



Product Knowledge Training Manual
Canada



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Arbonne Green Chemistry



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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 specialized ingredients in unique formulations that deliver significant product benefits.

The Arbonne Advantage: Pure, Safe, Beneficial™

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

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

Arbonne skin care products are a cut above because they are:

- Botanically based
- Vegan certified
- Never tested on animals
- Formulated without animal products or animal by-products
- Formulated without mineral oil
- Formulated without dyes
- Formulated without gluten
- Dermatologist tested
- Allergy tested
- Clinically tested
- pH correct
- Health Canada compliant
- European Parliament and Council Regulation compliant
- USFDA compliant
- Australia NICNAS and TGA compliant

The Arbonne Promise: To deliver pure, safe and beneficial products in line with our botanical tradition.

Pure

Arbonne is committed to the development of unparalleled products free of harmful ingredients, using a combination of botanical principles and scientific discovery. Our commitment begins with research and testing to ensure that our ingredients meet or exceed industry standards for purity.

Arbonne personal care products are formulated without:

- Animal products or by-products (vegan certified)
- Parabens
- Formaldehyde-donating preservatives
- PABA
- Synthetic dyes
- Triclosan
- Hydroquinone
- Gluten
- These petroleum-based ingredients: benzene, mineral oil, petrolatum or petroleum jelly, phthalates, and toluene

Arbonne nutrition products are formulated without:

- Artificial colours, flavours or sweeteners
- Animal products or by-products (vegan certified)
- Cholesterol
- Trans fats
- Gluten

Safe

Dedicated to uncompromising safety, Arbonne develops product formulas based on the most objective, conclusive and scientifically supported sources available. In addition to following our stringent internal safety policy, we abide by the standards set by:

- Health Canada
- U.S. government agencies: Food and Drug Administration (FDA), Federal Trade Commission (FTC)
- Government agencies abroad, Australia Therapeutic Goods Administration (TGA), and UK Food Standards Agency
- the National Industrial Chemicals Notification and Assessment Scheme (NICNAS)
- the Personal Care Products Council (formerly the CTFA)
- the International Fragrance Association (IFRA)

And by the standards of cosmetic safety set by the:

- European Commission Cosmetics Directive
- European Registration, Evaluation, Authorization and Restriction of Chemicals agency (REACH)
- Cosmetic Ingredient Review (CIR)
- European Commission's Scientific Committee on Consumer Safety (SCCS)

Before bringing a product to market, ingredients undergo rigorous safety assessments, and formulas pass strict safety testing to ensure the highest quality. For cosmetics and skin care, these safety tests include history of use, clinical studies showing no adverse reactions, microbiological testing, irritancy and allergy testing, along with ophthalmology testing for eye products, dermatologist testing for beauty products, and pediatrician testing for baby products. Natural health products and non-prescription drugs are regulated in Canada by Health Canada under the Food and Drug Act. Products are subject to pre-market approval, and are assessed for their safety, efficacy and quality. Arbonne rigorously adheres to the regulations for all natural health products and non-prescription drugs including pre-market approval, strict labeling requirements, and mandatory adverse event reporting, and also ensures that good manufacturing practices (GMPs), as well as the appropriate facility registration, are followed. Our quality program includes microbiological and heavy metals evaluation. In addition, we use peer-reviewed literature and established pharmacopeias to substantiate safety and efficacy.

We apply the same level of scrutiny to product labeling, particularly for consumable products. Claims must be appropriate and substantiated.

Beneficial

Arbonne offers premium quality beauty, health and wellness products specially formulated to deliver targeted results and a sensorial experience. We employ consumer and clinical testing

for product performance and to ensure our proprietary products meet our consumers' aesthetic preferences. Our best-in-class formulation benefits from the latest advances in research, consumer opinion, and input from our distinguished Scientific Advisory Board.

We combine the best of science and nature for beneficial results. By understanding the biology of the skin and hair, human anatomy, physiology, and other health sciences, we develop botanically based formulas that carefully and honestly deliver on our promise to you. To ensure reliable results, we select the highest-performing ingredients and plant-derived complexes available, using ingredients of standardized quality. From traditional medicinal plants to high-tech extracts, Arbonne harnesses nature at its best for products that promote beauty, wellness and vitality.

Arbonne products are differentiated by:

- Novel ingredients
- Proprietary blends
- Sophisticated ingredient delivery systems
- Sensorial and aesthetic body-mind-spirit experience
- In-house and independent clinical results
- Consistent, measurable efficacy

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:

- Health Canada
- 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, such as 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 Skin 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 in our environment. We 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:

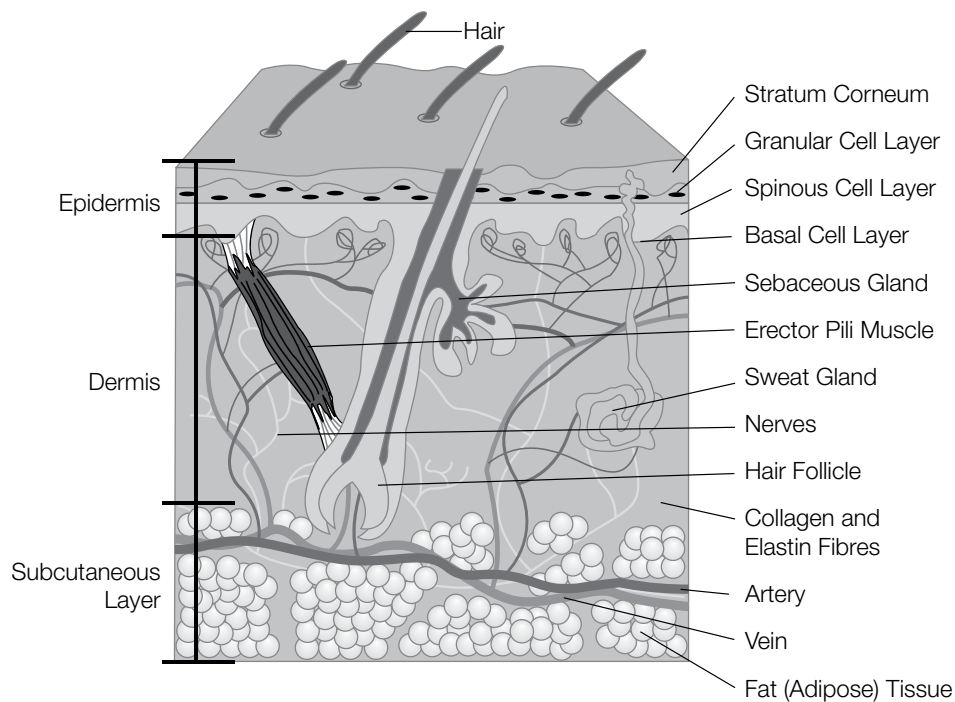
- Protection
- Sensation
- Temperature regulation
- Secretion

Skin Structure

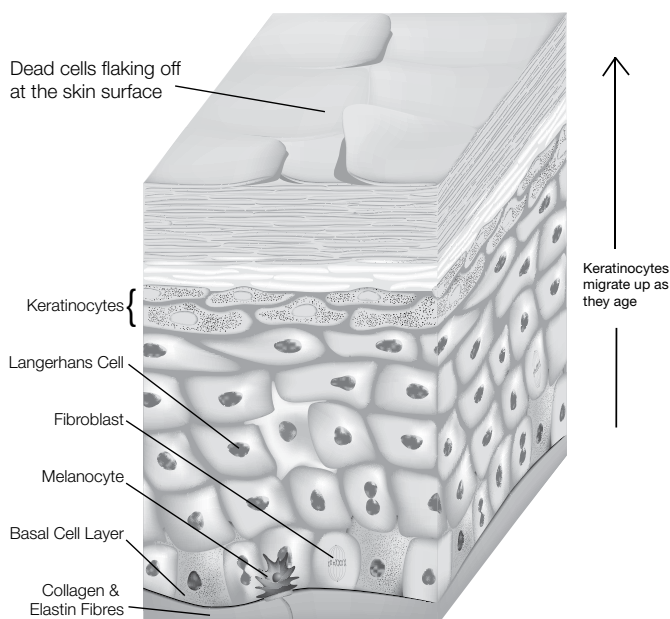
Skin is the body's largest organ. It comprises numerous complex structures performing vital protective and metabolic functions. The skin has three primary layers, each having a specific function:

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

Human Skin Diagram



Anatomy of the Epidermis and Dermis



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 contributes to 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.^[4]

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.^[4]

Dermis

This dense second layer gives skin its strength and elasticity. It contains a network of elastic fibres, referred to as connective tissue, which give 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 to 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.

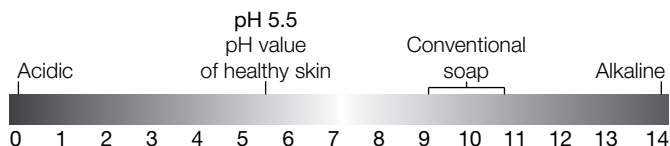
Hypodermis

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.

The pH Factor

The acidity or alkalinity of a substance is measured on the pH scale, which ranges from 0 (extremely acidic, as in lemon juice) to 7 (neutral, as in water) to 14 (extremely alkaline, as in lye). Our skin has a special feature: its surface is slightly acidic. On average the pH value of the skin is 5.5.^[1] Maintaining the skin's pH factor helps maintain a proper balance of the "acid mantle," which aids in protecting the body from bacteria and helps prevent moisture loss.

An exception to this is any product containing significant levels of alpha hydroxy acids (AHAs). AHAs require an acidic pH around 3.0 in order to maintain an effective exfoliating ability. Arbonne products that contain AHAs are formulated to be as gentle as possible, without losing their effectiveness.



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 its 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).^[2] When waging a war against time, you must know your enemy. A comprehensive skin care 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 discolorations 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, discoloration, 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.^[3] For further information on free radicals and antioxidants, see page 49.

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 resulting in dark spots.
- Oil-producing (sebaceous) glands become much less active, and skin becomes drier, more fragile and sensitive to environmental factors.

Aging and Skin Care

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

- | | |
|-----------------------|----------------------------|
| 1. Loss of Moisture | 6. Loss of Elasticity |
| 2. Rough Skin Texture | 7. Loss of Firmness |
| 3. Signs of Fatigue | 8. Wrinkles and Fine Lines |
| 4. Loss of Radiance | 9. Uneven Skin Tone |
| 5. Red Blotchiness | |



All come from the 5 Universes within the skin:

- Skin Barrier
- Skin Protein Structure
- Cellular DNA
- Cellular Metabolism
- Skin Pigmentation

Skin Barrier

- Skin becomes more vulnerable to aging environmental aggressions.
- Skin becomes drier and requires more moisturization.
- Repair and protection of the moisture barrier is needed to achieve a radiant, healthy look.

Skin Protein Structure

- Skin's ability to maintain proper collagen and elastin synthesis declines.
- Skin loses its firmness and elasticity.
- Skin shows signs of slackening and sagging as a result.
- Deep lines and wrinkles form.
- Skin slackens around pores, making them look enlarged.

Cellular DNA

- Cellular DNA damage is caused by free radicals.
- Cellular DNA damage has limited time to be repaired before it is replicated.
- Once the damage is reproduced, it cannot be repaired. The skin's integrity is compromised and it looks more and more aged.

Cellular Metabolism

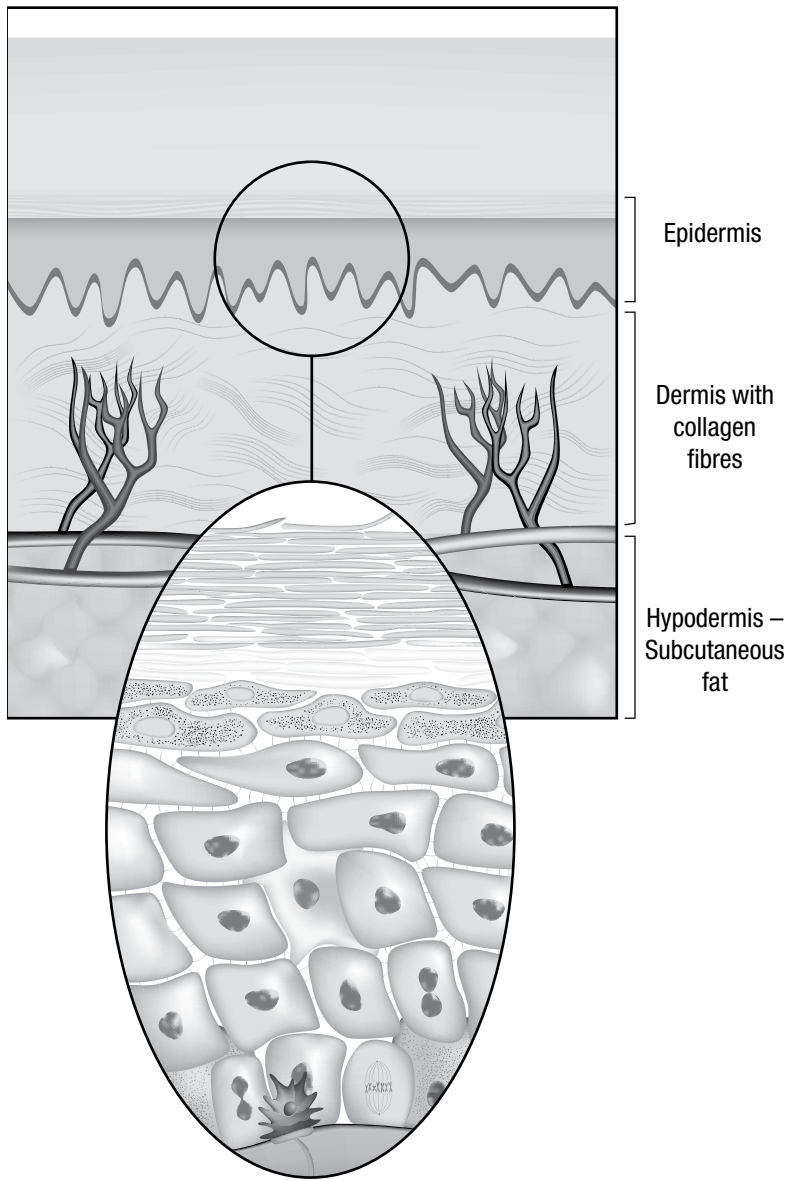
- Metabolic energy is the life force of each cell; energy is needed for regeneration and protection.
- Cellular nutrition is required for proper cell metabolism.
- Cell longevity is affected by nutrition, energy loss and metabolic slowdown.

