non-greasy formula glides on easily and absorbs quickly into the skin without whitening
- Water-resistant for up to 40 minutes
- Pediatrician- and dermatologist-tested unscented formula, clinically allergy-tested for use on sensitive skin

BENEFITS

- Formula absorbs quickly and contains soothing botanicals, antioxidants and minerals to calm and moisturize the skin.
 - Aloe barbadensis leaf juice is an excellent cleansing and moisturizing agent.
 - Chamomile and calendula extracts contain natural moisturizing properties that soothe and calm.
 - Vitamin E is a moisturizing antioxidant that calms and hydrates skin.
- Squeezable tube with a flip-open cap makes it easy to use (even one-handed), as well as portable and easy to store.
- One convenient product offers sun protection along with moisturizers to prevent sensitive skin from becoming dry and uncomfortable as a result of sun exposure.

Apply liberally 15 minutes before sun exposure. Reapply after 40 minutes of swimming or sweating, immediately after towel drying, or at least every two hours.



Diaper Rash Cream

FEATURES

- Botanically based formula helps treat and prevent diaper rash
- Deeply hydrating, ultra-rich formula creates a water-repelling moisture barrier to help reduce skin dryness and irritation
- Formulated with soothing, calming plant-based ingredients to protect the delicate skin from wetness
- Allergy-, pediatrician- and dermatologist-tested
- Vegan and gluten-free certified

BENEFITS

- Deeply hydrating formula glides on easily to prevent discomfort and help condition the skin to minimize moisture loss.
- Forms a soothing barrier to protect the skin from irritation caused by wetness in between diaper changes with a blend of soothing botanicals, antioxidants and minerals:
 - Aloe barbadensis leaf juice is an excellent moisturizing agent.
 - Chamomile and calendula extracts contain natural moisturizing properties that soothe and calm.
 - Vitamin E is a moisturizing antioxidant that calms and hydrates skin.
 - Sunflower seed oil softens skin and helps it retain moisture.
- Gently relieves sore, dry, chapped skin and prevents chafing from diaper friction with a zinc oxide barrier.
- Squeezable tube with a flip-open cap makes it easy to use (even one-handed), as well as portable and easy to store.



HOW TO USE

Change wet or soiled diapers promptly, cleanse the diaper area, and dry. Apply cream liberally as often as necessary, with each diaper change, especially at bedtime or anytime when exposure to wet diapers may be prolonged.


ABC Arbonne Baby Care Set

- All four products: Hair & Body Wash, Body Lotion, Mineral Sunscreen Broad Spectrum SPF 30, and Diaper Rash Cream
- All products work together to provide a complete solution for baby or anyone needing ultra-delicate skincare
- Great way to introduce a Client to this collection
- Perfect baby shower gift





SHEA BUTTER HAND & BODY WASH

Gently cleanses with moisture-rich lather and leaves skin supple, soothed and infused with all of the rich, emollient benefits of shea butter. **#9713; \$30** (28 QV) 

FEATURES

- Luxurious, moisture-rich wash cleanses, soothes and softens skin
- Scented with Arbonne's proprietary shea butter fragrance
- Vegan formula
- Suitable for all skin types



KEY INGREDIENTS & BENEFITS

- Shea (*Butyrospermum parkii*) butter, rich in vitamins, delivers moisture
- Rose geranium (*Pelargonium graveolens*) extract replenishes skin's moisture, helping soften and soothe
- Vitamin E (*Tocopheryl acetate*) conditions skin, restoring radiance and helping protect the moisture barrier

ARBONNE ADVANTAGE

Use both Shea Butter Hand & Body Lotion and Wash to help enhance and restore moisture to dry skin. They work together to help provide ultimate soothing and hydrating benefits for softer, more radiant-looking skin.

HOW TO USE

Lather onto hands and body, and rinse well. Follow with Shea Butter Hand & Body Lotion.


COMPLEMENTARY PRODUCT

Hand & Body Lotion, **#9712; \$30** (28 QV)

MEET THE PRODUCT



SHEA BUTTER HAND & BODY LOTION

Have a soft touch. Moisturize dry skin with this luxurious lotion that leaves skin lightly scented with the delicious Arbonne shea butter fragrance. **#9712; \$30** (28 QV) 

FEATURES

- Non-greasy lotion moisturizes and nourishes skin
- Soothes and softens with intense hydration, leaving skin feeling and looking supple, soft and radiant
- Suitable for all skin types



KEY INGREDIENTS & BENEFITS

- Shea (*Butyrospermum parkii*) butter, rich in vitamins, delivers moisture
- Rosemary (*Rosmarinus officinalis*) leaf extract replenishes skin's moisture, helping soften and soothe
- Cocoa (*Theobroma cacao*) seed butter deeply conditions skin, helping relieve dryness

ARBONNE ADVANTAGE

Use both Shea Butter Hand & Body Wash and Lotion to help enhance and restore moisture to dry skin. They work together to help provide ultimate soothing and hydrating benefits for softer, more radiant-looking skin.

HOW TO USE


Massage onto hands and body as often as needed to smooth and moisturize dry, chapped skin.

COMPLEMENTARY PRODUCT

Hand & Body Wash, **#9713; \$30** (28 QV)



PURE MINT DEODORANT

Stay cool and collected with our aluminum- and paraben-free deodorant infused with spearmint, mint and antioxidants from white tea, lemongrass, sage and tea tree extracts. The unique odour-fighting formula with baking soda and vegetable enzymes helps you feel fresh all day. **#4112; \$19** (17 QV) 

FEATURES

- A unique formula of baking soda and vegetable enzymes helps you feel fresh all day
- Formulated without aluminum
- Refreshing scent, formulated for both men and women, supports gentle yet effective odour protection



KEY INGREDIENTS & BENEFITS

- Baking soda helps preserve freshness and absorb odours
- Vegetable enzymes help neutralize the effects of odour-causing bacteria to deliver gentle, effective protection
- A blend of aloe vera (*Aloe barbadensis*) leaf juice, and white tea (*Camellia sinensis*) leaf, ginger (*Zingiber officinale*) root, lemongrass (*Cymbopogon schoenanthus*), sage (*Salvia officinalis*) leaf, and tea tree (*Melaleuca alternifolia*) extracts condition skin while providing a light scent
- Zinc absorbs moisture
- Aloe vera (*Aloe barbadensis*) leaf juice and witch hazel (*Hamamelis virginiana*) water soften and soothe, helping skin feel comfortable

HOW TO USE

For best results, use daily to stay fresh, dry and comfortable.

Prices listed are suggested retail.



PURE MINT DEODORANT

ARBONNE ADVANTAGE

Start your day with pure refreshment. Use Pure Mint Deodorant and Toothpaste for simple freshness. It's a natural, effective 2-step regimen.

COMPLEMENTARY PRODUCTS

Pure Mint Toothpaste, #4113; \$19 (17 QV)

INGREDIENT	SOURCE	FUNCTION
Propanediol	Plant	Solvent
Aqua/Water/Eau		Solvent
Glycerin	Plant	Skin-conditioning agent — humectant
Sodium Stearate	Science	Viscosity-increasing agent — aqueous
Glyceryl Laurate	Plant	Skin-conditioning agent — emollient
Saccharomyces Ferment	Plant	Natural odour neutralizer
Mentha Viridis (Spearmint) Leaf Oil	Plant	Aromatic agent
Caprylyl Glycol	Plant	Skin-conditioning agent — emollient
Ethylhexylglycerin	Science	Skin-conditioning agent — miscellaneous
Aloe Barbadensis Leaf Juice	Plant	Skin-conditioning agent
Hamamelis Virginiana (Witch Hazel) Water	Plant	Skin-conditioning agent
Camellia Sinensis Leaf Extract	Plant	Skin-conditioning agent, antioxidant
Zingiber Officinale (Ginger) Root Extract	Plant	Skin-conditioning agent, antioxidant
Cymbopogon Schoenanthus Extract	Plant	Skin-conditioning agent, antioxidant
Melaleuca Alternifolia (Tea Tree) Flower/Leaf/Stem Extract	Plant	Skin-conditioning agent, antioxidant
Salvia Officinalis (Sage) Leaf Extract	Plant	Skin-conditioning agent, antioxidant
Menthol	Plant	Aromatic agent
Sodium Bicarbonate	Science	Deodorant agent
Zinc PCA	Science	Skin-conditioning agent
Benzoic Acid	Science	Preservative
Fragrance/Parfum	Plant	Aromatic agent
Limonene	Plant	Aromatic agent
Linalool	Plant	Aromatic agent
Amyl Cinnamal	Plant	Aromatic agent

Prices listed are suggested retail.



PURE MINT TOOTHPASTE

You've got a reason to smile. Brushing daily with this fluoride-free toothpaste helps cleanse, brighten and prevent plaque and tartar buildup on teeth for close-up confidence. Flavoured with mint and spearmint, our formula contains antioxidants from white tea, ginger, grape, pomegranate and cranberry extracts. Formulated without artificial colours and sweetened with the natural ingredient xylitol. **#4113; \$19** (17 QV) 🇨🇦

FEATURES

- Brushing daily helps cleanse, brighten and remove stains, as well as assist in preventing plaque and tartar buildup
- Contains no artificial flavours, colours or sweeteners
- Formulated without fluoride
- For all ages, including young children (with parental supervision)



KEY INGREDIENTS & BENEFITS

- White tea (*Camellia sinensis*) leaf, ginger (*Zingiber officinale*) root, grape (*Vitis vinifera*) seed, pomegranate (*Punica granatum*) and cranberry (*Vaccinium macrocarpon*) extracts help keep breath fresh
- Mint and spearmint extracts deliver a refreshing, minty flavour
- Sodium lauroyl sarcosinate, derived from a natural amino acid, helps gently and effectively cleanse

HOW TO USE

For best results, brush regularly as needed, or at least twice daily.



PURE MINT TOOTHPASTE

ARBONNE ADVANTAGE

Start your day with pure refreshment. Use Pure Mint Toothpaste and Deodorant for simple freshness. It's a natural, effective 2-step regimen.

COMPLEMENTARY PRODUCTS

Pure Mint Deodorant, #4112; \$19 (17 QV)

INGREDIENT	SOURCE	FUNCTION
Glycerin	Plant	Viscosity-decreasing agent
Hydrated Silica	Mineral	Polishing agent
Sorbitol	Plant	Flavouring agent
Aloe Barbadosensis Leaf Juice	Plant	Flavouring agent
Sodium Lauroyl Sarcosinate	Plant	Surfactant — cleansing agent
Aqua/Water/Eau		Solvent
Xylitol	Plant	Flavouring agent
Camellia Sinensis Leaf Extract	Plant	Flavouring agent, antioxidant
Punica Granatum Fruit Extract	Plant	Flavouring agent, antioxidant
Vaccinium Macrocarpon (Cranberry) Fruit Extract	Plant	Flavouring agent, antioxidant
Vitis Vinifera (Grape) Seed Extract	Plant	Flavouring agent, antioxidant
Zingiber Officinale (Ginger) Root Extract	Plant	Flavouring agent, antioxidant
Cellulose Gum	Science	Viscosity-increasing agent — aqueous
Menthol	Plant	Flavouring agent
Calcium Glycerophosphate	Science	Polishing agent
Bisabolol	Plant	Aromatic agent
Flavour/Aroma	Plant	Flavouring agent
Benzoic Acid	Science	Preservative

Prices listed are suggested retail.



SKY FOR MEN® COLOGNE

Because the sky has no limits. Sky for Men Cologne speaks to the modern-day renaissance man who approaches life as an endless new adventure, with intellectual curiosity and bold enthusiasm. It's a masculine expression of his strength and spirit, with notes of citrus, woods and refreshing herbs.