Skin Pigmentation

- Melanin becomes over-expressed due to excessive sun exposure and free radicals.
- Skin tone becomes uneven, freckled and blotchy.
- Melanin accumulates and forms stubborn, dark spots.

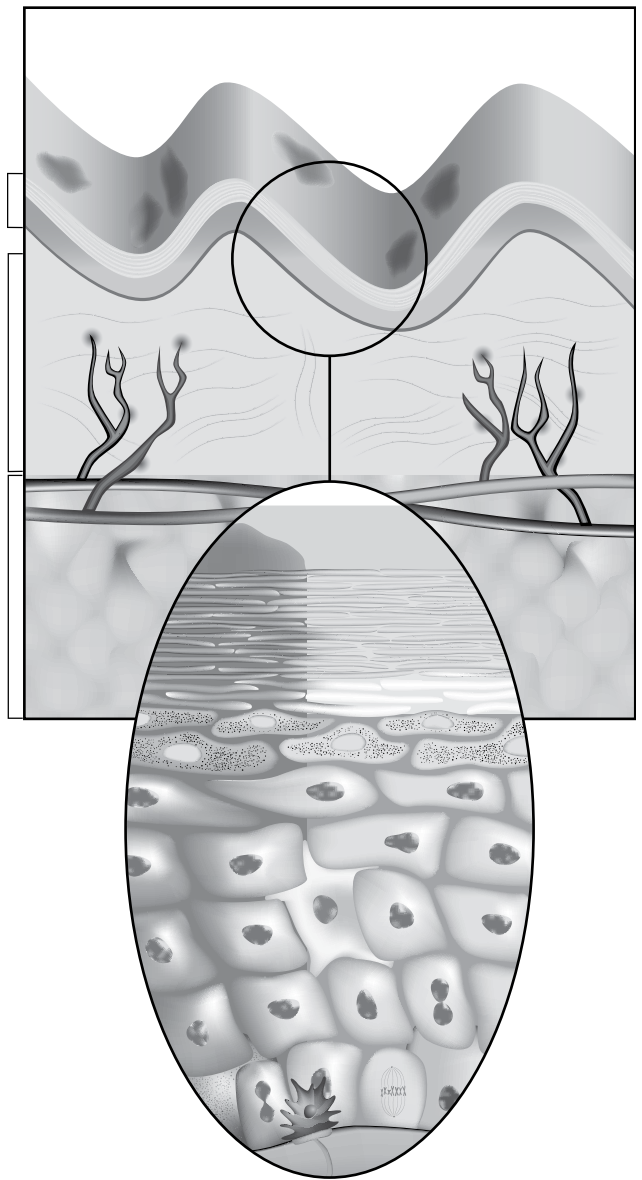
Younger Skin

Firm, Smooth and Even Skin Tone



Older Skin

Sagging, Wrinkles and Age Spots



9 Signs of Youthful Skin

- Skin texture looks smooth
- Skin looks radiant, young, refreshed
- Skin looks healthy and “alive”
- Skin is moisturized and protected
- Skin tone looks even
- Skin looks and feels firm
- Skin is strong and resilient
- Skin looks calm and harmonious
- No signs of lines or wrinkles

9 Signs of Skin Aging

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

Basic Science of Skin and Skin Aging Self-Quiz

- 1) The 4 most important functions of the skin are _____, _____, temperature regulation, and _____.
- 2) A healthy, protected moisture _____ is important to maintain a youthful appearance. Improper products can _____ the skin barrier, causing _____, redness and irritation.
- 3) _____% of premature facial aging is attributed to _____.
- 4) Arbonne has identified _____ Signs of Skin Aging.
- 5) _____ DNA damage has a limited time to be _____ before the damage is reproduced.
- 6) Once cellular DNA damage has been _____, it cannot be repaired.
- 7) Cellular longevity is affected by _____, energy loss and cell _____.
- 8) Antioxidants are the primary _____ against free _____.
- 9) Prevention and _____ are critical to a _____ appearance.
- 10) A _____ skin care approach addresses both _____ and actinic aging factors.

Answers on page 55.

Sources

- ^[1] Baumann, L., MD. (2002). *Cosmetic Dermatology, Principles and Practice*. New York. The McGraw-Hill Companies.
- ^[2] Gray, J. (2000). *The World of Skin Care — A Scientific Companion*. Stamford, Connecticut. Cengage Learning (formerly Thomson Learning).
- ^[3] Packer, L. (1992). *Ultraviolet Irradiation, Free Radicals and Skin Aging*. Skin Care Forum No. 3.
- ^[4] Pugliese, P., MD. (2005). *Advanced Professional Skin Care — Medical Edition*. Bernville, Pennsylvania. The Topical Agent, LLC.

RE9 Advanced[®]

Visible Results in 24 Hours

Collagen and elastin are two major protein fibres found within the skin cells. They are responsible for the skin structure and elasticity. As we age, collagen and elastin production slow down and become sluggish and less efficient. Thickness of the skin decreases 6% every 10 years, and skin loses its ability to hold moisture and becomes drier.

RE9 Advanced is a comprehensive, botanically based product assortment that addresses anti-aging concerns. RE9 Advanced is a synergy of 9 major age-defying elements and botanicals that creates a powerful system of products clinically shown to start working within 24 hours. Our breakthrough approach pairs targeted topical treatments with an age-defying supplement that accelerates results twice as fast.

- Botanically based
- Allergy tested
- Dermatologist tested
- Clinically proven
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Science

RE9 Advanced Elements

Algae Extract: Supports collagen through moisturization to help diminish the appearance of fine lines and wrinkles

Stabilized Vitamin C: Supports skin's moisture framework

Bio-Hydria[®] Complex: Softens and conditions

Vitaspheres: Antioxidants for smooth and supple skin

Elhibin and Stimu-Tex^{®*}: Support moisture balance

Alpha Lipoic Acid: Promotes the appearance of skin radiance

Copper: Softens

Alpha and Beta Hydroxy Acids: Reveal next layer of skin, reduce the signs of aging, and improve texture of skin

Peptides: Enhance skin smoothness; diminish the appearance of fine lines and wrinkles

*Elhibin and Stimu-Tex are registered trademarks of DSM IP Assets B.V.

Key Ingredients

Pineapple (*Ananas sativus*) and Papaya (*Carica papaya*)

Enzymes: Gently exfoliate and remove dead skin cells

Sea Buckthorn (*Hippophae rhamnoides*) Oil: Antioxidant with beta-carotene; supports supple tone and smooth skin

Kudzu (*Pueraria lobata*) Root Extract: Improves the appearance of skin firmness and tone

Marine Lavender (*Lavandula stoechas*) Extract: Helps reduce the appearance of wrinkles

Hydrolyzed Lupine (*Lupinus albus*) Protein and Alfalfa (*Medicago sativa*) Seed Extract: Visibly diminishes under-eye bags and puffiness; increases the appearance of skin tone and firmness

Beech Tree (*Fagus sylvatica*) Bud Extract: Improves skin moisturization; smooths the appearance of wrinkles

RE9 Advanced 5-Step Facial System

Step 1: Smoothing Facial Cleanser

Crème cleanser provides effective smoothing and renewing of the skin surface for soft, supple skin.

Benefits

- Gently cleanses and hydrates skin
- Prepares skin to receive RE9 Advanced anti-aging ingredients
- Smooths and renews the look of skin

Step 2: Regenerating Toner

Antioxidant-rich, pH-balanced mist with vitamins A, C, and E regenerates skin tone and firmness to deliver younger-looking skin.

Benefits

- Non-drying, gentle mist toner
- Delivers anti-aging benefits for tone and look of firmness
- Restores skin's natural pH balance

Step 3: Intensive Renewal Serum

A powerful blend of clinically proven, collagen-supporting ingredients that visibly firm and lift skin, while diminishing the appearance of fine lines.

Benefits

- Reveals younger-looking skin by supporting collagen and elastin production
- Diminishes the appearance of fine lines and wrinkles
- Firms and lifts the look of skin
- Improves overall appearance of the skin

Step 4: Corrective Eye Crème

Exclusive blend supports collagen to help reduce the appearance of puffiness and diminish dark circles.

Benefits

- Reduces the look of key signs of aging, puffiness, and dark circles around the fragile eye area
- Improves the look of firmness and elasticity in skin around eye area
- Improves radiance and overall appearance of the skin

Step 5 – Day: Restorative Day Crème with SPF 20

High concentrations of advanced moisture-enhancing ingredients support collagen, and protect and restore skin's youthful appearance.

Benefits

- Protects against sun damage
- Reduces the appearance of fine lines and wrinkles
- Delivers younger, healthier-looking skin

Or

Step 5 – Day: Extra Moisture Restorative Day Crème with SPF 20

Uniquely formulated for drier skin, this ultra-hydrating crème features high concentrations of moisture-enhancing ingredients that support collagen, and protect and restore skin's youthful appearance.

Benefits

- Ultra-hydrating formula for drier skin
- Reduces the appearance of fine lines and wrinkles
- Delivers younger, healthier-looking skin

| RE9 Advanced Facial System | | |
|----------------------------|---|--|
| | Daytime | Nighttime |
| Step 1 • Cleanse | RE9 Advanced Smoothing Facial Cleanser | RE9 Advanced Smoothing Facial Cleanser |
| Step 2 • Tone | RE9 Advanced Regenerating Toner | RE9 Advanced Regenerating Toner |
| Step 3 • Firm | RE9 Advanced Intensive Renewal Serum | RE9 Advanced Intensive Renewal Serum |
| Step 4 • Eye | RE9 Advanced Corrective Eye Crème | RE9 Advanced Corrective Eye Crème |
| Step 5 • Protect | RE9 Advanced Restorative Day Crème with SPF 20 or RE9 Advanced Extra Moisture Restorative Day Crème with SPF 20 | |
| Step 5 • Rejuvenate | | RE9 Advanced Night Repair Crème |
| Nutrition | RE9 Advanced Collagen Support | |

Step 5 — Night: Night Repair Crème

Ultra-hydrating blend of botanicals and concentrated vitamin C supports collagen and helps restore a youthful appearance.

Benefits

- Dramatically reduces the appearance of fine lines and wrinkles
- Works overnight to provide soft, supple, glowing skin
- Delivers healthy, younger-looking skin

Collagen Support

Works to promote collagen production with an exclusive blend of rejuvenating skin-supporting nutrients, including the Arbonne Antioxidant Skin Support Blend, with vitamins A, C and E.

Benefits

- Supports skin health and function
- Promotes skin clarity and tone
- Supports the RE9 Advanced topical facial system

Instant Lift Gel

Advanced formula works quickly to make skin feel tighter and firmer.

Benefits

- Can be used wherever and whenever you need it
- Results in a more lifted, firmer look to skin

Age-Defying Neck Cream

Visibly firms and tightens the décolleté and neck to smooth the appearance of fine lines and wrinkles.

Benefits

- Keeps the delicate skin of the neck and décolleté looking younger
- Helps diminish the appearance of lines and wrinkles
- Moisturizes for softer, smoother skin

Cellular Renewal Masque

Enhanced formula with gentle cellular exfoliation visibly improves skin tone and texture, minimizes the appearance of pores, and provides skin with an immediate, radiant glow.

Benefits

- Improves skin texture for softer, smoother skin
- Minimizes appearance of pores
- Delivers radiant, healthy-looking glow

Body Products

Nourishing Body Wash

Intensive moisturizing wash, with vitamins and antioxidants, nourishes skin and enhances radiance and tone.