#5245; \$59 (55 QV) 🇨🇦

FEATURES

- Notes from citrus, woods and herbs
- Formulated for all skin types
- Vegan formulated

KEY INGREDIENTS & BENEFITS

- Invigorating citrus notes inspire feelings of alertness
- Rich wood and herb notes promote a sense of strength and masculinity

ARBONNE ADVANTAGE

Complete the scent by using Sky for Men Soap Bar in the shower, then finish with a spray of cologne. Together, the products are a masculine expression of strength and spirit.

COMPLEMENTARY PRODUCTS

Sky for Men Soap Bar, #6480; \$22 (18 QV)



INGREDIENT	SOURCE	FUNCTION
Alcohol Denat. (SD Alcohol 40-B)	Plant/Science	Solvent
Aqua/Water/Eau		Solvent
Fragrance/Aroma	Plant/Science	Aromatic Agent

Prices listed are suggested retail.

Revised 08/06/2015

MEET THE PRODUCT



SKY FOR MEN® SOAP BAR

Lather up with the fresh scent of Sky. This moisturizing bar with exfoliating beads cleanses while conditioning skin for all-over coolness. #6480; \$22 (18 QV) 🇨🇦

FEATURES

- Formulated to provide moisture and exfoliation, helping revitalize dull skin while improving texture
- Fragranced with our Sky for Men classic cologne scent, comprising notes from citrus, woods and refreshing herbs
- Formulated for men, for all skin types
- Formulated without gluten, dyes, animal-derived ingredients and parabens

KEY INGREDIENTS & BENEFITS

- Shea butter (*Butyrospermum parkii*) delivers moisture and absorbs quickly, helping even skin tone while improving texture
- Aloe vera (*Aloe barbadensis*) soothes and moisturizes
- Hydrogenated jojoba oil moisturizes skin, leaving it soft and supple

HOW TO USE

- In the shower, lather soap with a sponge or washcloth and apply to skin. Rinse thoroughly.



Prices listed are suggested retail.



SKY FOR MEN® SOAP BAR

ARBONNE ADVANTAGE

Complete the scent set by adding Sky for Men Cologne. Together, the products are a masculine expression of strength and spirit.

COMPLEMENTARY PRODUCTS

RE9 Advanced® for Men Set, #643; \$143 (117 QV)

Sky for Men Cologne, #5245; \$59 (55 QV)

INGREDIENT	SOURCE	FUNCTION
Sodium Palmitate	Plant	Surfactant — cleansing agent
Sodium Palm Kernelate	Plant	Surfactant — cleansing agent
Aqua/Water/Eau		Solvent
Glycerin	Science	Skin-conditioning agent — humectant
Butyrospermum Parkii (Shea) Butter	Plant	Skin-conditioning agent — occlusive
Fragrance/Parfum	Plant/Science	Aromatic agent
Hydrogenated Jojoba Oil	Plant	Skin-conditioning agent — occlusive
Aloe Barbadosensis Leaf	Plant	Aromatic agent
Tocopheryl Acetate	Science	Antioxidant; skin-conditioning agent
Sodium Citrate	Plant/Science	Chelating agent
Tetrasodium Glutamate Diacetate	Science	Chelating agent
Citric Acid	Science	pH adjuster
Sodium Chloride	Science	Viscosity increasing agent — aqueous
Titanium Dioxide (CI 77891)	Science	Colourant; opacifying agent
Ultramarines (CI 77007)	Mineral	Colourant
Limonene	Plant/Science	Aromatic agent
Linalool	Plant	Aromatic agent

Prices listed are suggested retail.

The Basic Science of Nutrition

When it comes to what your body needs, it's simple — the small changes make the biggest difference in your life. We each have a responsibility to ourselves, as well as our loved ones, to maintain good health. Human biology and all the functions required for our bodies to work optimally every day is complex, but this basic nutrition information may help you feel more comfortable talking about health, wellness and Arbonne nutrition products with others.

Vitamins and Minerals

We've always heard how important it is to get our vitamins and minerals and to eat lots of vegetables and fruits. But why is it so important for us to make sure we're getting the nutrients we need? Vitamins and minerals are incredibly important to human health and function. Deficiencies in any one of the essential vitamins or minerals can result in a variety of health issues. Vitamins and minerals support key metabolic processes and support overall body tissues, including the immune system, skeletal system, and nervous system. In some form, they help support the health of every organ in your body.

For an idea of the benefits various vitamins and minerals provide, see the chart below:

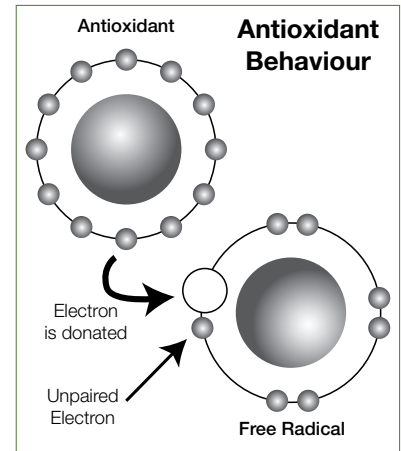
VITAMINS	
Vitamin A	Supports the maintenance of normal skin, vision, immune system and mucus membranes
Vitamin B12	Supports normal energy-yielding metabolism, and normal function of the nervous system and immune system; supports red blood cell formation, and normal physiological function
Vitamin C	Supports normal collagen formation, and normal function of the blood vessels, bones, gums, skin and teeth; supports the normal function of the immune system, nervous system and psychological function
Vitamin D	Supports the normal absorption/utilization of calcium and phosphorus and normal blood calcium levels; supports normal function of the immune system, teeth, muscle function and bones
Vitamin E	Supports the protection of cells from oxidative stress; supports the nervous and cardiovascular systems
Vitamin B6	Supports nervous system function, immune function, and red blood cell formation; supports normal protein, glycogen, homocysteine metabolism and hormonal activity
Riboflavin	Supports maintenance of normal skin, red blood cells, vision, and nervous system function; supports energy-yielding metabolism and protection of cells from oxidative stress
Folic Acid	Supports normal amino acid synthesis, blood formation, immune function and cell function; supports maternal tissue growth during pregnancy and normal homocysteine metabolism



















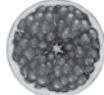

MINERALS	
Calcium	Supports muscle function, neurotransmission and function of digestive enzymes; needed for the maintenance of normal teeth and bones, and supports skeletal health
Chromium	Supports normal macronutrient metabolism and the maintenance of normal blood glucose levels
Copper	Supports normal iron transport from the body, hair pigmentation and maintenance of normal connective tissues; supports normal skin pigmentation, immune function and protection of cells from oxidative stress
Magnesium	Supports normal protein synthesis, electrolyte balance, muscle function and nervous system function; supports the maintenance of normal bones and teeth and plays a role in the process of cell division
Phosphorus	Supports normal function of cell membranes and maintenance of normal bones and teeth
Selenium	Supports normal thyroid function, immune function, and maintenance of normal hair and nails
Zinc	Supports normal carbohydrate and fatty acid metabolism, DNA synthesis and hormone metabolism; supports normal cognitive function, the reproductive system, macronutrient metabolism and immune function

Antioxidants and Free Radicals

We hear the words “antioxidants” and “free radicals” used frequently in today’s marketplace, but it is important to know exactly what these are. Free radicals can be created naturally by the body as a by-product of various biological functions; they can also be created by pollutants in the environment. Free radicals are oxygen molecules that are missing an electron, which has made them unstable. These unsound molecules are searching for another electron to stabilize them. By taking an electron from other molecules, it can cause varying degrees of damage to cells, which may even lead to oxidation and aging.

Antioxidants are found in many different sources, but they are primarily found in various fruits, vegetables, and other botanicals. Antioxidants function by preventing oxidation of our body’s proteins and fats from free radicals. In addition to getting antioxidants from external sources, the body produces its own antioxidants, such as the liver’s production of glutathione, one of the body’s endogenous (internally made) antioxidants. However, with so many free radicals present in today’s environment, it’s beneficial to supply the body with more antioxidant support.



Sources of Antioxidants				
Vitamin C	Polyphenols			Carotenoids
	Anthocyanins	Catechins	Flavonoids	
 Oranges	 Blueberries	 Green Tea Leaves	 Apples	 Carrots
 Cherries	 Açaí Berries	 Cocoa	 Black Tea Leaves	 Apricots
 Elderberries	 Concord Grapes	 Cherries	 Oranges	 Marigolds
 Amla Berries	 Cranberries	 Peaches	 Pomegranate	 Pears

Enzymes and the macronutrients they help break down

ENZYME	MACRONUTRIENT
Lipase	lipids (fats)
Lactase	lactose
Protease	protein
Amylase	starch, sugars
Alpha-Galactosidase	sugars
Peptidase	protein
Invertase	sugars

Prebiotics, Probiotics and Enzymes

Prebiotics are soluble fibres that ferment in the gastrointestinal (GI) tract and create an ideal environment for probiotics to colonize and grow. Probiotics are beneficial microflora (good bacteria) found in the GI system of all humans that help keep “bad” bacteria in check and also assist with normal function of the GI system. Coupling probiotics with prebiotics is a way to help increase the successful colonization of probiotics in the GI tract. Poor diet, environmental pollution, and antibiotic medications may reduce populations of beneficial intestinal bacteria. When microfloral imbalance occurs, certain uncomfortable side effects like gas, indigestion and diarrhea can occur, so it’s important to help maintain this balance. Enzymes are specialized proteins and help the body break down dietary nutrients like protein, sugars, carbohydrates, starch, lactose, and others, so they can be properly utilized by the body. With age, our digestive systems tend to make less enzymes, so supporting levels of digestive enzymes can help support overall digestive function and nutrient absorption.

Omega-3 Fatty Acids

Omega-3 fatty acids are polyunsaturated fatty acids that are essential for the optimal biological function of the body. An essential nutrient is one that cannot be made by the body and must be obtained through the diet. While marine animal sources like fish and now krill are the most common sources of omega-3 fatty acids, there have been concerns regarding the possibility for environmental contaminants in marine-based oils, and even the environmental impacts of harvesting these sources of oils. Recent advancements in science and manufacturing processes have made it possible to extract alpha-linolenic acid (ALA), docosahexaenoic acid (DHA), and even eicosapentaenoic acid (EPA) from plant and algae sources, giving consumers the option to choose safer, more environmentally friendly alternatives. Omega-3 fatty acids are important for the maintenance of good health, as well as supporting eye health, cellular function, and cognitive health.

Fibre

Fibre is non-digestible carbohydrates and lignin found in plants, and includes both insoluble and soluble types. It can be difficult to obtain adequate daily levels of fibre, as many foods consumed in the typical North American diet are generally low in fibre content. Fibre helps support optimum GI health, satiety, and cardiovascular health, so it’s important to get at least the recommended daily value of 25 grams of fibre every day.

Pea Protein: Better Than The Rest

Pea protein is a highly absorbable and easily digestible plant protein, and when combined with rice protein and cranberry protein, it provides a complete protein. Pea protein provides all essential amino acids, as well as the amino acids arginine and glutamine. Pea protein is also a source of glutamic acid and the branched-chain amino acids (leucine + valine + isoleucine). Arginine participates in the supply of nitric oxide, and branched-chain amino acids help support muscle tissue and need to be supplied by the diet.

Gluten

Gluten is a protein found in wheat and wheat derivatives but may also be found in barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer contain gluten. Gluten is primarily a concern for individuals who have a specific sensitivity or immune system reaction to gluten. This can include those with a general intolerance and those with celiac disease, who have an autoimmune response triggered by gluten that can lead to damage of the small intestine as well as nutrient deficiencies.

While not necessarily everyone has to avoid gluten, all Arbonne nutrition products are gluten-free.

Metabolism

Metabolism is a complex and important process in the body, and at risk of oversimplification, could be quickly described as the biochemical reactions to utilize nutrients and generate energy. An individual’s metabolic rate is the number of calories that are burned by the body when at rest; essentially the amount of fuel you burn just to keep your motor running at all times. Metabolism is carried out through various metabolic pathways in the body, and certain nutrients help the body metabolize specific dietary nutrients like sugar, fats, etc. By helping the body be more efficient in its metabolic processes, you are helping the body more efficiently convert these dietary nutrients into usable energy.

Vitamin D & B12 Deficiencies

With the exception of fatty fish, most foods are very low in vitamin D. Strict vegetarians, those with darker skin tone, and those who do not get adequate exposure to sun can become deficient in vitamin D. Studies have shown that as many as 1 million Americans may be deficient in vitamin D. Vitamin B12 is abundant in various types of meats and at significantly lower levels in plants and vegetables. This means that individuals following a vegetarian diet may be at risk of deficiency. Increasing research on vitamin D shows its benefits in supporting a broad range of body systems and tissues — from skeletal to immune to cognitive health. Vitamin B12 is important for cellular function, energy production, and support of the brain and nervous system.



Arbonne Essentials®

For Daily Health

Collection Focus Guide

DID YOU KNOW?

The ideal diet to fuel and balance the body's nutritional needs should consist of a variety of fruits and vegetables, lean protein sources, whole grains, low-fat dairy or plant-based calcium sources, along with heart-healthy fats like those found in cold-water wild fish, almonds, or extra-virgin olive oil. Healthy eating doesn't mean giving up the foods you love; it means choosing wisely. Canada's Food Guide* makes the following daily recommendations for someone 19–50 years of age:

- 7–8 vegetable and fruit servings
- 6–7 grain product servings
- 2 milk/milk alternative servings
- 2 meat/meat alternative servings
- 30–45 ml unsaturated oils and fats

According to Harvard Medical Research, a large segment of the population rarely achieves a balanced, fresh-source diet.

- **Modern farming practices:** Today's farming techniques yield large, fast-growing plants that may often lack key micronutrients found in more traditionally raised crops.
- **Aging:** As we grow older, it's common for our bodies to have to work harder to digest and absorb key nutrients as a result of insufficient stomach acid or low amounts of beneficial microorganisms in our digestive tracts.
- **Frequent dieting:** A reduced-calorie diet often makes it more challenging to get the necessary nutrition.
- **Busy lives:** Balancing priorities can lead to time-management challenges that make it difficult to consistently plan, shop for, and prepare balanced, full meals.

For these reasons, a daily vitamin and supplement regimen is helpful to ensure we give our body an “insurance policy,” providing an extra dose of nutrients when our diet doesn't deliver what we need. A healthy digestive system is crucial to ensure your body can process and benefit from the nutrients you consume. Your digestive system is supported by necessary microorganisms that help digest food and absorb key nutrients. Probiotics are live microorganisms that can help supplement the levels currently in your body, while prebiotics are substances that encourage the growth of beneficial bacteria naturally.

Another solution that helps many people balance their diets and control calories is an “on-the-go” meal option. Planning ahead is the key to success. Having food that can travel with you, regardless of schedule or busy lifestyle, can help prevent unplanned stops at convenience stores and fast food restaurants. As a result, many people turn to protein shakes, smoothies or nutritional bars.

Many people are lactose intolerant or lactose sensitive. Some cannot digest milk products, are looking for an alternative taste, or prefer a vegan or vegetarian lifestyle. Complete protein sources supply essential amino acids your body needs but cannot make on its own. For example, eggs can be a complete protein source when combined with rice protein and pea protein. Amino acids are involved in many bodily functions like muscle building, calcium absorption, and collagen formation.

*hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php

Arbonne Essentials® for Daily Health Story

Arbonne Essentials for Daily Health products consist of products formulated with the latest technology, premium ingredients, and nutrition from whole food sources, delivering what your body needs to stay in balance every day.

Key Points of Difference

- Essential nutrients help provide a foundation for optimal health
- An easy way to approach everyday nutrition that will help you feel healthier — and live better
- Products formulated with premium ingredients
- Nutrition products that exclude gluten, soy, animal products, high-fructose corn syrup, cholesterol, trans fats, and artificial colours, flavours and sweeteners

Each product has been created to work with the rest of the collection to deliver a complete, balanced solution for overall health and wellness. To enhance this collection, we've also created the 30 Days to Healthy Living and Beyond Support Guide to offer meal plans, tips and healthy living solutions.

Each of the products has unique features that provide specialized benefits. Products include:

- Protein Shake Mix Meal Replacement in Chocolate and Vanilla
- Protein Shake Mix in Chocolate and Vanilla
- Daily Fibre Boost
- Greens Balance
- Super Chews for Kids & Teens
- Omega-3 Plus
- Daily Power Packs for Men, Daily Power Packs for Women
- Herbal Tea



PROTEIN SHAKE MIX MEAL REPLACEMENT

Features

- 20 grams per serving of easy-to-digest vegan protein, derived from from peas and rice
- Supplemented with 20 vitamins and minerals, such as vitamin E and magnesium, to support overall health, energy and well-being
- Can be blended with a variety of fresh fruits and vegetables, Greens Balance, and Daily Fibre Boost to supplement nutrient values and taste
- Gluten-free, vegan-certified, and free of artificial colours, flavours and sweeteners, as well as dairy, whey, soy, saturated fats, trans fats, and cholesterol

Benefits

- Naturally high in the amino acids arginine and leucine, which support muscle building and repair
- Low allergen potential is achieved by avoiding common allergens, such as soy and whey, which are present in many protein mixes
- 20 grams of natural vegan protein from peas and rice is easily digestible and promotes satiety

How to Use

Add 3 scoops (63 g Chocolate flavour, 60 g Vanilla flavour) to 255 ml cold water and shake vigorously. Take 2 times per day.

For weight management and healthy

nutrition: Enjoy Arbonne Essentials Protein Shake Mix as a meal replacement. Eat two nutritious meals in conjunction with other Arbonne Essentials products. Visit arbonne.ca and follow the suggested nutritionally balanced 7-day energy-reduced meal plan.



PROTEIN SHAKE MIX

Features

- 20 grams per serving of easy-to-digest vegan protein, derived from peas, rice and cranberries
- Supplemented with 20 vitamins and minerals
- Can be blended with a variety of fresh fruits and vegetables, Greens Balance, and Daily Fibre Boost to supplement nutrient values and taste
- Free of artificial colours, flavours and sweeteners, as well as dairy, whey, soy, saturated fats, trans fats, and cholesterol
- Available in 30-serving pouches or single-serving packets
- Chocolate Protein Shake provides 160 calories, 3.5 grams of fat, 15 grams of carbohydrate, 2 grams of fibre, 9 grams of sugar, and 480 mg of sodium
- Vanilla Protein Shake provides 160 calories, 3 grams of fat, 14 grams of carbohydrate, 1 gram of fibre, 9 grams of sugar, and 360 mg of sodium
- Gluten-free, kosher, vegan-certified

Benefits

- Source of protein, which helps:
 - Build and repair body tissues
 - Maintain good health and proper muscle function
 - Assist in the building of lean muscle mass when combined with regular training and a healthy, balanced diet
 - Assists in the formation of tissue and red blood cells
- Source of amino acids involved in muscle protein synthesis
- Low allergen potential is achieved by avoiding common allergens, such as soy and whey, which are present in many protein mixes
- Clinically tested and qualified with a low glycemic index, which provides support for healthy glucose metabolism, when used as directed

How to Use

Take 2 scoops (45 g Chocolate flavour, 42 g Vanilla flavour) with 270 ml of cold water, shake vigorously and drink with food once daily. Or blend with ice and add fruits or vegetables. Take with food a few hours before or after taking other medications.



DAILY FIBRE BOOST

Features

- Delivers 12 grams of fibre in each serving, representing nearly half of the recommended daily allowance
- Heat-resistant blend of gluten-free grain and fruit fibres can be added to hot or cold food, beverages or baked goods
- Made from Arbonne's soluble blend of peas, apples, citrus fruits, and beet fibre
- Won't change food flavour or texture
- Formulated without cholesterol, saturated or trans fats, or gluten
- Vegan-certified

Benefits

- May help support gastrointestinal health and regularity, and lower cholesterol levels
- Promotes satiety when included as part of a balanced meal plan



How to Use

Add 1 scoop to your favourite drink or food. Enjoy 1–2 servings per day.

ARBONNE ESSENTIALS® FEATURING A GREENS BALANCE

Features

- One scoop provides a full serving of a rainbow of fruits and vegetables
- Contains naturally derived ingredients
- Sweetened naturally with stevia
- Great-tasting, convenient powdered supplement can be added to your Arbonne Essentials Protein Shake Mix Meal Replacement, Arbonne Essentials Protein Shake Mix, juice or water
- Contains fibre, powerful phytonutrients and antioxidants, along with essential vitamins and minerals
- Balanced blend of blue-green algae from spirulina and chlorella along with wheat and barley grasses provide the natural, rich green colour
- Low sugar, low sodium, allergen-free
- Shelf-stable for 18 months
- For adults and children age 4 and above

Benefits

- Fibre can help support a healthy digestive system
- Helps make “smart” nutrition a convenient part of a busy lifestyle
- Created from key blends that offer nutritional benefits otherwise only found by eating a variety of fresh fruits and vegetables:
 - Greens, such as spirulina, kale, artichoke, broccoli, spinach, alfalfa, barley grass, and wheatgrass, contain chlorophyll to support gastrointestinal health, along with vitamins A, K and E
 - Reds, such as pomegranate, cherry, red coffee bean and tomato, provide antioxidants, flavonoids, and polyphenols to support better overall health
 - Yellows, such as pumpkin, carrot, sweet potato, papaya, and mango, contain vitamins A and C, along with antioxidant bioflavonoids, as well as alpha- and beta-carotene
 - Blues, such as blueberry, blackcurrant, purple sweet potato, and elderberry, are sources of antioxidants, resveratrol and vitamin C



How to Use

Mix 1 scoop (7.2 g) with 250 ml of water, juice, Arbonne Essentials Protein Shake Mix Meal Replacement or Arbonne Essentials Protein Shake Mix.

SUPER CHEWS FOR KIDS & TEENS

Features

- One chew contains 100% of the daily value of vitamins D and E, thiamin and riboflavin; 250% of daily value of vitamin C; and equivalent the amount of calcium found in a glass of milk
- Individually wrapped chewy vitamin comes in a mixed berry flavour
- No artificial colours or flavours; no high-fructose corn syrup
- For children over 4 years of age and teenagers

Benefits

- 300 mg of calcium, which is a key building block for strong, healthy bones
- Vitamin A is essential for a strong immune system, and eye and skin health
- Vitamin C is a powerful antioxidant that protects our bodies from free radicals and helps maintain healthy bones and teeth
- Vitamin D works with calcium by promoting its absorption and helping ensure healthy bones
- Vitamin E supports the immune system, as well as healthy skin and eyes



How to Use

Take one chew per day.

OMEGA-3 PLUS

Features

- Contains algae-derived DHA, a vegan form of omega-3 fatty acids
- Derived from a plant source, avoiding the fishy after-taste typically associated with traditional omega-3 supplements
- Delivers effective daily levels of omega-3 fatty acids, which our bodies need for good health
- Vegan-certified, gluten-free

Benefits

- Source of omega-3 essential fatty acids, which help support and maintain good overall health
- Algae-derived DHA supports cognitive health

How to Use

Take 2 capsules once per day with a meal.