Benefits

- Provides hydration for soft, smooth skin
- Nourishes skin for enhanced radiance and tone
- Prepares skin for RE9 Advanced moisturizing body regimen

Reactivating Body Serum

Botanically based, pre-moisturizing light body gel absorbs quickly to help replenish skin's moisture barrier.

Benefits

- Delivers softer, smoother skin
- Designed to be used under Hydrating Body Lotion for ultra-hydration

Hydrating Body Lotion

Extremely moisturizing body lotion delivers antioxidants and vitamins to help nurture skin, leaving it soft and hydrated.

Benefits

- Delivers softer, smoother skin
- Provides anti-aging benefits for improved texture and tone

Firming Body Cream

Luxurious cream supports collagen and elastin to help promote a firmer and smoother look and feel to skin.

Benefits

- Delivers softer, smoother skin
- Provides anti-aging benefits for improved texture and tone
- Ideal for those who prefer luxurious cream

Clinical Study Results

RE9 Advanced Facial Skin Care Regimen

In a clinical consumer study, participants using the RE9 Advanced skin care regimen in conjunction with the Collagen Support supplement reported the following results:

- 83% reported increased skin firmness within 24 hours
- 92% reported a reduction in the appearance of fine lines within 1 week
- 96% reported a refinement in skin texture and smoothness within 1 week
- 100% would recommend RE9 Advanced to their friends and family

Instant Lift Gel

- 95% said their skin felt tight and firm immediately after application

Nourishing Body Wash

- 82% said their skin felt more toned and smooth immediately after first use
- 91% said their skin felt softer immediately after first use
- 91% would recommend RE9 Advanced Nourishing Body Wash to friends and family

Cellular Renewal Masque

- 89% immediately experienced smoother, softer skin after one use
- 93% would recommend RE9 Advanced Cellular Renewal Masque to their friends and family

Age-Defying Neck Cream

- 100% reported an immediate improvement in moisturization of their neck and décolleté after only 30 minutes

Firming Body Cream

- More than 2/3 experienced a significant increase in the visible signs of skin firmness, elasticity and tone after just 2 hours

RE9 Advanced Self-Quiz

1) Name the 9 RE9 Advanced Elements: _____

2) Which RE9 Advanced Day Crème would you recommend to someone with dry skin? _____

3) Name three RE9 Advanced key ingredients. _____

4) How many steps are in the RE9 Advanced Facial System?

5) RE9 Advanced delivers visible results in _____ hours.

Answers on page 55.

RE9 Advanced[®] for Men

Comfortable Skin, Visible Results

Men's skin differs from women's in several ways. Due to the production of testosterone, men's skin tends to be oilier, more acidic, denser, thicker and firmer. Because of these physiological differences, men need skin care products formulated for their specific needs.

RE9 Advanced for Men is an advanced line of grooming products that addresses the specific skin care needs of men. Skin-soothing botanicals comfort skin and soothe razor burn for the ultimate, comfortable shave. Clinically proven ingredients start working immediately to minimize the signs of aging, smoothing the appearance of fine lines, and improving overall skin texture.

- Botanically based
- Allergy tested
- Dermatologist tested
- Clinically proven
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Ingredients

Sea Buckthorn (*Hippophae rhamnoides*) Oil: Supports skin tone and smoothness

Kudzu (*Pueraria lobata*) Root Extract: Firms and tones

Chickpea (*Cicer arietinum*) Hydrolyzed Cicer Seed Extract: Revitalizes for long-lasting healthy look

Mallow (*Malva sylvestris*) Flower Extract: Soothes and moisturizes

Red Seaweed (*Chondrus crispus*) Extract: Protects against razor burn

Sea Mayweed (*Matricaria maritima*): Soothes and calms

Sea Starwort (*Aster maritime*): Covers blotchiness and redness caused by shaving

Bisabolol: Calms and conditions

RE9 Advanced for Men

Step 1: Exfoliating Wash

Invigorating wash exfoliates and helps prevent ingrown hairs, prepping skin for a clean, close shave.

Benefits

- Natural walnut shell provides mild exfoliation, removing debris and dead skin cells
- Helps to prevent ingrown hairs and clogged pores
- Provides smoother, healthier-looking skin

Step 2: Shave Gel

Formulated with anti-friction properties to increase glide and deliver a smooth and comfortable shave.

Benefits

- Creamy gel formula softens and cushions the skin for a close, comfortable shave
- Adds extra glide and moisturizes the skin

Step 3: Facial Moisturizer with SPF 20

Daily moisturizer helps prevent sunburn and helps reduce the risk of skin cancer and early signs of aging, if used as directed with other sun protection measures.

Benefits

- Provides broad spectrum UVA/UVB protection
- Anti-aging ingredients deliver more rested, younger-looking skin
- Lightweight moisturizer for non-greasy feel

Step 4: Post-Shave Balm

Fast-acting balm comforts skin and soothes razor burn.

Benefits

- Calms and soothes the skin after shaving
- Anti-aging ingredients deliver more rested, younger-looking skin

NOTE: The RE9 Advanced for Men Exfoliating Wash and Facial Moisturizer with SPF 20 are formulated specifically for the needs of men's skin; however, if desired, men can include any of the RE9 Advanced products in their skin care regimen, including the Instant Lift Gel, Corrective Eye Crème, Age-Defying Neck Cream, and Nourishing Body Wash, to name a few.

Clinical Results*

- 81% of study participants reported the products calmed and soothed their skin within 1 week
- 95% reported an improvement in skin hydration within 4 weeks
- 90% reported improved skin tone and clarity within 4 weeks
- 81% reported their skin felt more energized and revitalized within 4 weeks

*Based on an independent clinical consumer study.

RE9 Advanced for Men Self-Quiz

- 1) Due to the production of _____, men's skin tends to be oilier, more acidic, denser, thicker, and firmer.
- 2) RE9 Advanced for Men products contain RE9 Advanced _____.
- 3) Since no eye crème is currently offered specifically for men, can men use the RE9 Advanced Corrective Eye Crème? ____
- 4) In the results from a clinical consumer study, RE9 Advanced for Men was _____ proven to help 81% of participants' skin feel more _____ and revitalized.
- 5) _____ % of subjects reported improved skin tone and _____ within _____ weeks.

Answers on page 55.

Revelâge®

Reveal a Brighter Future

Revelâge is a high-performance, fast-acting, innovative product assortment with anti-aging, brightening benefits that help refine skin tone for a luminous-looking appearance. Time-release Revelâge Complex delivers brightening ingredients over time that continue to work all day for maximum benefits.

Revelâge is designed for those who wish to brighten their complexion and overall skin tone. It is important to always use a facial sunscreen when using Revelâge to prevent visible development of new dark spots and to decrease the appearance of existing dark spots.

Formulated for use with all skin types and ethnicities, Revelâge products can be incorporated into your daily RE9 Advanced skin care regimen to promote a more radiant, even-toned complexion. RE9 Advanced is an anti-aging skin care line that helps reduce the appearance of fine lines and wrinkles, helps tone and firm skin, and should be used as your primary anti-aging skin care line. Revelâge and RE9 Advanced work synergistically for optimal brightening and anti-aging results.

- Botanically based
- Allergy tested
- Dermatologist tested
- Clinically proven
- Formulated without hydroquinone (common brightening ingredient)
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Science

Time-release Revelâge Complex: Delivers brightening ingredients throughout the day for maximum brightening benefits

Key Ingredients

Licorice (*Glycyrrhiza glabra*) Extract: Calms, soothes

Ferula Foetida Root Extract: Brightening agent

Snow Ear Mushroom (*Tremella fuciformis*) Extract: Brightening agent

Vitamin C: Supports skin's moisture framework; brightening agent

Vitamin E: Moisturizer; antioxidant

Intensive Nighttime Brightening Serum

High-performance overnight skin brightening serum helps reduce the appearance of dark spots and skin discoloration. Clinically proven ingredients improve the appearance of dull complexions by promoting clarity and brightness.

Benefits

- Brightens skin for a more radiant, even-toned complexion
- Can be used under RE9 Advanced Night Repair Crème

Brightening Moisture Face Cream with SPF 30

Lightweight, protective daytime moisturizer ensures bright, comfortable skin with a beautiful luminous glow all day. Helps protect skin from harmful UV rays with SPF 30 to help prevent sunburn.

Benefits

- Ultra-hydrating and moisturizing cream
- Lightweight formula

Concentrated On-Target Brightening

A convenient, highly concentrated formula for brighter, clearer skin. Helps complexion look more even-toned and radiant while delivering powerful antioxidants and brightening ingredients.

Benefits

- Clinically proven formula for clarity and radiance
- Can be used in the morning and evening as part of an integrated RE9 Advanced facial regimen

Brightening Moisture Hand Cream with SPF 30

This rich hand cream gives sunburn protection with SPF 30. Leaves hands feeling smooth and more youthful looking.

Benefits

- Ultra-hydrating moisturizing cream for soft, smooth, youthful-looking hands

Clinical Results*

After just 10 minutes:

- 2/3 of participants reported an immediate improvement in skin brightness and luminosity

Within 2 weeks:

- 93% of participants reported an improvement in skin brightness and luminosity
- 87% reported an improvement in the overall appearance of their skin

*Based on an 8-week independent clinical consumer study.

Revelâge Self-Quiz

- 1) _____ is a specialty product assortment targeting the specific concern of dark spots and discoloration. It should be used in conjunction with Arbonne daily skin care regimens, such as _____ or FC5.
- 2) Revelâge and RE9 Advanced are designed to work _____ to produce optimal _____ and anti-aging results.
- 3) You should see maximum benefit in 4–6 weeks, but in a clinical study, after just _____ minutes 2/3 of participants reported an immediate improvement in _____ and luminosity. Within two weeks, 93% reported an improvement in skin brightness and luminosity, and _____ reported an improvement in the overall appearance of the skin.
- 4) Revelâge contains no harmful _____ agents or hydroquinone.
- 5) Revelâge is formulated for _____ skin types and _____.

Answers on page 55.

| Revelâge® + RE9 Advanced® Usage Guide | | |
|---------------------------------------|---|---|
| | Daytime | Nighttime |
| Step 1 | RE9 Advanced Smoothing Facial Cleanser | RE9 Advanced Smoothing Facial Cleanser |
| Step 2 | RE9 Advanced Regenerating Toner | RE9 Advanced Regenerating Toner |
| Step 3 | Revelâge Concentrated On-Target Brightening | Revelâge Concentrated On-Target Brightening |
| Step 4 | RE9 Advanced Intensive Renewal Serum | Revelâge Intensive Nighttime Brightening Serum or RE9 Advanced Intensive Renewal Serum |
| Step 5 | RE9 Advanced Corrective Eye Crème | RE9 Advanced Corrective Eye Crème |
| Step 6 | Revelâge Brightening Moisture Face Cream with SPF 30 or RE9 Advanced Restorative Day Crème with SPF 20 or RE9 Advanced Extra Moisture Restorative Day Crème with SPF 20 | RE9 Advanced Night Repair Crème |
| Step 7 (Optional) | Revelâge Brightening Moisture Hand Cream with SPF 30 | |

Arbonne® Clear Advantage

Clear Skin Is Your Advantage

This 3-step system with acne-fighting salicylic acid is clinically shown to reduce acne after just four weeks of use. Natural botanicals and scientific ingredients reduce redness without irritating or over-drying, to provide skin with maximum relief and help you achieve healthier-looking skin. From teens to adults, anyone who suffers from occasional or frequent breakouts wants clear, healthier-looking skin. Our formulas contain salicylic acid, an effective, clinically proven, medicated treatment for acne.

The formulas work to gently exfoliate, clarify and calm skin for a clear complexion.

- Botanically based
- Allergy tested
- Dermatologist tested
- Vegan certified
- Formulated without benzoyl peroxide
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Ingredients

Orange (*Citrus aurantium dulcis*) Fruit Extract: Skin moisturizer

Witch Hazel (*Hamamelis virginiana*): Skin conditioner, cleanser

Sugar Cane (*Saccharum officinarum*) Extract: Exfoliant

Orange (*Citrus aurantium dulcis*) Peel Extract: Skin moisturizer

Rosa Roxburghii Fruit Extract: Skin conditioner

Clear Advantage Self-Quiz

Step 1: Clarifying Wash Acne Medication

The first step toward clear skin, this deep-cleansing, soap-free wash contains 1% salicylic acid and a soothing botanical complex for gentle exfoliation without irritation.

Benefits

- Non-drying, effective formula
- Unclogs pores and keeps breakouts under control
- Gently exfoliates without irritation
- Easy-to-use tube is ideal for the shower

Step 2: Clarifying Toner Acne Medication

Alcohol-free toner contains 0.5% salicylic acid and proprietary time-release technology.