DAILY POWER PACKS FOR MEN

DAILY POWER PACKS FOR WOMEN

Features

- 30 daily health packs lock in freshness and eliminate the need for multiple bottles of vitamins or supplements
- Each packet contains three formulations to deliver a comprehensive balance of vitamins and minerals, including a multivitamin/multimineral tablet, a probiotic and enzyme capsule, and our proprietary botanically based Super Antioxidant Blend
- Unique formulas for men and women, containing vitamins and minerals that support each gender's specific needs
- Ingredients support the prostate in men, and support urinary tract and bone health in women
- Gluten-free, vegan-certified

Benefits

- 20 essential vitamins and minerals including selenium; vitamins A, C, D, and E; and a full complement of B vitamins help the body function and repair
- Enzymes support starch, protein and fat digestion, as well as aid effective nutrient absorption
- Probiotics help support gastrointestinal health and immune function
- Vitamin D, calcium and magnesium support healthy bone tissue
- Carotenoid lutein helps support eye health
- 400 mcg of folic acid supports women's health, particularly during childbearing years
- Saw palmetto supports prostate health in men



How to Use

Take contents of 1 packet daily with a meal.

HERBAL TEA

Features

- Mild herbal tea, formulated without caffeine
- Formulated with 9 beneficial botanicals
- Formulated without artificial colours or flavours
- Vegan-certified

How to Use

Pour 250 ml of freshly boiled water over 1 tea bag. Steep 3–5 minutes, dunking tea bag in and out several times. Discard tea bag and enjoy.





Arbonne Essentials® For Targeted Health

Collection Focus Guide

DID YOU KNOW?

Consumers today tend to need more vitamins and dietary supplements to compensate for reduced nutrient intake and absorption, as well as to help address normal aging concerns. A greater awareness of the need for preventative healthcare, related to increasing healthcare costs, also drives a consumer focus on dietary supplement consumption. As a result, an increased number of people are seeking overall health and wellness benefits, and support for concerns like bone and immunity health.

With age, the body may start absorbing fewer key nutrients from food. Older adults should pay special attention to intake of calcium, vitamins D and B12, potassium, and fibre, according to the Academy of Nutrition and Dietetics. Balanced, healthy nutrition can help support these needs, but generally research has shown that diets for those of any age do not provide all the required nutrients. Research indicates — and medical professionals often recommend — taking targeted supplements to fill gaps created by diet and lifestyle choices.

Hormone production also slows with age. The hormone melatonin helps regulate sleep cycles. In aging adults, decreased melatonin production can contribute to sleeping challenges or insomnia.

Sleep is extremely important for overall physical health and well-being. Getting a good night's sleep has positive effects:

- **Improves memory** — The brain better processes new experiences and knowledge.
- **Reduces stress** — Helps lower elevated levels of stress hormones.
- **Supports immunity** — The body produces extra protein molecules during sleep that help strengthen its ability to stay healthy.
- **Increases energy** — Full rest allows body and mind to take on daily challenges and activities more readily.

The Arbonne Essentials® for Targeted Health Story

The Arbonne Essentials for Targeted Health collection consists of products formulated with premium ingredients and the latest nutrient delivery technology. The formulas supply nutrients to target specific health and wellness needs.

The Arbonne Essentials 30 Days to Healthy Living and Beyond Support Guide offers meal plans, tips and solutions to help you achieve your best life every day.

Key Points of Difference

- Nutrients your body needs for optimal health
- Easy, everyday supplement support
- Products formulated with premium ingredients
- Features standardized botanicals and vitamins and minerals
- No artificial colours, flavours or sweeteners
- No gluten, soy, animal products, high fructose corn syrup, or trans fats

The collection includes:

- Sleep Well Spray
- Get Well Soon
- Women's Calcium Plus
- Energy Fizz Tabs
- 7-Day Body Cleanse
- Joint Support
- Herbal Colon Cleanse
- Menopause Support
- Fit Chews
- Nutritional Supplement Bars



SLEEP WELL SPRAY

Features

- Easy to take, convenient, natural lemon-flavoured spray delivers an effective dose of vegan melatonin along with a targeted botanical blend
- Non-addictive formula supports healthy sleep patterns without next-day drowsiness
- Helps prevent and/or reduce the effects of jet lag like daytime fatigue and sleep disturbance for people travelling by plane easterly across two or more time zones
- Certified gluten-free and vegan

Benefits

- Melatonin helps reset the body's sleep-wake cycle (aspect of circadian rhythm) and helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or an altered sleep schedule
- Active ingredient melatonin and a proprietary botanical blend of chamomile, hops, valerian and passionflower help support sleep, rest and relaxation

How to Use

Shake well, then press actuator down 3 or more times to prime pump. Spray into your mouth, hold for 20 seconds and then swallow. Use 7 sprays (0.98 ml) orally once nightly 30 minutes before bed. Please see the label for jet lag use and more detailed usage information.



GET WELL SOON

Features

- Proprietary, synergistic blend of several medicinal ingredients help fight colds, flus and infections, especially in the respiratory tract
- 30-day tablet supply
- Certified gluten-free and vegan

Benefits

- Echinacea purpurea helps relieve the symptoms and shorten the duration of upper respiratory tract infections

How to Use

Adults: Take 1 tablet two times per day with food at the first sign of a cold or flu. May be used up to 10–21 days.



WOMEN'S CALCIUM PLUS

Features

- Blend of calcium, magnesium, vitamin D, red clover, and other ingredients help support healthy bones and other important biological functions
- Formulated with calcium citrate and calcium phosphate
- Certified gluten-free and vegan

Benefits

- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in peri- and post-menopausal women
- Contributes to the maintenance of good health
- Helps in the development and maintenance of bones and teeth
- Calcium citrate is more easily absorbed and utilized than calcium carbonate, which is used in competitors' calcium supplements



How to Use

Women: Take 1 tablet 3 times daily, preferably with food, a few hours before or after taking other medications. Consult a healthcare practitioner for use beyond one year.

ENERGY FIZZ TABS

Features

- A botanical blend of green tea, guarana and Panax ginseng combined with B vitamins and chromium
- Creates a refreshing, bubbly drink to help temporarily increase alertness and performance as well as help the body metabolize fats, carbohydrates and proteins
- Two flavours, citrus and pomegranate
- Low-calorie, featuring natural flavours and stevia
- Formulated without artificial flavours or colours
- Certified gluten-free and vegan

Benefits

- Adaptogenic blend combined with B vitamins and chromium helps boost energy



How to Use

Adults: Allow 4–5 minutes for tablet to dissolve in 240 ml room temperature water. Refrigerate once dissolved, if desired. Enjoy up to 3 tablets per day with food. Consult a healthcare practitioner for use beyond 12 weeks.

7-DAY BODY CLEANSE

Features

- Contains a blend of traditional herbal ingredients along with fruit powders from elderberry, chokeberry, hibiscus, blackcurrant, cherry, carrot and apple to provide targeted yet gentle action
- Certified gluten-free and vegan

Benefits

- Senna, cascara sagrada, aloe vera, rhubarb and buckthorn are used in herbal medicine to promote bowel movement by direct action of the large intestine
- Nettle is traditionally used in herbal medicine as a diuretic

How to Use

Shake vigorously before opening. Add 1 packet (1 serving/30 ml) of concentrate to 250 ml of water. Stir or shake to mix. Take a single dose at bedtime 2–3 times per week. If results are not observed, the frequency of use may be increased up to once daily. Allow at least 6–12 hours for laxative effect to occur. Take a few hours before or after taking other medications or health products.



JOINT SUPPORT

Features

- Helps protect joints from the normal wear and tear of aging or active lifestyles
- Helps relieve joint pain associated with osteoarthritis and the deterioration of cartilage
- Formulated with vegan glucosamine sulfate; most forms are derived from exoskeletons of shellfish
- Certified gluten-free and vegan

Benefits

- Glucosamine sulfate helps relieve joint pain associated with osteoarthritis of the knee and helps protect against the deterioration of cartilage
- Vitamin C helps in connective tissue formation
- Provides antioxidants for the maintenance of good health



How to Use

Adults: Take 1 tablet 3 times daily with food. Use for a minimum of 4 weeks to see beneficial effects.

HERBAL COLON CLEANSE

Features

- Blend of cleansing, botanical herbs help promote intestinal regularity and support gastrointestinal health
- Promotes natural, gentle elimination
- Certified gluten-free and vegan

Benefits

- Cascara sagrada, senna and aloe vera are traditionally used in herbal medicine as a stimulant laxative

How to Use

Adults: Take a single dose (2 tablets) at bedtime, 2–3 times per week. Take a few hours before or after taking other medications or health products. Allow 6–12 hours for laxative effect to occur. If results are not observed, the frequency of use may be increased up to once daily. Consult a healthcare practitioner for use beyond 7 days.



MENOPAUSE SUPPORT

Features

- Balancing blend of phytonutrients helps provide a natural, more comfortable transition through menopause
- Proprietary menopause support blend includes cuscuta, xylaria nigripes, Chinese motherwort, astragalus, dong quai, milk thistle, black cohosh and red clover
- Helps support the management of symptoms associated with menopause, including hot flashes, night sweats, and irritability
- Clinically studied formula with a blend of Eastern and Western herbal ingredients
- Certified gluten-free and vegan

Benefits

- Black cohosh is traditionally used in herbal medicine to help relieve symptoms associated with menopause, ease nervous tension and maintain good health

Clinical Results

- Arbonne Essentials Menopause Support was subjected to a double-blind, placebo-controlled study (the gold standard for clinical studies). In 12 weeks, a significant difference was shown between the baseline and weeks 8 and 12 in alleviating symptoms associated with menopause.



How to Use

Women: Take 2 vegetarian capsules once per day with a meal and 250 ml of water. Use for 8–12 weeks to see beneficial effects. Consult a healthcare practitioner for use beyond one year.

FIT CHEWS

Features

- Individually wrapped chews are bite-sized for convenience
- Provide a great-tasting boost throughout the day
- Available in 3 flavours: chocolate, caramel, and lemon
- 30 calories per chew
- No artificial colours, flavours or sweeteners; no high fructose corn syrup, dairy, or soy
- Certified gluten-free and vegan

Benefits

- Contains the adaptogenic herbs astragalus, codonopsis and rhodiola to help support good health
- Rhodiola helps relieve symptoms of mental fatigue related to stress



How to Use

Enjoy 2 chews up to 3 times per day in between meals — 6 maximum per day.

NUTRITIONAL SUPPLEMENT BARS

Features

- Snack option delivering protein, fibre, vitamins and minerals
- Contains 24 essential vitamins and minerals with antioxidant vitamins A, C and E
- Available in fruit or chocolate flavour
- Convenient for travelling and sampling
- No artificial colours, flavours or sweeteners

Benefits

- 9 grams of natural vegan protein derived from peas is easily digestible
- Low allergen potential is achieved by avoiding common allergens, such as soy, whey and nuts that are present in many nutrition bars



How to Use

Enjoy 1–2 bars per day. Drink 250 ml of water with the bar.



Arbonne Evolution™ and Arbonne Essentials®

Weight Management Focus Guide

DID YOU KNOW?

Approximately 19% of Canadians aged 18 and older, roughly 4.9 million adults, are considered obese.* We need healthy lifestyle changes to help turn this trend around. Remember that healthy living doesn't require deprivation, hunger, eliminating all of the foods you love, or pushing your body to unhealthy limits. It's about finding balance between your life's physical, emotional, nutritional, and motivational elements.

Science has shown that simple choices such as fruits, vegetables, whole grains, lean meats or vegetarian protein sources, along with plenty of water and a limited intake of alcohol and caffeine, form a great foundation for a balanced diet. Cutting down on unhealthy fats, refined white sugars, and processed foods can also help contribute to healthy lifestyle changes.

Successful weight management also requires changing your relationship with food. Food is your body's fuel. Learn to tune in to your body's needs and better understand true hunger. Successful weight management means tuning in to hunger cues and satisfaction signals. If you have dieted frequently, you may have lost touch with your sense of physical hunger. You may have trained yourself to ignore typical signs that your body needs foods, like

- A growling stomach
- A slight headache
- An empty feeling in the pit of your stomach
- Fatigue or light dizziness
- Crankiness

Hunger is a gauge, not just an on/off switch. With a few easy tricks, you can learn to be in tune with both your hunger and satisfaction levels.

Before You Eat

Before your next meal, tune in to your hunger.

1. Which hunger cues are you experiencing, and how often do they occur? Familiarize yourself with the previous list. If you don't have physical symptoms, it may just be in your head.
2. Distract yourself for five minutes and drink a glass of water. What happens? Are you truly hungry or did it pass? It may be thirst, and a glass of water will satisfy you. True hunger will let you know.
3. Take a bite of food. Does it taste better than usual? Paying close attention to how your food tastes can help you know if your body needs fuel. When it's true hunger, your taste buds are stimulated and food tastes really good.

Most people experience true hunger cues every 3–4 hours. If you ignore your signals and wait too long to eat, your hunger may surge, your energy may plunge, and you'll be more likely to overeat. Additionally, waiting too long to eat can cause your metabolism to slow. Following your body's signals and eating frequent, small meals can help keep your metabolism going.

*Statistics Canada (statcan.gc.ca/pub/82-625-x/2014001/article/14021-eng.htm)

During and After Eating

When you know you are truly hungry, go ahead and eat. Just be sure to eat slowly and mindfully. It takes the body roughly 20 minutes to register feelings of fullness. Try these tricks to help you slow down:

- Put your fork down between bites.
- Pace yourself with the slowest eater at the table.
- Chew and swallow before you spoon up your next bite.

Attitude is everything. Many don't realize it, but emotional responses can affect physiological function. Minimizing stress and having a positive attitude are key

to creating and sustaining a healthy lifestyle. Even small behavioral changes can produce big improvements in how you think and feel.

A healthy lifestyle gives your mind and body the physical and mental capacity to live your life to the fullest. Even if you don't see overnight results from the changes you're making, know that over time, the results will appear. More importantly, you will FEEL better — physically, mentally and emotionally — when you commit to healthy living.

The Science Behind Weight Management

A calorie is a unit of heat energy. Most people think of calories as something in food, and everyone knows all foods have calories. Your body uses calories as energy to produce heat. The heat energy produced is what fuels our body, the same way gasoline fuels your car.

Different foods have different calorie amounts. Calories in food come from fat, carbohydrates, and protein. Fats have the highest concentration of calories at approximately nine calories per gram of pure fat. Protein and carbohydrates each have four calories per gram. Understanding calories can help you balance the calories your body burns and help you achieve weight management goals.

Dietary thermogenesis is the amount of energy, in calories, your body must spend to properly digest and process food. This makes up 10% of your body's caloric expenditure. Your basal metabolic rate is the amount of energy, in calories, your body must spend to sustain life, at rest. The remainder of your calorie burn each day comes from activity thermogenesis, or the amount of energy, in calories, your body spends to drive activity when not at rest.

Thermogenesis can help prevent the storage of calories as fat by converting them to heat instead. It accounts for all energy expended in a resting state above and beyond your basal metabolic rate, or the amount of calories your body needs every day to support its basic functions.

The Arbonne Evolution™ Weight Management Collection

These products consist of foods and supplements formulated with the latest technology, combined with premium ingredients, to deliver the supplement support to help your body stay in balance and manage your weight.

The Arbonne Evolution products have been developed to target two major factors that help contribute to successful weight management: portion control and metabolism rate, the rate at which your body burns calories.

Each element has been created to support a balanced solution for overall health and wellness. To enhance this collection, the 30 Days to Healthy Living and Beyond Support Guide offers meal plans, tips and solutions to help you achieve your best life every day.

Points of Difference

- Essential nutrients needed for optimal health and weight management
- An easy way to approach everyday nutrition that will help you feel healthier — and live better

- Products utilizing the most efficacious botanicals combined with scientific breakthroughs to help realize weight management goals
- Free of artificial colours, flavours and sweeteners
- Free of gluten, soy, animal products, high fructose corn syrup, cholesterol and trans fats

Each of the Arbonne Evolution products has unique features that provide specialized benefits. Products include:

- ThermoBooster
- Full Control

Combine with these Arbonne Essentials® products for additional support:

- Fit Chews
- Nutritional Supplement Bars

THERMOBOOSTER

Features

- Helps support metabolism and thermogenesis
- Contains a natural blend of targeted botanicals to support weight management
- Easy-to-use supplement fits effortlessly into any busy lifestyle
- Formulated without harmful ingredients found in many over-the-counter weight management supplements
- Gluten-free and vegan-certified

Benefits

- Provides 400 mg per day of green coffee bean extract, which in a clinical trial was shown to help study participants manage their weight
- Caffeine, quercetin and chromium help support metabolism and thermogenesis

How to Use

Take two tablets once daily, 30 minutes before a meal.



FULL CONTROL

Features

- Designed to be taken before meals to support satiety
- Watermelon-kiwi flavoured powder can be added to water, at only 5 calories per serving
- Gluten-free and vegan-certified

Benefits

- Glucomannan, a fibre derived from the konjac root, is capable of absorbing 100 times its weight in water
 - Helps temporarily support a feeling of fullness
 - Helps lower cholesterol levels
 - Helps metabolize carbohydrates, protein and fats



How to Use

Mix one scoop with 250 ml of water and drink within 2 minutes of adding to water, 30 minutes before meals, 3 times per day.

FIT CHEWS

Features

- Individually wrapped for convenience
- Three great flavours — chocolate, caramel and lemon — provide a boost any time of day
- 30 calories per chew
- No artificial colours, flavours, sweeteners; no high-fructose corn syrup, dairy, or soy
- Formulated vegan and gluten-free

Benefits

- Rhodiola is an adaptogen that helps temporarily relieve symptoms of mental fatigue related to stress

How to Use

Enjoy two chews up to 3 times per day between meals.



NUTRITIONAL SUPPLEMENT BARS

Features

- Snack option delivering protein, fibre, vitamins and minerals
- Available in fruit or chocolate flavour
- Convenient for traveling and sampling
- No artificial colours, flavours or sweeteners; formulated vegan and gluten-free

Benefits

- 9 grams of natural vegan protein derived from peas is easily digestible while promoting satiety and delivering essential amino acids
- Low allergen potential is achieved by avoiding common allergens, such as soy, whey and nuts that are present in many nutritional bars
- Contains 24 essential vitamins and minerals with antioxidant vitamins A, C and E
- A good source of fibre



How to Use

Enjoy 1–2 bars per day. Drink 250 ml of water with the bar.



Arbonne® PhytoSport™

Collection Focus Guide

DID YOU KNOW?

All of the energy we need for life, as well as for exercise, comes from the foods we eat and the fluids we drink. To perform at your body's peak level, sports nutrition experts recommend specific nutrients before and after a workout, along with plenty of fluids.

Every category of nutrition is important for overall health, but carbohydrates, proteins and fluids are the three key aspects of nutrition to focus on before, during and after strenuous activity.

SCIENCE AND EDUCATION

The following content is provided for educational purposes only. It is not intended to make health claims regarding our products.

Carbohydrates

Carbohydrates are the most important source of energy for athletes. No matter the sport, whether you're just starting out or in training, carbohydrates provide the energy that fuels muscle contractions. Once they are consumed, carbohydrates break down into smaller sugars absorbed by the body and are used as energy. Any glucose not needed right away gets stored in the muscles and liver in the form of glycogen.

Glycogen is the source of energy most often used by the body during exercise. During longer periods of activity, fat can help fuel the body, but the process is slower and not ideal for efficient energy production.

One gram of carbohydrate provides 4 calories per gram of energy for the body. Athletes often talk about carbohydrate loading and carbohydrate depletion, which refers to the amount of carbohydrate energy that can be stored in our muscles as glycogen to be ready for our body's use. During exercise or activity, we use up stored carbohydrates in our muscles as fuel.

If we don't replenish these stores, we can run out of fuel. Athletes often refer to this as "hitting the wall." How long our body's energy supply lasts depends on the length and intensity of activity. To avoid running out of energy while working out or competing, start with full glycogen stores, replenish them during exercise and refill them after exercise to be ready for the next workout.

Simple carbs, or sugars, are absorbed by the body and converted to energy very quickly and provide a rapid source of energy. Complex carbohydrates take longer to digest and absorb into the body. This breakdown also requires more effort, so complex carbohydrates are converted to energy at a slower rate than simple sugars.

Proteins

Protein consists of amino acids that combine to make muscles, bone, tendons, skin, hair, and other body tissues. Proteins also help our body transport nutrients and create enzymes, which trigger the multitude of biochemical reactions that occur daily in our bodies. More than 10,000 types of proteins in the body complete all of these critical functions.

Essential amino acids must be obtained from diet; therefore, it's important to consume adequate amounts of high-quality protein. Athletes need protein to repair and rebuild muscle that gets broken down during exercise and to help with carbohydrate metabolism. Branched-chain amino acids — like leucine, isoleucine and valine — help support muscle repair.

Fluids

Keeping your body hydrated is essential for everyone. Water is the most important nutrient and has many critical functions, including regulating temperature, lubricating joints and transporting nutrients as well as waste throughout the body.

Staying hydrated is especially important during exercise to ensure comfort, performance and good health. The longer and more intense the exercise, the more important it is to drink the right kind of fluids. Studies have found that athletes who lose as little as 2% of their body weight while sweating can experience

a drop in blood volume, causing the heart to work harder to circulate blood. This can lead to muscle cramps, dizziness, fatigue and heat-related illness.

Electrolytes regulate muscle function and nerve function, hydration, blood pressure, and the rebuilding of body tissue. Our electrolyte levels can fluctuate when the water levels in the body change, which occurs when our level of hydration goes up or down. Imbalanced electrolyte levels can lead to either weak muscles, or muscles that contract too severely and cramp during periods of exercise.

According to the Institute of Medicine, the need for electrolyte replenishment during exercise depends on intensity, duration, weather and individual sweat-rate differences. Sodium and potassium are needed to help replace sweat-related electrolyte losses, and sodium also helps stimulate thirst. Other electrolytes, such as calcium, magnesium, chloride, and phosphorus, help maintain the acid-base balance in the body and support muscle, nerve and cardiac function.

THE ARBONNE PHYTOSPORT™ STORY

The Arbonne PhytoSport collection has been designed to deliver support to athletes and amateur activity enthusiasts. The products can help support physical performance, endurance and energy production to help build confidence in the body's natural abilities.

The PhytoSport system has been formulated with plant-powered ingredients, amino acids, vitamins and minerals to deliver results that are fueled by nature. The products do not contain ingredients typically found in competitive lines, such as whey, caffeine and soy that some have sensitivity to, yet they help you achieve peak performance.