Benefits

- Alcohol-free, non-drying formula
- Removes excess surface oils
- Gently exfoliates without irritation
- Reduces redness

Step 3: Clarifying Lotion Acne Medication

Oil-free lotion, containing 1% salicylic acid, helps clear acne blemishes and helps prevent new blemishes from forming. Contains proprietary time-release technology.

Benefits

- Clarifies the complexion
- Reduces redness
- Gives skin a shine-free, matte-looking appearance

Step 4: Acne Spot Treatment Acne Medication

On-the-go, high-performance acne treatment with 2% salicylic acid works to prevent new blemishes from forming and clear existing breakouts.

Benefits

- Convenient on-the-go treatment
- Transparent formula can be used alone or under makeup

1) Who should use Arbonne Clear Advantage?

2) What is the medicated ingredient in Clear Advantage?

3) How long does it take to start seeing results?

4) Name three key ingredients in Arbonne Clear Advantage skin care products.

Answers on page 55.

| Arbonne Clear Advantage Steps to Clear Skin | | |
|---|---|---|
| | Daytime | Nighttime |
| Step 1 • Cleanse | Clear Advantage Clarifying Wash Acne Medication | Clear Advantage Clarifying Wash Acne Medication |
| Step 2 • Tone | Clear Advantage Clarifying Toner Acne Medication | Clear Advantage Clarifying Toner Acne Medication |
| Step 3 • Control | Clear Advantage Clarifying Lotion Acne Medication | Clear Advantage Clarifying Lotion Acne Medication |
| Step 4 • Target problem areas as needed | Clear Advantage Acne Spot Treatment Acne Medication | Clear Advantage Acne Spot Treatment Acne Medication |

FC5[®]

Fresh Cells for Beautiful Skin

Groundbreaking Fresh Cell Technology formulas help preserve, protect and revitalize skin, while helping to keep skin looking healthy and youthful. Specifically targeted to meet different skin care and personal care needs for a more radiant, youthful appearance, FC5 features quality formulas for face, body and hair.

Encapsulated fresh cell phytonutrients are more potent and pure. Combining this exclusive Fresh Cell Science and the phytonutrients and antioxidants from 5 fruits and vegetables, FC5 preserves the youthful radiance of healthy-looking skin by providing beneficial hydration, necessary cleansing, exfoliation and moisturization, plus the added benefit of UVA and UVB broad spectrum protection.

FC5 products contain two exclusive proprietary blends: Moisture Fresh™ Complex and Matte Fresh™ Complex. These work in harmony with the fresh cell phytonutrients to promote radiant, youthful-looking skin, and healthy, manageable hair.

- Botanically based
- 100% natural fragrance
- Allergy tested
- Dermatologist tested
- Vegan certified
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Science

Fresh Science: The FC5 product line features innovative Fresh Cell Technology where vital cell phytonutrients are encapsulated to keep them fresh, pure and potent. Each cell retains its original wealth of essential nutrients. The fresh cells remain encapsulated, untouched until they are applied to the skin where they release precious nutrients. Together with the formulas, they help revitalize, hydrate and protect the skin.

Key Ingredients

Five Fresh Cells

Kiwi: Extraordinary source of antioxidants

Strawberry: Purifying and toning properties

Mango: Nurturing, hydrating fruit

Carrot: Soothes and calms; ripe with betacarotene

Pumpkin: Moisturizing properties and bursting with betacarotene

Moisture Fresh Complex helps to soften, cool, soothe and condition dry skin.

Matte Fresh Complex helps to soothe, calm and harmonize oily skin.

FC5 Face

The Arbonne FC5 facial care product assortment targets the needs of all skin types, from oily/combination to normal/dry.

Oily/Combination

Purifying Cleanser + Toner

Lightweight formula cleans and tones, visibly reducing oiliness to help keep skin looking young, fresh and clean.

Benefits

- Time-saving 2-in-1 step for quick daily cleansing, balancing and preparing the skin for complementary products
- Mild yet effective formula eliminates all traces of makeup and impurities
- Gently cleanses the pores
- Effectively purifies and helps mattify skin
- Leaves skin feeling clean, clear and refreshed

Oil-Absorbing Day Lotion with SPF 20

Lightweight moisturizer helps absorb oil and filters UV rays to help prevent sunburn, leaving skin with a fresh, matte appearance.

Benefits

- Controls shine for a matte-looking appearance
- Delivers ultra-refreshing hydration for a soft, radiant complexion
- Helps minimize the appearance of pores
- Helps keep skin hydrated, balanced, and clear of imperfections throughout the day
- UVA/UVB broad spectrum sunscreens

Deep Cleansing Mask

Features a formula with glacial clay to draw out impurities and excess oils, refining pores for exceptional clarity and a revitalized appearance.

Benefits

- Deep cleansing action lifts away oiliness and impurities
- Visibly unclogs and purifies pores, clearing up blackheads
- Absorbs excess sebum to reduce oily film and shine
- Helps restore skin smoothness and clarity

Mattifying Powder

Translucent oil-absorbing powder takes away unwanted shine, while reducing the appearance of redness for a perfect, matte finish.

Benefits

- Promotes a shine-free, matte-looking complexion
- Green pigments immediately camouflage skin redness
- Absorbs excess sebum to reduce oily film and shine
- Dusts on lightly over or under moisturizer or makeup

Normal/Dry

Hydrating Cleanser + Freshener

Moisture-enriched facial cleanser gently cleanses skin to help keep it looking more youthful and revitalized.

Benefits

- Time-saving 2-in-1 step for quick daily cleansing, balancing and preparing the skin for complementary products
- Mild yet effective formula eliminates all traces of makeup and impurities
- Gently cleanses the pores

Nurturing Day Lotion with SPF 20

Soothing, rich moisturizer filters UV rays to help prevent sunburn, leaving skin feeling moisturized and looking more youthful.

Benefits

- Lightweight formula
- Offers refreshing hydration to promote skin softness and suppleness
- Antioxidants and phytonutrients promote a more radiant, healthy look
- UVA/UVB broad spectrum sunscreens

Moisturizing Night Crème

Soothing, rich night cream formula nurtures skin during sleep, helping to maintain youthful-looking skin.

Benefits

- Provides intensive, long-lasting hydration to rebalance surface dryness
- Protects against further moisture loss during sleep
- Provides natural antioxidants for healthy, youthful appearance
- Leaves skin feeling soft, smooth and supple
- Skin awakens with renewed radiance

Intense Hydration Mask

Restores hydration and revitalizes dehydrated skin to promote a softer, more radiant appearance.

Benefits

- Creamy mask quickly replenishes with refreshing hydration in just 10 minutes
- Provides natural antioxidants to safeguard skin's healthy, youthful appearance
- Leaves skin feeling exceptionally soft, smooth and moisturized
- Supplies skin with a beautiful, radiant glow

All Skin Types

Hydrating Eye Crème

This eye cream minimizes the appearance of dark circles and fine lines to help revitalize skin, promoting a more youthful look.

Benefits

- Helps brighten dark under-eye circles
- Reduces the look of under-eye puffiness
- Refreshes the look and feel of the eye contour area
- Delivers long-lasting hydration and soothing benefits
- Ophthalmologist tested

Exfoliating New Cell Scrub

This formula is a gentle facial scrub that uncovers more youthful, radiant-looking skin.

Benefits

- Gently, yet thoroughly exfoliates with botanical ingredients, not harsh granules
- Leaves skin deeply cleansed, hydrated and refreshed
- Imparts a soft, smooth complexion with a radiant glow
- Contains phytonutrients and antioxidant vitamins

FC5 Body

Exfoliating Body Scrub

Gently foaming scrub exfoliates and polishes skin, leaving it smooth, fresh and visibly hydrated.

Benefits

- Provides gentle exfoliation without irritation
- Lifts away dead skin cells and impurities to reveal smooth, soft and more radiant skin
- Refreshes, invigorates and visibly hydrates
- Rinses clean

Invigorating Body Cleanser

Hydrating as it cleanses, this enriched formula provides the supple, soft feeling of youthful-looking skin.

Benefits

- Mild and effective foaming agents derived from coconut
- Refreshes, cleanses and clarifies
- Leaves skin feeling silky, soothed and refreshed

Ultra-Hydrating Hand Crème

Ultra lightweight formula moisturizes hands, leaving them feeling soft and supple.

Benefits

- Deeply moisturizes to restore smoothness and keep hands looking youthful
- Provides long-lasting hydration and natural antioxidants
- Soothes dryness and softens the skin
- Protects hands against dryness due to moisture loss

Conditioning Body Moisture

Moisturizes skin with a refreshing sensation, leaving it feeling velvety soft and smooth.

Benefits

- Lightweight, hydrating body lotion rebalances dryness
- Provides long-lasting hydration and natural antioxidants
- Improves skin's overall condition and suppleness
- Leaves skin feeling velvety soft and smooth, without stickiness

Cooling Foot Crème

Moisturizing, non-greasy crème hydrates rough, dry skin, and soothes, cools and comforts tired feet.

Benefits

- Creamy formula intensely hydrates and nourishes even the driest feet
- Provides comfort and sense of well-being
- Provides hydration to soften rough, tough skin and soothe cracked heels
- Natural scent helps keep feet smelling fresh

Skin Conditioning Oil

Moisturizing botanical oil leaves very dry skin feeling hydrated, conditioned and soft.

Benefits

- A blend of 11 exotic herbs and vitamins
- Provides comfort and sense of well-being to dry, parched skin
- Provides conditioning action to soften cuticles, knees, elbows and feet

FC5 Hair

Nourishing Daily Shampoo

Rich moisture-infused shampoo helps restore hair's luster and improves shine, leaving it soft and manageable.

Benefits

- Gently cleanses and moisturizes
- Leaves hair soft, manageable and healthy-looking
- Recommended for all hair types
- Suitable for the entire family
- Safe for colour-treated hair
- Can be used daily

Nourishing Daily Conditioner

Rich daily conditioner helps hydrate, maintain and protect hair, leaving it soft and manageable.

Benefits

- Revives hair with ultra-beneficial hydration
- Conditions hair and scalp for healthy results
- Leaves hair silky, lustrous and manageable
- Recommended for all hair types
- Suitable for the entire family
- Safe for colour-treated hair
- Can be used daily

FC5 Self-Quiz

- 1) FC5 _____ Mask features a formula with _____ clay to draw out _____ and _____ oils, refining pores for exceptional clarity and revitalized appearance.
- 2) FC5 Purifying Cleanser + Toner is a time saving ___-in-1 product for quick cleansing and _____; gently cleanses pores and helps _____ skin.
- 3) FC5 Moisturizing Night Crème nurtures skin during _____ and provides intensive, long-lasting _____ to _____ surface dryness.
- 4) FC5 Intense Hydration Mask restores _____ in just ___ minutes and provides natural _____ to safeguard skin's healthy youthfulness.
- 5) FC5 _____ New Cell Scrub is a gentle skin _____ that exfoliates with _____ ingredients, not harsh granules and contains antioxidant _____ and _____ to further promote healthy skin.

Answers on page 55.

BefoRE Sun

Support Skin, BefoRE the Damage Is Done

A botanically based, anti-aging sun protection line for all-occasion, year-round use. BefoRE Sun features quality formulas for broad spectrum sun protection, after sun, and self-tanning.

BefoRE Sun products are formulated with RE9 anti-aging elements and key sun protection actives. Since 90% of the visible signs of aging (actinic aging) is due to sun exposure, BefoRE Sun is designed to help protect the skin from harmful sun rays and support skin before the damage is done.

All BefoRE Sun SPF formulas are broad spectrum, which means they offer both UVA and UVB protection according to Health Canada guidelines.

- Botanically based
- Allergy tested
- Dermatologist tested
- Vegan certified
- Broad spectrum UVA/UVB protection
- Formulated with RE9 elements
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Science

Vitaspheres: An advanced delivery system that allows key elements and ingredients to target areas where they are needed most, and in amounts that are beneficial and specific to the skin's needs.

Peptides: Small chains of amino acids that are important ingredients in the fight against visible aging as they help the skin to look firmer, smoother, less lined and wrinkled, less tired, younger and more radiant.

Broad spectrum sun protection: Provides UVA/UVB sun protection.

Key Ingredients

Chamomile Extract: Soothes and imparts feeling of comfort

Linden Extract: Conditions and moisturizes

Rosemary Extract: Moisturizes

Plantain Leaf Extract: Known for its soothing properties

Vitamin C: Helps to improve the look of firmness and resilience

Water-Resistant Sunscreen SPF 30

This water-resistant formula includes sunscreen that gives sun-burn protection, even during water activity.

Benefits

- Offers high UVA/UVB sunscreen protection
- Provides long-lasting moisture

Lip Saver Sunscreen SPF 30

Antioxidant ingredients help refresh and soothe while its SPF 30 broad spectrum sunscreens provide high protection for your lips.

Benefits

- Sun lotion offers high UVA/UVB sunscreen protection
- Provides long-lasting moisture

Glow With It After Sun Lotion

This hydrating formula moisturizes and alleviates dry skin, leaving skin soft and smooth.