All three PhytoSport products contain a blend of botanicals to help support every workout, every time. The blend consists of:

- **Cayenne** – Traditionally used in herbal medicine to support peripheral circulation
- **Ginseng** – Used in herbal medicine to help enhance physical capacity and performance in cases of physical stress
- **Turmeric** – Source of antioxidants for the maintenance of good health

Sports nutrition is a category experiencing rapid growth, and according to Euromonitor International,

in 2014, Canada was one of the leading global markets as the world's sixth-largest market. By 2018, Canadian sports nutrition market sales are expected to grow to US \$234 million. Currently, this category accounts for 4% of the US \$206 billion global consumer health industry. As a result, adding this collection to our nutrition category will allow us to grow our results.

The PhytoSport Product Collection Includes:

- Prepare & Endure
- Complete Hydration
- After Workout

All products are BSCG Certified:

Banned Substances Control Group (BSCG) tests for more than 207 drugs banned by sporting groups including the WADA, NFL, MLB, NHL, NBA, MLS, PGA, LPGA, and NCAA, and is the only certification provider to cover an additional 185 prescription and over-the-counter drugs not banned in sport. BSCG also regularly tests products for label verification, identity and contaminants, and audits manufacturers for Good Manufacturing Practices (GMP) compliance.

PREPARE & ENDURE

Features

- Orange-pineapple flavoured, powdered drink provides simple carbohydrates that can be readily converted into functional energy for maintaining endurance
- Source of amino acids involved in muscle protein synthesis
- Helps increase physical performance during intensive exercise
- Formulated for men and women 18 and older to support all levels of activity or competitive performance
- Vegan-certified; formulated without gluten and artificial flavours, colours or sweeteners

Benefits

- Blend of key botanicals — including cayenne, ginseng and turmeric — supports peripheral circulation, physical capacity and performance, as well as offers antioxidant protection
- Amino acids and vitamins help support muscle protein synthesis and maintain cellular energy output
- Vitamin B12 helps support red blood cell formation
- Contains Panax ginseng to help enhance physical performance in cases of physical stress



How to Use

Mix 1 scoop (12.8 g) with 250–500 ml of water immediately before consumption, prior to or during exercise. Consume 30–60 grams of carbohydrates per hour of high-intensity exercise. Mix well or shake. Use within 30 days of opening as product may harden over time.

COMPLETE HYDRATION

Features

- Features an antioxidant blend of vitamins C and E to fight free radicals generated through physical exertion
- Source of amino acids involved in muscle protein synthesis
- Helps maintain proper muscle function
- Formulated for men and women 18 and older to support all levels of activity or competitive performance
- Vegan-certified; formulated without gluten, artificial flavours, colours or sweeteners

Benefits

- Blend of key botanicals — including cayenne, ginseng and turmeric — supports peripheral circulation, physical capacity and performance, as well as offers antioxidant protection
- Magnesium helps maintain proper muscle function, nutrient metabolism, and good health
- Panax ginseng helps enhance physical capacity and performance in cases of physical stress

How to Use

Take one serving (10.2 g) once per day. Mix well with 500 ml of water immediately before consumption. Hydrate before, during and after exercise.



AFTER WORKOUT

Features

- Assists in the building of lean muscle tissue when combined with consistent weight or resistance training and a healthy, balanced diet
- Helps increase physical performance during intensive exercise
- Add to an Arbonne Essentials® Protein Shake or mix with water for a post-workout protein and nutrient boost
- Formulated for men and women 18 and older to support all levels of competitive activity
- Vegan-certified; formulated without gluten, artificial flavours, colours or sweeteners

Benefits

- Blend of key botanicals — including cayenne, ginseng and turmeric — supports peripheral circulation, physical capacity and performance, as well as offers antioxidant protection
- Pomegranate contains specific compounds called punicalagins that act as antioxidants
- Magnesium helps support proper muscle function
- Vitamin B12 helps the body metabolize carbohydrates, proteins and fats, as well as helps support red blood cell formation
- Source of branched-chain amino acids, which are involved in muscle protein synthesis and for maintenance of good health
- Contains panax ginseng to help enhance physical performance in cases of physical stress

How to Use

Mix 2 scoops (12.4 g) with 500 ml of water immediately before consumption or add to an Arbonne Essentials Protein Shake. Ideally, consume within 30 minutes of physical activity.





ARBONNE ESSENTIALS® HERBAL MUSCLE MASSAGE GEL

When sports and exercise have your muscles aching, turn on the heat. Feel the pain-relieving benefits of our gel that soothes tired muscles and provides temporary relief for minor muscle aches and pains. Contains menthol and eucalyptus. Not intended for sensitive skin or face.

#2941; \$18 (16 QV)

FEATURES

- Warming action gel provides temporary relief from muscle and joint aches and pains
- Non-greasy, fast-absorbing formula is ideal for athletes
- Formulated without gluten



HOW TO USE

For adults, adolescents, and children 2–12 years old. Apply thinly and evenly to affected area up to 3–4 times per day. Rub and/or massage into skin until solution vanishes. Please see the label for more detailed usage information and warnings.

ARBONNE ADVANTAGE

Achieve a competitive, athletic edge with the Arbonne PhytoSport™ collection. Formulated with plant-powered ingredients, amino acids, vitamins and minerals to deliver results that are fueled by nature.

COMPLEMENTARY PRODUCTS

PhytoSport

Prepare & Endure, #6260; \$60 (50 QV)

Complete Hydration, #6264; \$42 (35 QV)

After Workout, #6268; \$60 (50 QV)



KEY INGREDIENTS & BENEFITS

- Capsicum, eucalyptus, menthol and methyl salicylate provide temporary relief from muscle and joint aches and pains

INGREDIENT LIST

MEDICINAL INGREDIENTS: Capsicum (*Capsicum frutescens*, Fruit) 0.8% (0.032% Capsaicin), Eucalyptus Globulus Leaf Oil (*Eucalyptus* spp, Eucalyptus-Leaf) 0.5%, dl-Menthol 5%, Methyl salicylate 10%.

NON-MEDICINAL INGREDIENTS: Water, Butylene Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Aminomethyl Propanol, Lecithin, Phenoxyethanol, Disodium EDTA, Arnica Montana Flower Extract, Hamamelis Virginiana (Witch Hazel) Extract, Calendula Officinalis Flower Extract, Anthemis Nobilis Flower Extract.

Prices listed are suggested retail.

Learning & Selling Cosmetics

We believe in uncomplicated beauty that enhances your features and best traits while maximizing the overall appearance of radiant, healthy-looking skin. A perfect complement to your Arbonne skincare system, Arbonne Cosmetics is a complete line of makeup that lets you bring your best face forward with pure, safe, beneficial[™] in mind.

Practice makes perfect. Wear Arbonne Cosmetics yourself and learn to improve your makeup application skills. When you show that you are intimidated about makeup, your customers will feel intimidated too — so don't be afraid to try that new shade or new look and just have fun! Use face charts to help keep record of which item is used or recommended for your Clients. Your Clients can take these charts with them so they know what to reorder when they run out.

Makeup Basics

Find Your Foundation Shade

Determine your skin undertone to narrow down your perfect shade:

COOL

- Your skin has a soft pink to red undertone.
- Veins in your inner wrists appear more blue than green.
- Your skin tends to turn red first in the sun before it starts to tan.

NEUTRAL

- Your skin has a balanced beige undertone that is between pink and yellow.
- You can't decide if you are Cool or Warm or you feel that you are in between.

WARM

- Your skin has a soft yellow to golden undertone.
- Veins in your inner wrists appear more green than blue.
- Your skin tends to tan a golden or brown colour in the sun. Pick two or three shades, and apply them in a row on your wrist or chin. The shade that seems to seamlessly “disappear” into your skin is your shade!

TIP: Apply a very small amount of product when shade matching. Try customizing your shade by mixing the two shades closest to your skin tone.

Get the Look Lessons

Neutral Eye

1. Fill entire eyelid with Vanilla as a base.
2. Apply Sand in the crease of the eye using a “windshield wiper” motion. Add Java if you would like more depth and shadow.
3. Shade the lower lid area under the crease with Smoke.
4. Using the slant/angle brush, apply Java along the lash line like eye liner.

Smoky Eye

1. Fill entire eyelid with Linen as a base.
2. Apply Cabernet in the crease of the eye using a “windshield wiper” motion. Toward the outer corners of the eyes, apply Chocolate to add depth. Blend well.
3. Shade the lower lid area under the crease with Suede.
4. Using the slant/angle brush, apply Chocolate along the lash line like eye liner.



Arbonne® Cosmetics

Face Collection Focus Guide

DID YOU KNOW?

Cosmetics products for your face can deliver healthy skin benefits along with smoothing, perfecting and contouring results. Some of the benefits from skin cosmetics can include:

- **Protection:** Makeup with UVA/UVB protection can help prevent sunburn and, if used as directed with other sun protection measures, can reduce the risk of skin cancer and early skin aging.
- **Moisture balance support:** Cosmetics can help support the skin's moisture levels to minimize the appearance of fine lines and wrinkles. Select the formula that delivers the best hydration for your skin type.

Beautiful, healthy-looking skin starts with a personalized skincare regimen to help create the perfect canvas for your cosmetics. Cosmetics can help you create the perfect finish that delivers the look you want for day or night.

The ideal makeup options help you create a “flawless face” appearance and complement your skincare regimen. The products should:

- Conceal imperfections
- Create a smooth, even base
- Set the look and complete it with a perfect finish



The Arbonne Cosmetics Face Collection Story

Arbonne Cosmetics face products address the needs of every skin type, tone and age. They help achieve flawless coverage while natural botanicals and age-defying ingredients help your skin look and feel fabulous.

We have formulated our cosmetics to make you look and feel gorgeous, living up to our Arbonne philosophy: pure, safe and beneficial...

We focus on every ingredient in our products to ensure they deliver nothing but beautiful results so that you can focus on how beautiful they make you look.

Our Crème Concealer helps cover minor scars, age spots, dark circles under the eyes, and blemishes. The Makeup Primer creates a smooth canvas for foundation. Our Sheer Glow Highlighter can help brighten shadowy areas of the face to help diminish a “tired look.”

When choosing foundation that will work best, first consider skin type:

- **Dry:** Choose a liquid or hydrating powder foundation that won't settle into dry skin or fine lines and wrinkles.
- **Oily:** Choose an oil-free liquid or powder foundation. Typically these foundations absorb oil, leaving you with a smooth, matte finish.
- **Combination:** Help your Client choose products to achieve the desired level of coverage and comfort. Mix and match foundation types to achieve the desired coverage. For example, if your Client tends to have a drier face with an oily T-zone, recommend a liquid foundation over cheeks and jawline with a matte powder for the forehead, nose and chin. Blend with a thick brush to achieve a natural look.

Ask your Clients what type of finish and coverage they prefer to help you recommend the best options.

Have your Clients do a spot test on their jawline or cheek with the chosen shade. The ideal shade should disappear and blend in to the skin tone on the neck. For best results, test in natural light.

Sheer Pressed Powder or Setting Pretty Translucent Loose Powder are ideal for setting foundation and keeping it looking fresh all day. For the perfect finish, also recommend the best shade of bronzer and blush to achieve a natural glow.

The Arbonne Cosmetics Face Collection Includes:

- Makeup Primer
- Crème Concealer
- Arbonne Intelligence® CC Cream
- Perfecting Liquid Foundation with SPF 15
- Sheer Pressed Powder
- Got You Covered Mineral Powder Foundation Broad Spectrum SPF 15
- Sheer Glow Highlighter
- Bronzer
- Blush
- Setting Pretty Translucent Loose Powder Broad Spectrum SPF 15
- Cosmetics Brush Set / Mineral Powder Brush

MAKEUP PRIMER

Features

- Lightweight, smooth, creamy formula preps skin for more flawless foundation application
- Minimizes the look of skin imperfections, delivering a diminished appearance of fine lines and pores
- Helps makeup last longer throughout the day
- Dermatologist- and ophthalmologist-tested

Benefits

- Hyaluronic spheres help prime skin, creating a soft canvas
- Green tea leaf extract conditions skin
- Grapeseed extract helps smooth skin and balance moisture
- Iron oxides and mica create a soft focus appearance by covering imperfections
- Horsetail extract helps condition skin



CRÈME CONCEALER

Features

- Masks skin imperfections such as fine lines, dark circles, redness or scars
- Blends seamlessly into the skin or with foundation, resulting in a soft finish
- Suitable for all skin types
- 3 shades:



Light #7865



Medium #7866



Dark #7867

Benefits

- Shea butter, rich in vitamins A and E, delivers moisture
- Polypeptides contain skin-conditioning amino acids
- Aloe barbadensis leaf extract moisturizes skin and restores suppleness
- Cucumber extract hydrates to soothe and comfort
- Key botanicals:
 - Buddleja davidii extract conditions skin and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful



ARBONNE INTELLIGENCE® CC CREAM

Features

- 10-in-1 product: 1. Primer; 2. Protector; 3. Concealer; 4. Hydrator; 5. Mattifier; 6. Brightener; 7. Blemish Cover; 8. Pore Refiner; 9. Comforter; 10. Complexion Controller
- Lightweight formula builds coverage to be worn alone or under makeup to deliver healthy-looking skin
- Nurturing botanicals help soothe and hydrate, protecting the moisture barrier while creating a dewy-looking complexion
- Suitable for all skin types
- 4 shades:



Fair #7795



Light #7796



Medium #7797



Dark #7798

Benefits

- Proprietary complex Phytinol™ combines alfalfa and chicory extracts, which work together to help promote improved skin tone and surface smoothness for diminished signs of aging
- Caper fruit extract conditions and moisturizes skin
- Red algae extract, rich in minerals, helps condition skin for a radiant look



ARBONNE INTELLIGENCE® CC CREAM

Clinical Results

After 1 week:

- **Primer:** 97% agreed the product provided skin with an even and smooth texture
- **Protector:** 92% agreed the product protected skin's moisture barrier, delivering a dewy-looking complexion
- **Concealer:** 86% agreed the product concealed skin discoloration and imperfections
- **Hydrator:** 92% agreed the product moisturized the skin
- **Mattifier:** 92% agreed the product helped minimize shine
- **Brightener:** 92% agreed the product made skin look brighter
- **Blemish Cover:** 83% agreed the product covered skin imperfections
- **Pore Refiner:** 95% agreed the product helped minimize the appearance of pores
- **Comforter:** 92% agreed the product soothed skin through moisturization
- **Complexion Controller:** 94% agreed the product helped perfect the look of skin complexion

Based on a perception study of 35 women


















PERFECTING LIQUID FOUNDATION WITH SPF 15

Features

- Creates a naturally radiant complexion with moderate to full coverage
- Satin-like formula glides on and blends easily
- Diminishes the appearance of fine lines and wrinkles with skin hydration
- Broad spectrum SPF 15 sunscreen protects against UVA/UVB rays

- 15 shades:

 Alabaster #7621	 Honey Beige #7626	 Deep Beige #7631
 Porcelain #7622	 Neutral Beige #7627	 Golden Bronze #7632
 Fair #7623	 Rosy Beige #7628	 Toffee Bronze #7633
 Soft Blush #7624	 Golden Beige #7629	 Deep Bronze #7634
 Buff #7625	 Earthy Beige #7630	 Espresso #7635

Benefits

- Polypeptides contain skin-conditioning amino acids
- Ribose helps diminish the appearance of wrinkles and promotes skin's natural radiance by delivering moisture
- White tea extract contains antioxidant properties
- Alaria esculenta extract helps enhance the skin's moisture barrier
- Key botanicals:
 - Buddleja davidii extract conditions skin and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful



SHEER PRESSED POWDER

Features

- Optilight Technology blurs the appearance of skin imperfections, reduces shine, and helps set and maintain foundation
- Perfect for on-the-go touch-ups throughout the day
- Suitable for all skin types
- 3 shades:

● Light #7826

● Medium #7827

● Dark #7828

Benefits













- Ribose helps diminish the appearance of wrinkles and promotes skin's natural radiance by delivering moisture
- Rice lipids help hydrate skin and provide a healthy-looking glow
- Key botanicals:
 - Buddleja davidii extract conditions skin and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful



GOT YOU COVERED MINERAL POWDER FOUNDATION BROAD SPECTRUM SPF 15

Features

- Optilight Technology delivers the appearance of smoother skin
- Botanical ingredients help balance and perfect complexion by delivering hydration
- Silky-smooth, feather-light formula conceals imperfections with buildable coverage
- “No-makeup” feel formula prevents moisture loss while creating a shine-free natural finish
- Broad spectrum SPF 15 sunscreen protects against UVA/UVB rays
- Customized fabric mesh sifter works with the brush and formula for mess-free application
- Vegan formula, non-comedogenic and dermatologist-tested
- 12 shades:

 Ivory #6600	 Radiant #6615	 Natural #6618	 Rose #6609
 Bisque #6612	 Satin #6621	 Beige #6606	 Bronze #6630
 Nude #6603	 Olive #6624	 Almond #6627	 Cocoa #6633

Benefits

- Linseed extract helps moisturize, restore suppleness, and control oily shine
- Rice lipids help hydrate skin and provide a healthy-looking glow
- Ribose helps diminish the appearance of wrinkles and promotes skin’s natural radiance by delivering moisture



SHEER GLOW HIGHLIGHTER

Features

- Lightweight formula goes on smoothly and can be mixed or worn under or over any foundation, moisturizer or powder to add shimmer and a soft glow
- Light-diffusing effect illuminates and highlights the skin
- Suitable for all skin types or tones

Benefits

- Key botanicals:
 - Buddleja davidii extract conditions skin and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful
- Vitamin E enhances suppleness



BRONZER

Features

- Universal, longwearing bronzing powder blends into skin while delivering moisture to achieve a youthful, natural-looking glow
- Blends and builds easily with or without blush for a contoured look
- Suitable for all skin types

Benefits









- Lavender extract helps hydrate, calm and condition
- Licorice extract helps moisturize and condition
- Chamomile extract helps condition and soothe
- Key botanicals:
 - Buddleja davidii extract conditions skin and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful



BLUSH

Features

- Longwearing powder seamlessly blends into skin while delivering moisture to achieve a youthful, natural-looking radiance
- Enhances all skin tones and helps conceal the appearance of redness
- Blends and builds easily with or without a bronzer to create a natural, healthy look
- Suitable for all skin types
- 8 shades:

 Berry * #7837	 Apricot * #7840	 Merlot #7843
 Dusty Rose #7838	 Taffeta #7841	 Sunset #7844
 Blossom * #7839	 Ballet #7842	



Benefits

- Ribose helps diminish the appearance of wrinkles and promotes skin's natural radiance by delivering moisture
- Polypeptides contain skin-conditioning amino acids
- Key botanicals:
 - Buddleja davidii extract conditions skin and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful

SETTING PRETTY TRANSLUCENT LOOSE POWDER BROAD SPECTRUM SPF 15

Features

- Luminescent and weightless, sets any foundation to deliver a long-lasting, radiant finish
- Optilight Technology flatters all skin types by softening the look of wrinkles and pores
- Broad spectrum SPF 15 sunscreen protects against both UVA and UVB rays

Benefits

- Linseed extract moisturizes, restores suppleness, and controls oily shine
- Rice lipids help hydrate skin and provide a healthy-looking glow
- Ribose helps diminish the appearance of wrinkles and promotes skin's natural radiance by delivering moisture



ARBONNE COSMETICS BRUSH SET

Features

- Made with soft, synthetic nylon fibres and natural reclaimed wood handles dyed with water-based pigment
- Brushes come in a logo-branded cotton canvas case with a pocket to store makeup extras
- 100% vegan and cruelty-free
- Includes 6 brushes:
 1. **Powder Brush:** Billowy, soft, and fully dense brush allows you to apply powder with control, creating an “airbrushed” finish
 2. **Cheek Brush:** Slant tip for ease and control of cheek contouring; medium, soft density allows for a natural cheek colour application and prevents over-application
 3. **Liquid Foundation / Flat Brush:** Great for liquid foundations and concealer for proper blending; features a rounded head to match the natural contours of the face such as the corners under the eyes
 4. **All Over Eye Shadow Brush:** Perfect length, size and density for all eye shadow looks and blending
 5. **Shading Brush:** Shorter head provides maximum control for effortless creasing or shading
 6. **Slant Brush:** Can be used to fill in brows or line eyes with wet shadow



MINERAL POWDER BRUSH

Features

- Designed for use with Got You Covered Mineral Foundation Powder
- Dome-shaped bristles are ideal for even application of loose powder
- Soft yet dense brush tip holds powder in place without a mess
- 100% vegan and cruelty-free



Arbonne Cosmetics

Eye Collection Focus Guide

DID YOU KNOW?

The skin around the eyes is thinner and can be more sensitive than other areas of the face. To care for this delicate skin, use your favourite Arbonne eye cream morning and evening, and choose gentle eye cosmetics that deliver lasting colour.

Eye Liner

Eye liner helps accentuate lashes and eye shape. It adds depth to lashes and makes them appear thicker. When applying eye liner, get as close to the lash line as possible. Start with a thin line and build this up slowly to create the desired look. There are two different types of eye liner:

- **Pencil Eye Liner:** Pencil can be easier to use to create a smoky eye or to blend.
- **Liquid Eye Liner:** It can take practice to get a precise line with liquid eye liner. If you make a mistake when applying, wait for it to dry, and clean it up with a cotton swab dipped in makeup remover. Dab dry and then try again.

Eye Shadow Tips and Tricks

Preparation: Prep the eyelid with Arbonne Cosmetics Crème Concealer or Makeup Primer before applying shadow for smooth, even application. On fair skin, this also helps neutralize red and blue tones.

Application: Tap excess eye shadow from your brush before applying to prevent over-application and help minimize creasing. Load your brush with small amounts of colour. It's easier to add more product than it is to take it away.

Choosing Shades for Eye Colour

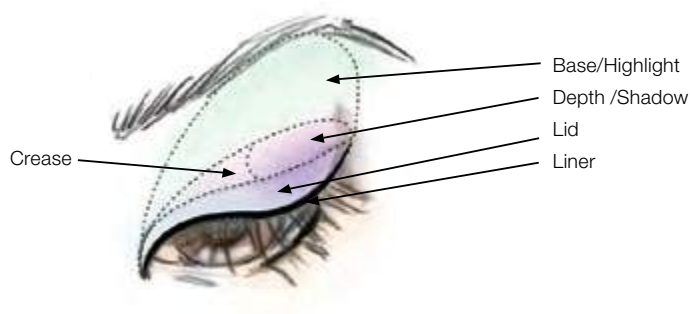
To really make eye shadow colours pop, choose a contrasting shade in a soft tone.

- Blue eyes come alive with neutral peachy hues as well as purples, grays and taupes.
- Green eyes seem richer with light bronze and caramel tones.
- Hazel eyes become more alluring with chestnut and golden brown shades.
- Brown eyes are nicely accented by neutral tones.

Applying Light and Dark Shades

Light or softer colours such as beige, soft pink, soft brown or peach should be applied to the lid or to highlight the under-brow area.

Darker shades such as dark brown, deep purple, black or gray can be applied to the lid, crease, and outer-eye corner, or can be used as a liner to create softer definition.