Benefits

- A light and refreshing lotion for face and body
- Helps restore the skin's delicate moisture balance
- Leaves skin soft, supple and glowing
- Imparts a feeling of refreshing comfort
- Helps keep skin youthful and more radiant
- Naturally scented

Made In The Shade Self-Tanner with SPF 15

Step into the shade and develop a deep, dark tan, without the damaging effects of the sun, thanks to this protective, botanically based self-tanner with broad spectrum SPF 15 sunscreen.

Benefits

- Moisturizing self-tanner gives skin a gorgeous bronze glow that deepens after an hour
- Leaves your skin feeling like velvet
- Fast-acting, lightweight lotion glides on smoothly and dries quickly
- Non-streaking formula
- Works with skin's own surface proteins to develop natural-looking colour
- Moisturizing plant extracts help keep skin optimally hydrated
- A product for both face and body

BefoRE Sun Self-Quiz

- 1) BefoRE Sun products offer _____ protection, meaning that they provide protection from _____ and UVB rays.
- 2) In addition to offering protection from the sun, BefoRE Sun Water-Resistant Sunscreen SPF 30 helps prevent premature _____ and _____ caused by photo _____.
- 3) BefoRE Sun Glow With It After Sun Lotion helps _____ and alleviate _____ skin and was tested under _____ supervision.
- 4) BefoRE Sun Made in the Shade Self-Tanner with SPF 15 is a great way to get a dark _____ without exposing yourself to _____ and is non _____ with no dyes or _____ colourants.
- 5) BefoRE Sun products are formulated with RE9 anti-aging _____.

Answers on page 55.

ABC Arbonne Baby Care®

A baby's skin is delicate and deserves to be pampered, nourished and protected. ABC Arbonne Baby Care is formulated with gentle and safety-reviewed ingredients for fundamental skin care needs.

Arbonne Baby Care gives little ones the skin they deserve. Even grown-ups with sensitive skin can appreciate the mild way these products soothe, nourish and protect skin.

- Botanically based
- Allergy tested
- Dermatologist tested
- Pediatrician tested
- Vegan certified
- Clinically proven
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Ingredients

Aloe: Soothing

Avocado Oil: Moisturizing

Peach Extract: Soothing

Oat Extract: Moisturizing

Safflower Oil: Emollient, lubricant

Sunflower Oil: Emollient, lubricant

Jojoba Oil: Emollient

Soybean Oil: Emollient

Shea Butter: Emollient, soothing

Decyl Glucoside: Mild surfactant

ABC Hair & Body Wash

A gentle, ultra-mild, tear-free cleanser for hair and body that cleans, moisturizes and conditions.

Benefits

- 2-in-1 ultra-mild, soap-free cleanser for delicate hair and skin
- Lightly moisturizes and conditions as it gently cleanses
- Respects delicate skin and scalp
- Leaves skin and scalp feeling soft, smooth and comforted
- Tear-free formula, does not sting eyes
- Perfect for daily use, or as needed
- Ophthalmologist tested

ABC Body Lotion

A delicate lotion formulated for delicate skin that soothes, softens and conditions skin.

Benefits

- Helps to reduce the appearance of redness
- Lightweight formula

ABC Body Oil

Pampers baby's skin with essential moisture, thanks to this natural oil that softens and moisturizes delicate skin.

Benefits

- Indispensable in caring for baby's skin
- Soothes, softens and moisturizes
- Quickly calms skin discomfort
- Ideal for baby massage

ABC Herbal Diaper Rash Cream

Helps prevent, relieve, and temporarily protects against chapped or cracked skin.

Benefits

- Lightweight formula
- Water-repelling cream
- Rich in antioxidants

ABC Water-Resistant Sunscreen SPF 30

This PABA-free sunscreen is formulated with antioxidants vitamins A, C and E, and gentle botanicals.

Benefits

- Provides broad spectrum sun protection
- Provides 40 minutes water resistance

ABC Arbonne Baby Care Self-Quiz

- 1) ABC Hair & Body Wash is a _____-free cleanser for _____ and body.
- 2) ABC _____ Lotion is formulated specifically for _____ skin, and can relieve _____ due to dry skin.
- 3) ABC Body Oil is ideal for baby _____ and quickly calms skin _____.
- 4) ABC Herbal _____ Rash Cream helps relieve baby from sore, dry, _____ skin and protects against _____ and _____ associated with diaper rash.
- 5) ABC products are _____ and _____ tested.

Answers on page 55.

SeaSource Detox Spa®

Stimulate | Strengthen | Support

SeaSource Detox Spa, a personal care purification program, leads the way to feelings of health and well-being. The personal purification program has been created for restoration and total renewal that helps the skin and body perform their functions at their best. To help the mind and body function optimally, these personal care products feature quality formulas designed to Stimulate, Strengthen and Support.

Total renewal begins by stimulating the skin's surface to help encourage its natural purification, preparing it to fully experience the benefits of a consistent skin care regimen. It continues with the beneficial marine plant extracts that offer restorative hydration and nourish skin with vitamins and sea minerals. Well-being is achieved when the body is supported in achieving an optimized state of feeling totally renewed.

SeaSource Detox Spa products complement high-quality skin care regimens. When used with RE9 Advanced®, FC5® or Revelâge®, they help boost the benefits of these skin care products.

- Botanically based
- Allergy tested
- Dermatologist tested
- Vegan certified
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Science

Sea-derived botanicals and patented marine technologies make SeaSource Detox Spa a unique and dynamic purification program. Eight personal care products contain a variety of ingredients that, when used together, maximize the benefits of the program.

Hydro-Trap Technology provides skin with a 24-hour moisture shield, to protect against environmental toxins.

Atoligomer®*, a modern seawater extract, helps improve the skin's surface and promote a more radiant appearance with nine restorative mineral and trace elements, including magnesium, potassium, zinc, calcium and copper.

*Atoligomer is a registered trademark of CODIF Research & Nature, St. Malo, France.

Key Ingredients

Bladderwrack Extract: Softens skin, detoxifies through cleansing, soothes and protects

Butcher's Broom: Conditions, helps improve microcirculation

Sea Plant (*Crithmum maritimum*) Extract: Antioxidant and humectant; provides hydration

Laminaria Digitata: Hydrating, antioxidant; encourages efficient body functioning

Plankton Extract: Moisturizer, antioxidant

Sea Algae: Naturally re-mineralizes and exfoliates

Sea Fennel: Moisturizes

Sea Kelp Extract: Moisturizes

Spirulina Extract: High multivitamin, protein and amino acid content to support skin's moisture framework

Foaming Sea Salt Scrub

This stimulating body scrub gently exfoliates the skin's surface, increasing microcirculation and stimulating skin to promote a softer, smoother look.

Benefits

- Lathers into a rich foam for luxurious cleansing
- Marine salt and sea algae crystals exfoliate to remove dead skin cells
- Rejuvenates, promotes soft radiance and a toned, smooth texture
- Delivers minerals and trace elements essential for healthy skin
- Leaves skin feeling infinitely soft, smooth and moisturized
- Scent formulated with a blend of essential oils

Detoxifying Rescue Wash

Gently washes away impurities on the face, body and hair as it provides a protective moisture barrier on the skin's surface.

Benefits

- Can be used on hair, face and body
- Lathers up into a silky foam that leaves skin feeling like satin
- Helps hydrate and soothe skin
- Rids the skin of potentially harmful impurities while neutralizing hard water
- Refreshes and invigorates
- Ideal for swimmers to help wash off chlorine and pool chemicals from skin
- Can be used daily to cleanse
- Scent formulated with a blend of essential oils
- For all skin types

Sea Mud Face & Body Mask

Sea mud and bentonite clay draw out impurities as they absorb excess oil from the skin, helping prevent clogged pores, blackheads and blemishes. Antioxidant properties, vitamins and minerals from marine botanicals and blue-green algae condition the skin's surface, leaving it glowing.

Benefits

- Absorbing action unclogs pores and eliminates dead skin cells
- Can be used to help clear up acne blemishes on the face or anywhere on the body
- Leaves skin feeling comfortably hydrated, firmer and invigorated
- Promotes a healthy glow
- Improves skin tone with natural marine botanicals
- Moisturizes and softens skin
- Helps restore skin smoothness and clarity
- Scent formulated with a blend of essential oils

5-in-1 Essential Massage Oil

This essential oil blend helps provide deep skin-conditioning and calming effects. The 5-in-1 formula can be used as a body massage oil, facial treatment oil, bath oil, purifying facial steam, or for relaxing aromatherapy.

Benefits

- Massage action helps promote microcirculation
- Significantly improves skin's texture
- Softens, smooths and tones skin
- Leaves skin feeling more supple
- Relaxing aroma helps ease tensions
- Can be used daily or as desired
- Scent formulated with a blend of essential oils

Purifying Sea Soak

A relaxing bath soak that is rich in mineral salts and trace elements found in Atoligomer®, a sodium-free, spray-dried seawater known to re-mineralize and revitalize.

Benefits

- Ideal opportunity to re-energize, rebalance and relax
- Delivers an optimum dose of trace elements and minerals
- Helps fortify the purification process
- Soothes the skin, reduces the feeling of tiredness and promotes well-being
- Relaxing aroma helps ease tensions
- Can be used daily or as desired
- Scent formulated with a blend of essential oils

Fortifying Hair Mask

A blend of the ocean's most potent botanicals that fortifies hair against harsh climates.

Benefits

- Hydrating formula
- Antioxidants and sea minerals help strengthen, condition, repair and revitalize the hair shaft
- Restores lustrous, healthy shine
- Leaves hair luxuriously soft
- Scent formulated with a blend of essential oils

Re-Mineralizing Body Lotion 24H

Hydro-Trap Technology and high-performance humectants provide a 24-hour moisture shield against environmental pollutants, delivering optimal moisture to guard against all-day moisture loss.

Benefits

- Lightweight, easy-to-apply body lotion
- Absorbs quickly
- Traps moisture for long-lasting effectiveness
- Delivers a firmer skin tone
- Leaves the skin soft and moisturized
- Promotes a feeling of comfort and well-being
- Scent formulated with a blend of essential oils

Renewing Body Gelée

Cooling gel with powerful sea and botanical extracts provides moisture to help restore skin's surface ionic balance and lock in skin-renewing benefits.

Benefits

- Instant cooling effect helps promote a sense of well-being
- Refreshes, cools and revitalizes over-stressed skin
- Helps diminish the discomforts from sunburn
- Extremely hydrating with antioxidant benefits to help prevent premature skin aging
- Scent formulated with a blend of essential oils

SeaSource Detox Spa Self-Quiz

- 1) SeaSource Detox Spa is a personal _____ program that has been created for restoration and total renewal.
- 2) When used with RE9 Advanced, FC5 or Revelâge, SeaSource Detox Spa products _____ the _____ of these skin care products.
- 3) Hydro-Trap Technology provides skin with a _____ hour _____ shield, to protect against harsh climates.
- 4) To optimize body function and to achieve total renewal, the SeaSource Detox Spa takes place in 3 steps: _____, _____, _____.
- 5) The 5-in-1 Massage Oil can be used as a (1) body massage oil, (2) facial treatment oil, (3) bath oil, (4) purifying facial steam, or (5) _____ aromatherapy.

Answers on page 55.

Arbonne Aromassentials®

Arbonne Aromassentials is derived from the ancient practice of aromatherapy. Part art and part science, this botanically based product line uses natural plant essences to help promote not only joy and contentment, but relaxation and peaceful serenity.

Arbonne blends botanically based oils to create a line of aromatherapy products that transform one's day into an unforgettable experience. It helps one embark on a path that will awaken one's senses in the morning and allow one to unwind in the evening. Aromassentials products can be used daily.

- Botanically based
- Allergy tested
- Dermatologist tested
- Vegan certified
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Science

Botanical extracts and natural plant essences

Proprietary Essential Oil Blends

Awaken: Awaken with a heightened sense of purpose, energy and vitality. The Awaken essential oil blend offers an aroma that is full of life.

Unwind: Unwind with the soothing effects of a calming aroma that lets you release the tension of the day and soak up a restful evening.

Key Ingredients

Birch Leaf Extract: Conditioning and soothing

Nettle Extract: Skin conditioning

Sage Extract: Skin softener

Calendula Extract: Soothes and moisturizes skin

White Oak Extract: Cleanser

Clover Flower Oil: Aromatic agent

Rose Oil: Aromatic agent

Passion Fruit Oil: Helps relax

Kukui Nut Oil: Emollient

Green Tea Oil: Antioxidant

Aloe: Soothing

Ginseng: Skin conditioner

Awaken Bath and Shower Gel

An enlivening shower gel formula that cleanses and refreshes skin, while leaving it soft and smooth.

Benefits

- Provides gentle cleansing without drying skin
- Refreshes and enlivens senses
- Developed with Arbonne's uplifting proprietary Awaken aromatherapy essential oil blend
- For all skin types

Awaken Sea Salt Scrub

A sea salt scrub formula that deep cleans and exfoliates dead surface skin.

Benefits

- Reveals brighter, healthier-looking skin
- Smoothes as it exfoliates leaving skin feeling silky smooth
- For all skin types except sensitive
- Developed with Arbonne's uplifting proprietary Awaken aromatherapy essential oil blend

Awaken Body Lotion

A creamy, lightweight lotion that provides moisture to skin while leaving it soft and smooth.

Benefits

- Absorbs quickly
- Skin looks and feels silky smooth
- Developed with Arbonne's uplifting proprietary Awaken aromatherapy essential oil blend
- For all skin types

Awaken Rejuvenating Body Mist

A lightweight, refreshing body spray that provides a rejuvenating sense of refreshment.

Benefits

- Uplifts and enlivens one's spirit
- Refreshes and enlivens skin as one replenishes moisture
- Developed with Arbonne's uplifting proprietary Awaken aromatherapy essential oil blend
- For all skin types

Unwind Bath and Shower Gel

A relaxing bath and shower gel formula that cleanses as it provides a soothing, calming scent.

Benefits

- Relaxes and soothes the spirit
- Prepares one for a night of relaxation
- Developed with Arbonne's calming proprietary Unwind essential oil blend
- For all skin types

Unwind Body Lotion

A creamy, lightweight, soothing lotion that provides moisture to skin while leaving it soft and smooth.

Benefits

- Absorbs quickly
- Skin looks and feels silky smooth
- Created with Arbonne's calming proprietary Unwind aromatherapy essential oil blend
- For all skin types

Unwind Massage Oil

Lightweight and luxurious massage oil provides calming and soothing effects while moisturizing the skin.

Benefits

- Lightweight, non-greasy texture glides on skin easily
- Elegant massage oil helps to release the stresses of the day
- Created with Arbonne's calming proprietary Unwind aromatherapy essential oil blend
- For all skin types

Unwind Bath Salts

A calming, soothing, mineral-enriched bath soak formula.

Benefits

- Mineral-rich bath salts soothe, comfort and bathe away tension
- Created with Arbonne's calming proprietary Unwind aromatherapy essential oil blend
- For all skin types

Unwind Rejuvenating Body Mist

Relax with this rejuvenating spray that hydrates as it relaxes the body and mind.

Benefits

- Developed with Arbonne's calming proprietary Unwind essential oil blend
- Relaxes and soothes the spirit
- Lightweight spray
- For all skin types

Arbonne Aromassentials Self-Quiz

1) To exfoliate dead skin cells, which product would you use?

2) Which botanical extract has both skin cleanser and skin softener benefits? _____

3) Which product line will help you release tension?

4) What natural mineral will help you experience peace and calm in the bath? _____

5) Which product will help refresh and enliven your spirit during the day? _____

Answers on page 55.

Arbonne Intelligence®

Not So Basic®

Arbonne Intelligence is a product line strategically designed to maximize the condition, feel and look of skin and hair by combining scientifically advanced ingredient technologies and natural botanical extracts.

Arbonne's proprietary Thermal Fusion Technology and Vitasphere technology help formulations self-adjust to individual needs of skin and hair. A smart line of not-so-basic products for basic needs.

- Botanically based
- Allergy tested
- Dermatologist tested
- Vegan certified
- Clinically proven
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Science

Thermal Fusion Technology: A revolutionary technology that combines heat and water to optimize and prolong each formula's effectiveness, promoting healthy-looking skin and hair.

Vitaspheres: An advanced delivery system that allows key elements and ingredients to target areas where they are needed most, and in amounts that are beneficial and specific to the skin and hair needs.

Botanical Extracts with skin conditioning benefits.

Bio-Hydria Complex

Birch Leaf Extract: Skin conditioner

Clover Blossom Extract: Aromatic agent

Cucumber Extract: Natural cleanser

Ginseng Extract: Skin conditioner

St. John's Wort: Skin conditioner, helps enhance appearance of skin

Watercress Extract: Skin conditioner

Key Ingredients

Licorice Extract: Calms and soothes

Saw Palmetto: Skin conditioner

Rosemary Extract: Moisturizing

Sage Extract: Antioxidant, humectant

Tea Tree Oil: Aromatic agent

Blue Copper: Hydrating, antioxidant

Papain: An enzyme found at its purest in green papaya; exfoliates dead skin cells

Phospholipids: Beneficial moisturizers that attract and hold water

Vitamin A: Antioxidant

Vitamin E: Antioxidant

Vitamin C: Helps to improve the appearance of skin's firmness and resilience

Rejuvenating Cream

This ultra-moisturizing self-adjusting cream rejuvenates skin through hydration. This formula promotes a beautifully balanced, healthy-looking complexion.

Benefits

- Non-greasy texture
- Hydrating
- Infused with amino acids to help skin look and feel vibrant
- Innovative self-adjusting cream formula provides moisture to all skin types
- Naturally scented
- For all skin types

Daily Self-Adjusting Shampoo with Tea Tree Oil

A unique self-adjusting shampoo with tea tree oil that cleanses while moisturizing the scalp.

Benefits

- Super-hydrating formula
- Adjusts to the daily, changing needs of all hair types
- Enhances hair's shine and manageability
- Naturally scented
- For all hair types

Thermal Fusion Hair & Scalp Revitalizer

This scalp revitalizer is an ultra-revitalizing hair product, utilizing Arbonne's proprietary Thermal Fusion Technology.

Benefits

- Promotes healthy-looking, beautiful hair from root to tip
- Self-adjusting formula
- Warming, tingling sensation on scalp
- Naturally scented
- For all hair types

Arbonne Intelligence Self-Quiz

1) The Rejuvenating Cream rejuvenates skin through _____.

2) _____ is the botanical extract in the Arbonne Intelligence formula that calms and soothes.

3) _____ is Arbonne's proprietary technology that promotes healthy-looking skin.

Answers on page 55.

Shea Butter

Shea Butter is a soothing, luxurious product line that helps restore and enhance moisture to dry and very dry skin. Paired with Arbonne's botanical extract blend and our proprietary scent, shea butter is the ultimate soothing, moisturizing ingredient to comfort dry and very dry skin symptoms.

- Botanically based
- Allergy tested
- Dermatologist tested
- Vegan certified
- Clinically proven
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives

Key Ingredients

Shea Butter: Emollient, lubricant

Sunflower Seed Oil: Emollient, lubricant, antioxidant

Sweet Almond Oil: Emollient, lubricant

Rosemary Leaf Extract: Moisturizing

Cocoa Seed Butter: Skin conditioning

Hand & Body Wash

This formula cleanses with moisture-rich lather as it leaves skin feeling exceptionally soft and smooth.

Benefits

- Cleanses with luxurious, moisture-rich lather
- Leaves even the driest skin supple, soothed and infused with all of the rich, emollient benefits of shea butter
- Leaves skin pleasantly scented with Arbonne's proprietary Shea Butter fragrance

Hand & Body Lotion

A luxurious, moisture-rich body lotion formula that replenishes dry and very dry skin with soothing moisture.

Benefits

- Moisturizes and nourishes dry skin with a luxurious, non-greasy texture
- Soothes, softens and leaves a soft, smooth finish to skin
- Leaves skin pleasantly scented with Arbonne's proprietary Shea Butter fragrance

Shea Butter Self-Quiz

1) What are the benefits of Shea Butter?

2) What natural oil contains natural antioxidants?

3) What additional butter in these products moisturizes skin?

Answers on page 55.

Arbonne Cosmetics

Beautiful Science, Beautiful You

A perfect complement to your skin care regimen, Arbonne Cosmetics is a comprehensive line of makeup that lets your innermost beauty come to light.

This collection of lightweight, beneficial formulas cosmetically enhance the complexion while offering anti-aging benefits, to help lift, firm, and tone the look of skin while minimizing the appearance of fine lines.

- Botanically based
- Formulated without artificial dyes or fragrances
- Free of animal products and animal by-products
- Formulated with micronized mineral-based pigments
- Formulated without gluten
- Formulated without parabens or formaldehyde-donating preservatives
- Talc-free
- PABA-free
- Dermatologist and allergy tested

Key Science

Optilight Technology works in two ways to help capture a flawless-looking complexion:

First, light is diffused to create a soft-focus effect, blurring lines and imperfections, and then micronized pigments allow skin to breathe, imparting a "light as air" feeling, promoting a healthy glow.

Key Ingredients

Marrubium Vulgare Extract: Member of the mint family; helps condition skin

Buddleja Davidii Extract: Also known as summer lilac or butterfly bush; helps moisturize the skin to keep it looking soft and youthful

Scutellaria Alpina Extract: Skin conditioner

Polygonum Fagopyrum Seed Extract: Skin conditioner

Alaria Esculenta Extract: Skin conditioner

Shea Butter: Skin conditioner; helps moisturize dry skin and diminishes the appearance of fine lines

Aloe Barbadensis Extract: Helps moisturize and soothe skin

Polypeptides: Peptides that contain many amino acids; Hexapeptide-10 immediately makes skin look firmer; Biotinoyl-Tripeptide-1 and Myristoyl Pentapeptide-17 make lashes look thicker and fuller

Ribose: Helps reduce the appearance of wrinkles

Vitamins A, C, and E: Antioxidants

Green Tea Extract: Antioxidant

Ceramide-3: Plant-derived; helps prevent surface moisture loss and promote younger, healthier-looking skin

Mallow Extract: Natural hydrator, antioxidant, and skin conditioner

Chamomile Extract: Skin conditioner

Cucumber Extract: Natural cleanser

Face

Complexion Perfectors

Makeup Primer

This vitamin-rich, lightweight, non-oily primer preps skin for makeup as it visibly minimizes fine lines, minor imperfections and enlarged pores, giving the complexion a flawless, unified look.

Benefits

- Provides a flawless-looking complexion
- Visibly diminishes the look of fine lines and surface imperfections
- Helps minimize the appearance of pores
- Helps makeup last longer throughout the day
- Helps makeup colour stay true
- For all skin tones
- Safe for use by contact lens wearers
- Ophthalmologist tested

Crème Concealer

The cream-to-powder formula provides excellent coverage to conceal and camouflage dark circles, under-eye puffiness, blemishes, dark spots, and fine lines.

Benefits

- Perfectly conceals skin imperfections
- Velvety cream formula dries to a powdery-soft finish
- Long-lasting, comforting texture
- Easy to use and blends beautifully
- Helps moisturize and diminish the appearance of fine lines
- Safe for use by contact lens wearers
- Ophthalmologist tested

Sheer Glow Highlighter

Shimmering pigments add a luminous glow and a touch of soft radiance anywhere to the complexion.

Benefits

- Ultra-lightweight, ultra-soft texture
- Light-diffusing effect “awakens” the look of the skin and obscures imperfections
- Illuminates the face and dark shadows, and minimizes the appearance of fine lines
- When used around the eye contour area, eyes look brighter
- May be mixed with Perfecting Liquid Foundation or Sheer Finish Tinted Moisturizer to impart a subtle illuminating glow to the complexion
- For all skin types

Foundations

Three light-diffusing foundation formulas create a soft-focus effect for a flawless-looking complexion. Whether liquid or powder in form, each is formulated with UVA/UVB sunscreens offering broad spectrum sun protection.

Sheer Finish Tinted Moisturizer with SPF 15

Lightweight, tinted moisturizer delivers UVA/UVB broad spectrum protection and natural-looking coverage while restoring and maintaining optimal moisture balance.

Benefits

- Provides a sheer, transparent veil of natural colour
- Easy to use and blends beautifully
- Helps condition, moisturize and protect skin to diminish the appearance of fine lines
- Protects with broad spectrum UVA/UVB sunscreens to help maintain skin’s youthfulness
- For all skin types

Natural Radiance Mineral Powder Foundation with SPF 15

Lightweight, buildable mineral powder foundation creates a soft-focus effect, giving skin a radiant, flawless appearance.

Benefits

- Ideal for those who do not like liquid foundation
- Easy-to-build powder formula provides desired degree of coverage: light, moderate or full
- Ultra-lightweight texture that’s comfortable and soft upon application
- Soft-focus effect gives skin a flawlessly unified, smoothed and radiant appearance
- Protects with broad spectrum UVA/UVB sunscreens to help maintain skin’s youthfulness
- For all skin types

Perfecting Liquid Foundation with SPF 15

This supple, fluid foundation is formulated to multitask as it protects, moisturizes and firms the look of skin; lifts the look of facial contours; minimizes the appearance of fine lines and wrinkles; and provides flawless-looking moderate coverage.

Benefits

- Lightweight texture glides on and blends easily
- Natural, satiny colour enhances and unifies the complexion
- Provides a soft-focus effect to minimize the appearance of skin imperfections and fine lines
- Helps moisturize, condition and protect skin to diminish the appearance of fine lines
- Imparts a radiant, healthy glow to the complexion
- Provides broad spectrum UVA/UVB protection to help maintain skin's youthfulness
- For all skin types

Bronzer and Powders

Arbonne Cosmetics bronzer and powders unite Optilight Technology and botanical extracts to provide perfect coverage and protection all day long for a more radiant, natural-looking complexion.