The Arbonne Cosmetics Eye Collection Story

The Arbonne Cosmetics eye collection gives you the tools to create effortless beauty for day or night. We have formulated all of our eye cosmetics to make you look and feel gorgeous, living up to our Arbonne philosophy: pure, safe, beneficial™. We focus on every ingredient in our products to ensure they deliver nothing but beautiful results, so you can focus on how beautiful they make you look.

The Arbonne Cosmetics eye collection includes:






- Eye Shadow
- Eye Liner
- Liquid Eye Liner
- Eyebrow Gel
- Lash Enhancer
- It's A Long Story® Mascara
- Easy on the Eyes Eye Makeup Remover



EYE SHADOW

Features

- Richly pigmented colour blends easily to create the perfect shadow effect
- Mineral and botanically infused formula keeps colour true throughout the day
- 20 shades:

 Suede #7845	 Smoke * #7852	 Blue Slate #7859
 Vanilla #7846	 Indigo #7853	 Titanium * #7860
 Ivy #7847	 Blackout #7854	 Cabernet #7861
 Lilac * #7848	 Snow #7855	 Moss #7862
 Java #7849	 Midnight #7856	 Linen * #7863
 Sand #7850	 Chocolate * #7857	 Ocean #7864
 Petal #7851	 Divine Plum * #7858	









Benefits

- Polypeptides contain skin-conditioning amino acids
- Mallow extract conditions skin
- Cucumber extract hydrates to soothe and comfort
- Key botanicals:
 - Buddleja davidii extract acts as a skin-conditioning agent and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful

EYE LINER

Features

- Creamy eye liner glides on easily for precise application and definition
- Richly pigmented colour is infused with botanicals and minerals
- Formulated to be longwearing and comfortable on the skin
- Includes a hidden detachable sharpener in the bottom of the applicator
- 6 shades:

 Charcoal #7892	 Cocoa #7894	 Toffee #7896
 Ebony #7893	 Olive #7895	 Plum #7897

Benefits

- Sunflower seed oil contains natural antioxidants along with fatty acids to help moisturize and condition skin
- Cupuacu seed butter conditions skin to enhance the appearance of skin elasticity and deliver moisture
- Ribose delivers moisture to help promote skin's natural radiance



LIQUID EYE LINER

Features

- Longwearing, creamy formula glides on smoothly
- Non-fraying tip allows for precise application
- 2 colours: black, brown

Benefits

- Polypeptides contain skin-conditioning amino acids
- Sunflower seed oil contains natural antioxidants and fatty acids to help moisturize and condition skin
- Sesame seed oil helps retain skin moisture
- Ribose delivers moisture to help promote skin's natural radiance
- Key botanicals:
 - Buddleja davidii extract acts as a skin-conditioning agent and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful
- Aloe vera soothes and moisturizes



EYEBROW GEL

Features

- Clear, lightweight gel brushes on easily to shape and define brows
- Holds brows in place throughout the day and conditions

Benefits

- Polypeptides contain skin-conditioning amino acids
- Ribose delivers moisture to help promote skin's natural radiance
- Key botanicals:
 - Buddleja davidii extract acts as a skin-conditioning agent and contains antioxidant properties
 - Marrubium vulgare extract conditions and soothes
 - Thyme extract conditions and moisturizes to keep skin looking healthy, radiant and youthful
- Aloe vera soothes and moisturizes



LASH ENHANCER

Features

- Strengthens and conditions to revitalize lashes from root to tip
- Helps prevent breakage while promoting thicker, longer-looking lashes
- Suitable for all skin types

Benefits

- Polypeptides contain skin-conditioning amino acids
- Fennel seed extract moisturizes lashes
- Ginseng root extract conditions skin and lashes



IT'S A LONG STORY® MASCARA

Features

- Creates the look of longer, fuller lashes
- Flexible brush with uniform bristles glides mascara on smoothly for lash by lash definition
- Clinically tested and formulated to be water-resistant and longwearing
- Vegan formulated

Benefits

- Polypeptides contain skin-conditioning amino acids
- Pea and bamboo extracts condition lashes
- Panthenol, also known as pro-vitamin B5, conditions lashes to help them look soft and smooth



EASY ON THE EYES EYE MAKEUP REMOVER

Features

- Non-irritating, dual-action formula effortlessly wipes away all traces of eye makeup
- Hydrates and soothes the delicate skin around the eye, leaving it feeling smooth and refreshed
- Hypoallergenic; ophthalmologist- and dermatologist-tested

Benefits

- Panthenol, also known as pro-vitamin B5, conditions lashes to help them look soft and smooth
- Plankton extract rehydrates, increases moisture, and helps maintain the lipid barrier
- Mallow flower extract contains soothing properties to hydrate and support moisture balance
- Aloe vera soothes and moisturizes





Arbonne Cosmetics

Lip Collection Focus Guide

DID YOU KNOW?

Lips have the thinnest layer of stratum corneum, the protective coating on top of your skin, compared to anywhere else on the body. Also, unlike other parts of the body, lips don't have sebaceous glands to naturally keep skin moisturized. The only natural moisture source for lips is saliva, one reason they become chapped, damaged and dry so easily. Exposure to sunlight, stress, foods, nicotine and genetics can diminish collagen, elastin and hyaluronic acid that help keep lips looking and feeling healthy.

Collagen can diminish as we age, causing fine lines and wrinkles to appear in and around the delicate lip area. Lips can also lose some of their shape and definition with age, making the face appear older.

The Arbonne Cosmetics Lip Collection Story

Arbonne lipsticks, liners and glosses support a youthful lip appearance while also moisturizing. All three products are designed to help the delicate lips appear defined, plumped and moisturized, delivering youthful, effortless beauty.

We have formulated lipsticks, glosses and liners that make you look and feel gorgeous while living up to the Arbonne philosophy: pure, safe, beneficial.

The formulas are developed with targeted ingredients that help deliver beautiful results, so you can simply focus on how beautiful they make you look.

You can rejuvenate the look of lips and highlight their fullness and shape with lipsticks, liners and glosses that deliver skincare benefits when applied throughout the day.

For the most part, lipstick is purely thought of as a beauty product. However, with emerging science and efficacious botanicals, cosmetics have the opportunity to become a beauty tool in more ways than one. When choosing lip beauty products, consider the formula's ingredients — it's estimated that women ingest up to 8 kgs of lipstick in their lifetime. No product is perfect, but consumers should try to choose products formulated with the most wholesome, botanical ingredients possible.

Key Points of Difference

The Arbonne Lip Beauty Collection products contain:

- Botanicals with antioxidants: Antioxidants support skin, helping minimize free radical activity.
- Naturally derived moisturizing elements: Maintaining moisture levels and preventing dry, chapped lips helps minimize the appearance of aging.

The Arbonne Lip Beauty Collection offers the following products:

- Smoothed Over Lipstick
- Glossed Over Lip Gloss
- Lip Liner

SMOOTHED OVER LIPSTICK

Features

- Available in 16 shades that blend effortlessly with lip liner and lip gloss shades

Magnolia	Willow	Currant	Poppy	Terra	Guava	Flora	Dahlia
Rose	Peony	Lotus	Camellia	Iris	Hibiscus	Aster	Dream

- Limited-edition Arbonne Charitable Foundation® shade — Dream
- Creamy formula distributes colour richly and evenly, providing the coverage of a lipstick with the nourishing properties of a balm
- The moisturizing base contains efficacious levels of botanicals that deliver a luxurious feel with visible results of plumper, smoother, softer-looking lips
- Dermatologist-tested, hypoallergenic, vegan
- Formulated without gluten or parabens

Benefits

- Hyaluronic acid helps provide long-lasting hydration by distributing a moisturizing layer on the skin, reducing the appearance of fine lines and wrinkles.
- Peptides add moisture and visibly increase the look of lip volume.
- Polymers provide a moisturizing hydro-lipid layer that helps colour pigments disperse evenly for longer wear.
- A naturally derived complex of watermelon fruit extract, lentil fruit extract, and apple extract helps provide both immediate and long-term moisture while imparting a plumping effect to give the appearance of full, lush lips.
- Leontopodium alpinum extract from the edelweiss plant soothes dehydrated lips with moisturizing properties.



Sales Tip

Help Clients select the perfect shade for their skin tone:

<p>Fair</p> <p>Pinks, beige and lighter shades</p> <p>Lipsticks: Aster, Rose, Flora, Guava, Terra, Camellia, Peony, Currant, Willow, Magnolia, Hibiscus</p>	<p>Medium</p> <p>Brown-based rose, mauve and berry</p> <p>Lipsticks: Aster, Iris, Lotus, Dahlia, Flora, Poppy, Guava, Rose</p>	<p>Dark</p> <p>Rose, deep plums, chocolates and reds</p> <p>Lipsticks: Aster, Rose, Flora, Iris, Lotus, Dahlia, Currant</p>
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GLOSSED OVER LIP GLOSS

Features

- Available in 10 shades that blend effortlessly with Arbonne Lip Liner and Smoothed Over Lipstick

Calla	Hazel	Mimosa	Hyacinth	Mallow
Larkspur	Linden	Cosmos	Primrose	Anise

- Glossy and shimmery finishes available
- Can be worn as a topcoat over lipstick to add a more voluminous look and shine or alone for sheer-to-medium coverage
- Smooth, creamy, non-tacky formula to deliver longwearing colour and shine
- Professional brush applicator disperses pigment evenly without smearing or smudging
- Dermatologist-tested, hypoallergenic, vegan
- Formulated without gluten, parabens or synthetic dyes

Benefits

- Naturally derived plant extracts help plump the appearance of lip texture, volume and shape while also hydrating and softening.
- Peptides instill moisture and increase the appearance of lip volume.
- Polymers provide a moisturizing hydro-lipid layer that helps colour pigments disperse evenly for longer wear.
- Leontopodium alpinum extract from the edelweiss plant soothes dehydrated lips with moisturizing properties.



Sales Tip

Help Clients create complementary lipstick and lip gloss combinations:

LIP GLOSS	LIPSTICK	LIP GLOSS	LIPSTICK
LARKSPUR	POPPY, CURRANT	LINDEN	MAGNOLIA, HIBISCUS, WILLOW, TERRA
MIMOSA	GUAVA, DREAM, POPPY	COSMOS	IRIS, CURRANT
MALLOW	CAMELLIA, PEONY	PRIMROSE	FLORA, LOTUS, ASTER, ROSE
ANISE	DAHLIA, IRIS	CALLA	FLORA, LOTUS, ASTER, ROSE
HAZEL	DAHLIA, IRIS		
HYACINTH	DAHLIA, IRIS		

LIP LINER

Features

- Available in 6 shades that blend effortlessly with Smoothed Over Lipstick and Glossed Over Lip Gloss shades



- Colour pigments coordinate with Smoothed Over Lipstick shades to define lip shape, extend wear of lipstick, and keep lip colour from bleeding
- Creates a moisture barrier along the outer edge of the lips to prevent dehydration
- Dermatologist-tested, hypoallergenic, vegan
- Formulated without gluten, parabens, synthetic dyes or fragrances

Benefits

- Hyaluronic acid helps provide long-lasting hydration by creating a moisturizing layer on the lips, reducing the appearance of fine lines and wrinkles.
- Ceramide-3 delivers skin-conditioning benefits to the delicate, outer contours of the lips.
- Peptides increase hydration and increase the appearance of lip volume.



Sales Tip

Help Clients create complementary lip liner and lipstick combinations:

LIP LINER	LIPSTICK
TULIP	LOTUS, ROSE, CAMELLIA
POMEGRANATE	CURRANT, HIBISCUS
BERRY	DAHLIA, FLORA, IRIS, ASTER
FUCHSIA	PEONY, CAMELLIA
POSEY	POPPY, GUAVA
PEACH	MAGNOLIA, WILLOW, TERRA, DREAM

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