Bronzer

Silky-light powder adds a "sun-kissed" glow to the complexion. Used over the entire face, it provides an all-over sunny finish. Applied lightly on the prominent parts of the face (cheekbones, bridge of nose, chin, forehead), it provides a tanned touch.

Benefits

- Provides a radiant, sunny look to the skin
- Soothing botanicals provide a feeling of comfort
- Light-reflecting pigments help blur fine lines and minor skin flaws
- Perfect for on-the-go touch-ups
- For all skin types

Sheer Pressed Powder

This fine, silky compact powder delivers a soft-focus effect for natural-looking radiance.

Benefits

- Soothing botanicals provide a feeling of comfort
- Lightweight coverage finishes the look
- Light-reflecting pigments help blur fine lines and minor skin flaws
- Absorbent ingredients help set foundation
- Provides a long-lasting effect
- Perfect for on-the-go touch-ups
- For all skin types

Translucent Loose Setting Powder

Airy light powder mattifies the skin without dulling its natural radiance and unifies the complexion without overloading it.

Benefits

- Lightweight coverage finishes your look
- Creates a soft-focus look to blur the appearance of fine lines and minor skin flaws
- Helps makeup stay put, providing a long-lasting effect
- Soothing botanicals provide a feeling of comfort
- Absorbent ingredients help set foundation
- For all skin types

Eyes & Cheeks

Rich pigments glide onto the eyes and cheeks for effortless definition.

Blush

Incredibly lightweight, mineral-infused pigments create a natural-looking blush to highlight the complexion.

Benefits

- Light, soft and transparent powder texture
- Heightens the cheekbones and sculpts the facial contours with a light veil of supple, silky colour
- Provides an instant, natural-looking makeup result with a healthy glow effect
- Soothing botanicals provide a feeling of comfort
- For all skin types

Eye Shadow

Richly pigmented, mineral-infused longwearing eye shadow is easy to apply, build and blend.

Benefits

- Soothing botanical extracts provide a feeling of comfort
- Soft, silky powder texture is gentle to eyelids
- Easy to build and blend to achieve the desired look
- Safe for use by contact lens wearers
- Ophthalmologist tested
- For all skin types

Eye Liner

A convenient, retractable creamy pencil that offers an alluring look with high holding power.

Benefits

- Goes on and blends evenly
- Soft, smooth, protective texture offers gliding application without pulling at delicate eyelids
- Detachable sharpener
- Safe for use by contact lens wearers
- Ophthalmologist tested

Liquid Eye Liner

Longwearing eye liner features non-fraying tip for precise and effortless application.

Benefits

- Fluid, supple formula offers gentle application and maximum comfort
- Dries quickly to provide long wear
- Non-fraying tip allows for very precise, even lining
- Safe for use by contact lens wearers
- Ophthalmologist tested

Lash Enhancer

Strengthening and conditioning formula revitalizes lashes from root to tip to help promote thicker, longer-looking lashes.

Benefits

- Helps keep lashes healthy to help prevent fall-out and breakage
- Enhances the appearance of lash volume and length
- May be used on brows to help promote fullness
- Safe for use by contact lens wearers
- Ophthalmologist tested
- Colourless formula

Eyebrow Gel

Clear, lightweight gel keeps brows well-groomed, well-defined, and shaped throughout the day.

Benefits

- Brushes on easily to shape and define brows
- May also be used on bare lashes to add gloss and natural definition without colour
- Gentle, clear gel formula respects the delicate eye area
- Safe for use by contact lens wearers
- Ophthalmologist tested

Triple Action Mascara

This 3-in-1 mascara defines, lengthens and volumizes the appearance of lashes to the fullest with an improved smudge-resistant formula.

Benefits

- Creamy texture coats lashes from root to tip, enhancing the look of their volume and length
- Separates and defines lashes as it colours and conditions
- Smudge-resistant, long-lasting formula
- Extra-large brush enhances application and creates glamorous lashes
- Safe for use by contact lens wearers
- Ophthalmologist tested

Eye Makeup Remover

Oil-free formula gently, yet effectively, removes stubborn eye makeup while conditioning and moisturizing lashes and eyelids.

Benefits

- Removes all traces of makeup without rubbing
- Soothing botanicals provide a feeling of comfort
- Leaves the delicate eye area feeling refreshed
- Formulated with the same pH as tears for optimum tolerance
- No rinsing necessary
- Safe for use by contact lens wearers
- Ophthalmologist tested

Lips

Longwearing, smudge-resistant formulas intensely condition and hydrate lips.

Lip Liner

Smudge-proof, creamy, retractable lip pencil defines lips with durable pigments to extend wear of lip polish and lipstick.

Benefits

- Soft, velvety texture
- Colour glides on for optimum ease and comfort of application
- Colours complement shades of Arbonne lipstick and lip polish
- Ceramide-3 soothes and conditions lip line to extend wear
- Detachable sharpener

Lipstick

Longwearing, feather-resistant, hydrating formula glides on easily for full coverage and pure, rich colour.

Benefits

- Intensely conditions and hydrates lips
- Gently plumps and firms, adding youthful volume to the appearance of the lips
- Rich in natural mineral pigments with a velvety, nourishing texture

Lip Polish

Luscious lip polish glides on silky smooth and delivers superior shine without the stickiness.

Benefits

- Ultra-light, non-sticky, silky-smooth formula
- Gently plumps and firms, adding youthful volume to the appearance of the lips
- Easy application for voluminous, glossy lips
- Gloss texture rehydrates and softens
- Ultra-shiny coverage

Arbonne Cosmetics Self-Quiz

- 1) Optilight Technology _____ to create a soft-focus effect, _____ lines and imperfections.
- 2) Micronized _____ allow skin to breathe, imparting a "light as air" feeling, promoting a healthy _____.
- 3) Polypeptides _____ the visible signs of aging by helping to support _____ ability to soften the look of lines, wrinkles and skin _____.
- 4) Arbonne foundations have been _____ shown to improve skin _____ and to let skin "breathe."
- 5) Arbonne Cosmetic formulas are all vegan, _____-free, _____-free and free of _____ colours.

Answers on page 55.

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 our health as best as we can. 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 and wellness and Arbonne Essentials® products with others.

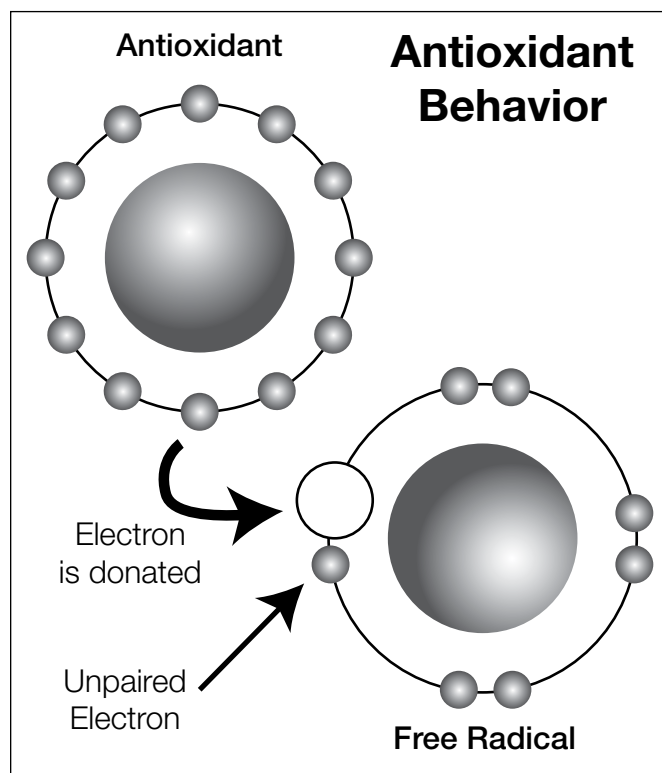
Vitamins and Minerals

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 really so important for us to make sure we're getting the nutrients that 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 the immune system, skeletal system, and nervous system. In some form, they help support the health of every organ in your body.

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 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 readily providing the unstable free radical with the electron that it is looking for, which reduces the chance of it taking the electron from molecules in the body. In addition to getting antioxidants from external sources, the liver produces glutathione, which is considered to be the body's endogenous (internally made) antioxidant. However, with so many free radicals present in today's environment, it is crucial to supply the body with much more antioxidant support.



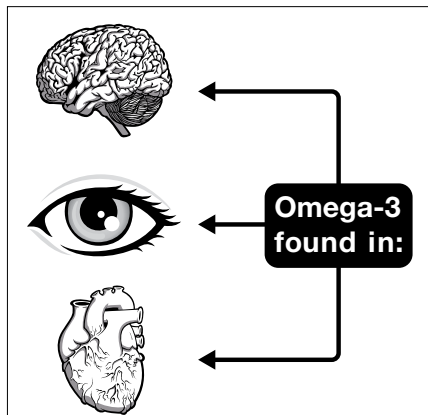
Prebiotics, Probiotics and Enzymes

Prebiotics are soluble fibres that ferment in the gastrointestinal (GI) tract and create an ideal environment for probiotics to colonize and grow. Coupling probiotics with prebiotics is a way to help increase the successful colonization of probiotics in the GI. Probiotics are beneficial micro-flora (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. Daily diet, environmental pollution and more can have an effect on the number of probiotics found in each individual's body. Enzymes are made of proteins and help the body break down dietary nutrients like protein, sugars, carbohydrates, starch, lactose, and others so that they can be properly utilized by the body.

Omega-3 Fatty Acids

Omega-3 fatty acids are polyunsaturated fats that are essential for the optimal biological function of the body. While they are needed by the body, they cannot be made by the body and must be supplemented through the diet in order to get them. While marine animal sources are the most common source for omega-3 fatty acids, there have been concerns regarding the possibility for environmental pollutants in marine-based oils. Plant-based oils do not contain these pollutants, and they help support cognitive, cardiovascular and eye health, and other important health benefits.



Omega-3 fatty acids are found at higher levels in key organs.

Fibre





















Fibre is essential for the human body and, unfortunately, most people do not consume nearly enough on a daily basis. It can be difficult to obtain adequate daily levels of fibre, as many foods consumed in the typical Canadian 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 for fibre every day.

Pea Protein: Better Than The Rest

Pea protein is highly absorbable and easily digestible, and when combined with rice protein and cranberry protein, it provides a full amino acid score. Pea protein provides essential amino acids and is a good source of the amino acids arginine and glutamine. Pea protein is also a good source of glutamic acid and branched chain amino acids (leucine + valine + isoleucine). Arginine participates in the supply of nitric acid and branched chain amino acids, which are essential amino acids that need to be supplied by the diet.

Metabolism

Metabolism is a complex and important process in the body, and at risk of oversimplification, could be quickly described as the biochemical interconversions to energy. 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 process, you are helping the body more efficiently convert these dietary nutrients into usable energy.

| 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 |

Arbonne Essentials®

Just What Every Body Needs

If you're not sure if you're getting the essential nutrients that your body needs for optimal health, Arbonne provides an easy way to approach everyday nutrition that will help you feel amazing — and live better. Arbonne Essentials can help you accomplish your goals and get you on the path to healthier living with nutrition that is specific to what your body needs. Fit Essentials help support fitness and weight management; Daily Essentials help support various targeted aspects of everyday health.

Arbonne Essentials supplements are manufactured following strict cGMP (current Good Manufacturing Practices) guidelines. All product health claims are supported by studies that support the efficacy and safety at the level used in the product. Strict ingredient standards are set for each raw material and are monitored closely to ensure the highest quality is maintained. Arbonne Essentials supplements contain powerful standardized phytonutrients and pharmaceutical grade vitamins and minerals. They meet USP standards for disintegration and are vegan certified. Each ingredient is tested for potency and purity. Certificates of analysis are collected for each raw material, and only reliable, reputable raw material suppliers are used.

Arbonne's experienced Product Development team conducts extensive research to identify unique and targeted ingredients to address many specialized areas. To achieve the highest quality health and wellness products, Arbonne follows a strict ingredient policy.

- No artificial colours, flavours or sweeteners
- Formulated without gluten
- No soy lecithin
- No animal products or by-products
- No high fructose corn syrup
- No cholesterol or trans fats

Key Science

Arbonne Proprietary Blends and Complexes are combinations of targeted, specialized botanical extracts all in one targeted blend. Proprietary blends are beneficial for Arbonne as they help keep the specific level of each ingredient confidential, which protects our formulas from duplication by competitors.

Key Ingredients

Kelp: Source of iodine and other essential trace nutrients

Guarana: Helps boost energy

Green Tea: Great source of antioxidants (EGCG)

Ginseng: Helps increase stamina and vitality

Fibersol-2®: Source of fibre

Rhodiola: Adaptogenic herb

Black Pepper Extract: Contains piperine, a constituent in black pepper that helps increase nutrient uptake so nutrients are better utilized by the body

Milk Thistle: Contains the active phytonutrient silymarin that supports liver health, which in turn supports production of the body's powerful, internally made antioxidant, glutathione

Boswellia Serrata: Helps support joint health

Pine Bark Extract (standardized to proanthocyanins): Powerful antioxidant

Arbonne Essentials

Fit Essentials

If your goal is to feel more fit, manage your weight, or fuel your day, start with Fit Essentials. We make it easy with the 30-Day Feeling Fit Plan. Or you can have the freedom of choosing individual products and customizing any combination. Give your body what it needs and go at your own pace.

Protein Shake Mix Meal Replacement

Shake up your daily routine with a delicious shake that delivers 20 grams of vegan protein, plus 22 essential vitamins and minerals and other beneficial nutrients. Contains no artificial colours, flavours or sweeteners. Contains no cholesterol.

Benefits

- Provides energy to keep you feeling fuller longer
- Good source of fibre
- Formulated without gluten
- Fructose free

Proprietary Blend: Inner G-Plex Complex — A blend of ingredients that delivers a boost of energy and antioxidants.

Tip: Add a scoop of Arbonne Essentials Daily Fibre Boost to your Protein Shake to increase your fibre intake.

Energy Fizz Tabs

A refreshing combination of botanicals, B-vitamins and chromium to help increase alertness and performance as well as help the body to metabolize fats, carbohydrates and proteins.

Benefits

- Helps increase alertness and performance
- Helps metabolize fats, carbohydrates and proteins

Proprietary Blend: Get-Up-And-Go Blend — A blend of energy-boosting vitamins and botanicals.

Daily Fibre Boost

Boost your daily dietary fibre intake. This flavourless blend of soluble fibre can be added to all foods and beverages, like pasta sauce or soups, and can even be baked into breads and cakes!

Benefits

- Helps support optimal gastrointestinal health
- Helps you feel fuller longer

Proprietary Blend: Arbonne Fibre Source Blend — A blend of fibres from fruit and vegetable sources.

Fit Chews

An ideal on-the-go snack, these bite-size treats will deliver a great tasting boost throughout the day.

Benefits

- Adaptogenic blend supports good health

Proprietary Blend: Arbonne Adaptogen Blend — Adaptogenic herbs promote overall good health.

Nutritional Supplement Bars

A healthy balance of protein, fibre, vitamins and minerals, our supplement bar satisfies hunger and helps boost energy. Made with nutrient-rich quinoa, 15 vitamins and minerals, and 9 grams of pea and rice protein.

Benefits

- Helps boost energy
- Helps support muscle
- Supports general health and well-being
- Contains 15 essential vitamins and minerals
- Provides essential amino acids
- Non-GMO

Herbal Muscle Massage Gel

This pain-relieving gel temporarily relieves aches and pains of muscles and joints associated with simple backache, lumbago, strains, sprains and arthritis.

Benefits

- Non-greasy
- Fast absorbing
- Contains menthol, capsaicin and eucalyptus

Herbal Tea

A delicious, mild, decaffeinated herbal tea with 6 botanicals.

Benefits

- Soothing herbal blend
- Contains milk thistle
- Caffeine free

Tip: Once brewed, the Herbal Tea can be refrigerated and poured over ice to make a refreshing beverage.

Joint Support

Helps maintain healthy joints, protecting them from the normal wear and tear of aging and active lifestyles.

Benefits

- Helps relieve joint pain associated with osteoarthritis
- Helps protect against the deterioration of cartilage
- Contains vegan glucosamine sulfate

Proprietary Blend: Arbonne Joint Support Blend — A blend of botanical extracts to help protect from joint wear and tear.

Fit Essentials Self-Quiz

- 1) Arbonne Essentials Protein Shakes contain ____ grams of vegan protein and ____ vitamins and minerals; they also contain the _____ G-Plex with ingredients to boost _____ levels.
- 2) _____ Fizz Tabs contain vitamins and _____ as well as herbal ingredients like _____ tea, guarana and panax _____ to help boost energy levels.
- 3) _____ Chews contain an adaptogen blend to promote _____.

Answers on page 55.

Arbonne Essentials Daily Essentials

Daily Essentials address every body's specific needs with products formulated with the highest quality vitamins, minerals, botanicals, super food antioxidants, enzymes, and probiotics to maximize ingredient absorption and effectiveness.

Key Ingredients

Black Currant: Contains antioxidant, anthocyanins

Resveratrol: Powerful antioxidant

Lutein: Contains antioxidants that help support eye health

Pomegranate Extract: Contains a variety of different antioxidants including anthocyanins

Green Tea: Contains antioxidant catechins

Saccharomyces C (EpiCor®): Clinically proven in several human-based trials to support immunity

Turmeric: Source of antioxidants

Calcium Citrate: Highly absorbable form of calcium

Vitamin D: Helps support calcium absorption

Magnesium: Required in intermediary metabolism

Protease: Enzyme that helps the body break down protein

Lipase: Enzyme that helps the body break down fats

Glycoamylase: Enzyme that helps the body break down starch and disaccharides

Psyllium: Insoluble fibre that helps cleanse the gastrointestinal system as it moves through the body

Milk Thistle: Contains the active material, silymarin, which supports liver health and may in turn support production of the body's endogenously made antioxidant, glutathione

Aloe Vera: Supports gastrointestinal health

Xylaria Nigripes: Helps provide support in managing symptoms associated with menopause

Cuscuta Chinensis: Helps provide support in managing symptoms associated with menopause

Chinese Motherwort: Helps provide support in managing symptoms associated with menopause

Daily Power Packs for Men and Daily Power Packs for Women

Daily nutritional packs containing multivitamins, multiminerals, botanicals, probiotics and enzymes along with bone health and antioxidant formulas targeted to address both men's and women's individual needs. Men's formula contains saw palmetto to support prostate health and women's formula contains extra calcium to support bone health.

Benefits

- Supports eye health
- Supports healthy skin, hair and nails
- Promotes energy, vitality and longevity
- Promotes proper digestion and gastrointestinal health
- Supports a healthy immune system
- Promotes nutrient uptake

Proprietary Blend: Super Antioxidant Blend — A combination of high potency antioxidant botanicals and fruits with a 10,000 ORAC score (Oxygen Radical Absorption Capacity).

Super Chews for Kids & Teens

A delicious, cherry flavoured chew that delivers 17 vitamins and minerals to support growing kids and teens. Each chew contains 300 mg of calcium, equivalent to the calcium in one glass of milk.

Benefits

- Promotes a healthy immune system
- Supports growth and development
- Supports healthy bones and teeth
- Supports eye health

Antioxidant & Immunity Booster

A delicious 90 mL drink containing juices from pomegranate, blueberry, grape, cranberry and other known superfruits; infused with powerful antioxidant and immunity ingredients.

Benefits

- Supports the immune system
- Provides antioxidants to promote overall health

Women's Calcium Plus

A blend of calcium, magnesium, vitamin D and other ingredients as part of a healthy diet, along with physical activity, to help reduce the risk of developing osteoporosis.

Benefits

- Contains vitamin D and magnesium to support calcium absorption
- Supports proper bone structure and function

Omega-3 Plus

A good source of vegan omega-3 essential fatty acids to support optimal health and wellness.

Benefits

- Good source of vegan omega-3 essential fatty acids from plants
- Good source of omega-3 fatty acids for the maintenance of good health

Note: There have been multiple human-based clinical studies using Life's DHA™ to support various aspects of health.

Herbal Colon Cleanse

Contains a robust blend of herbs like senna, buckthorn, slippery elm, cascara sagrada, psyllium, and beneficial microflora.

Benefits

- Supports gastrointestinal health
- Promotes intestinal regularity

Proprietary Blend: Arbonne Herbal Cleanse Blend — A blend of herbs that supports gastrointestinal health.

Menopause Support

A balancing blend of phytonutrients working synergistically to help provide a natural and more comfortable transition through menopause.

Benefits

- Provides support in managing symptoms associated with menopause, including: hot flashes, night sweats and irritability

Proprietary Blend: Menopause Support Blend — A blend of balancing herbs to help manage symptoms of menopause.

Finished Good Study: Menopause Support

Arbonne conducted a randomized, double-blind, placebo controlled clinical trial with 109 participants who were in various stages of menopause with Menopause Support, and results of the study showed it helped women to manage symptoms associated with menopause, including hot flashes, night sweats and irritability.

Daily Essentials Self-Quiz

- 1) _____ Plus helps support strong bones with highly absorbable _____ citrate and efficacious amounts of vitamin _____ and magnesium.
- 2) Daily Power Packs for Men contain _____ to help support prostate health and Daily Power Packs for Women contain extra _____ to support bones; both formulas contain _____ and _____ to support gastrointestinal health and feature an antioxidant blend with a _____ ORAC score.
- 3) Menopause Support was clinically tested in a _____ placebo controlled study, with results indicating that it helped manage various symptoms of menopause including _____ sweats, _____ flashes and irritability.

Answers on page 55.

Self-Quiz Answers

Basic Science of Skin and Skin Aging Self-Quiz

Answers: 1) protection, sensation, secretion; 2) barrier, disrupt, dryness; 3) 90, UV damage; 4) 9; 5) Cellular, repaired; 6) replicated; 7) nutrition, metabolism; 8) defense, radicals; 9) protection, youthful; 10) comprehensive, intrinsic

RE9 Advanced® Self-Quiz

Answers: 1) Algae Extract, Stabilized Vitamin C, Bio-Hydria Complex, Vitaspheres, Elhibin and Stimu-Tex, Alpha Lipoic Acid, Copper, Alpha and Beta Hydroxy Acids, Peptides; 2) RE9 Advanced Extra Moisture Restorative Day Crème with SPF 20; 3) Pineapple and Papaya Enzymes, Sea Buckthorn Oil, Kudzu Root Extract, Marine Lavender Extract, Hydrolyzed Lupine Protein, Alfalfa Seed Extract, Beech Tree Bud Extract; 4) Five; 5) 24

RE9 Advanced for Men Self-Quiz

Answers: 1) testosterone; 2) elements; 3) Yes, men can use any of the RE9 Advanced products. However, please note that the RE9 Advanced for Men Exfoliating Wash and RE9 Advanced for Men Facial Moisturizer with SPF 20 are formulated specifically for the needs of men's skin; 4) clinically, energized; 5) 90%, clarity, 4

Revelâge® Self-Quiz

Answers: 1) Revelâge, RE9 Advanced; 2) synergistically, brightening; 3) 10, skin brightness, 87%; 4) bleaching; 5) all; ethnicities

Arbonne Clear Advantage Self-Quiz

Answers: 1) Anyone who suffers from occasional or frequent breakouts and wants clear, healthier-looking skin, from teens to adults. 2) Salicylic acid, an effective, clinically proven, medicated treatment for acne. 3) Clinical study results showed initial visible results in as early as 3 days. 4) Orange fruit extract, witch hazel, sugar cane extract, orange peel extract, rosa roxaburghii fruit extract

FC5® Self-Quiz

Answers: 1) Deep Cleansing, glacial, impurities, excess; 2) 2, balancing, mattify; 3) sleep, hydration, rebalance 4) hydration, 10, antioxidants; 5) Exfoliating, exfoliator, botanical, vitamins, phytonutrients

BefoRE Sun Self-Quiz

Answers: 1) broad spectrum, UVA; 2) lines, wrinkles, damage; 3) moisturize, dry, dermatologist; 4) tan, sun damage, streaking, artificial; 5) elements

ABC Arbonne Baby Care® Self-Quiz

Answers: 1) tear, hair; 2) Body, delicate, itching; 3) massage, discomfort; 4) Diaper, chapped, redness, irritation; 5) dermatologist, pediatrician

SeaSource Detox Spa® Self-Quiz

Answers: 1) purification; 2) boost; benefits; 3) 24; moisture; 4) stimulate, strengthen, support; 5) relaxing

Arbonne Aromassentials® Self-Quiz

Answers: 1) Sea Salt Scrub; 2) White Oak Extract; 3) Unwind; 4) Salt; 5) Awaken Rejuvenating Body Mist

Arbonne Intelligence® Self-Quiz

Answers: 1) hydration; 2) Licorice Extract; 3) Thermal Fusion Technology

Shea Butter Self-Quiz

Answers: 1) Delivers exceptional moisture to the skin. 2) Sunflower Seed Oil 3) Cocoa Seed Butter

Arbonne Cosmetics Self-Quiz

Answers: 1) diffuses, blurring; 2) pigments, glow; 3) minimize, collagen's, sagging; 4) clinically, hydration; 5) gluten, talc, artificial

Arbonne Essentials® Fit Essentials Self-Quiz

Answers: 1) 20, 22, Inner, energy; 2) Energy, minerals, green, ginseng; 3) Fit, activity.

Arbonne Essentials Daily Essentials Self-Quiz

Answers: 1) Calcium, calcium, D; 2) Saw palmetto, calcium, probiotics, enzymes, high; 3) double-blind, night, hot



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