

# inspire

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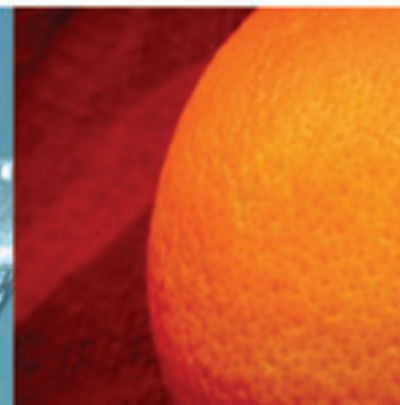
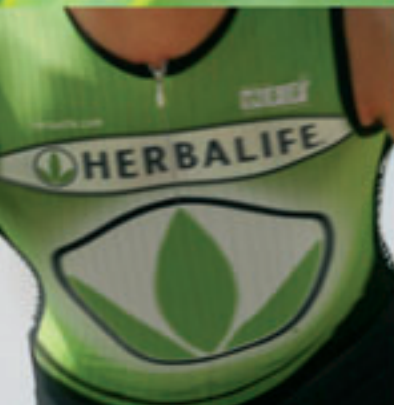
Today



## Protect your Skin this winter with NouriFusion®

During the winter months, cold and wind outdoors and humidity indoors can play havoc with the delicate skin structures of the face and neck.

With the right advice you can keep your skin in great condition throughout the winter... grab yourself a hot drink and read on!



# Loving the skin

Switching between extreme temperatures literally strips skin of its natural moisture, resulting in dry, dull, flaky skin. Give your skin the best possible attention by tackling the problem both from the inside, with nutrition and hydration, and the outside, with high quality skin care products...

## Inner Nutrition

Your skin starts its life from INSIDE your body, so it's vital to eat a healthy, balanced diet. Vitamins and minerals play an important part in renewing skin cells and maintaining skin health:

- Vitamin A (beta carotene) has a protective antioxidant effect – eat plenty of brightly coloured fruits and vegetables such as carrots, tomatoes and red peppers.
- B-vitamins promote healthy skin – found in many foods including seeds, nuts, pulses, dairy products, eggs, leafy vegetables and liver.
- Vitamin C is vital for skin repair and is known as the 'cement that holds the skin together' – eat plenty of fruit and vegetables.
- Vitamin E provides antioxidant protection, found in avocados, wholegrains, vegetable oils, walnuts and almonds.
- Selenium works with Vitamins C and E helping to keep the skin strong and healthy, best sources are brazil nuts, molasses, clams, cashews, liver, mushrooms and chicken.
- Zinc is also vital for growth and repair, promoting a clear complexion. Good sources include sardines, seafood, beef, cheese, nuts, eggs, chicken and wholegrains.
- Drink plenty of fluids to keep your skin properly hydrated – six to eight glasses a day. Thermojetics® Instant Herbal Beverage is a way to help boost your fluid intake and is a tasty alternative to water.

## Outer Nutrition

- During winter, moisture is lost from the skin faster than it can be replaced, so use a water-mist spray throughout the day, and apply moisturiser regularly, to help maintain the skin's natural moisture level.
- Avoid using soap on your face and neck. Most soaps strip the skin of its protective oils, which moisturisers can't replace.
- Try to limit your exposure to extreme weather conditions of cold and wind. When you do go out, cover up with a warm scarf and hat.
- Use moisturiser and lip balm on your face before and after going out in the cold. Try not to lick your lips!
- Moisturisers can't penetrate layers of dead skin cells, so gently exfoliate once or twice a week at night before you apply moisturiser.
- Hot water strips natural oil from the skin, making it dry and creating a tight, stretched feel. Instead, bathe or shower in lukewarm water and limit yourself to 10-15 minutes.
- Apply your moisturiser while the skin is still damp, after a shower or bath. Gently pat your skin almost dry and then apply a rich moisturiser to help trap the moisture in. Take time to rub the cream in – gentle massage will help to boost circulation and further nourish the skin.
- At home, keep your heating on the lowest possible setting, turn it off at night and snuggle up with a hot water bottle.
- Humidifiers, bowls of water or plants placed next to radiators boost the air's moisture level. Draping a damp towel over a radiator also works well.
- At work, if you have control over the temperature of the central heating, keep it low and wear more layers.
- Hands need protection too – wear rubber gloves to do the dishes and protect your hands against moisture-stripping hot water and detergents.
- Extra layers of clothes rub against the skin and effectively absorb moisture; your whole body needs a daily moisturiser, not just your face!

Golden rule:  
Facial skin is very delicate so always be gentle!

# you're in...



Don't forget regular exercise – it will boost circulation, which increases body heat, giving your cheeks a healthy glow!

Make sure you get enough essential skin-nourishing nutrients by adding a high quality multivitamin and mineral supplement to your daily nutritional regime. Formula 2 is the perfect choice!

#3115



# Products to help protect and nourish...



## NouriFusion® Kits

Whether your skin is normal, dry or oily, we have a NouriFusion® Kit just for you. Each pack contains a cleanser, toner and moisturiser to help you maintain beautiful skin.

**Normal to Dry Kit #0901 Normal to Oily Kit #0902**

**NouriFusion® Multivitamin Cleanser Normal to Dry #2510**

**Normal to Oily #2511**

**NouriFusion® Multivitamin Toner Normal to Dry #2512**

**Normal to Oily #2513**

**NouriFusion® Multivitamin Moisturiser SPF 15**

**Normal to Dry #2514 Normal to Oily #2515**

## NouriFusion® Eye Cream

This rich emollient eye cream, suitable for all skin types, is specially formulated with aloe and almond oil to soften and moisturise the delicate skin around the eye area, helping to reduce the appearance of fine lines and wrinkles while helping to improve skin firmness and density.

#2517

## NouriFusion® Eye Gel

The area around your eyes has few oil glands and is more vulnerable to dryness. NouriFusion® Eye gel lets you target this area with ginseng and soothing cucumber extract to refresh and revive tired eyes, so you instantly feel the difference.

#2518

## NouriFusion® Night Cream

It's at night that the body refreshes itself against the stresses of the day. Apply generously to your face and neck every night, gently patting – not rubbing the skin for a more hydrated and refreshed you.

#2516

## NouriFusion® Exfoliating Scrub

This gentle facial scrub uses raspberry and strawberry seeds to gently remove dull, rough, dry skin. Jojoba and beeswax beads smooth and polish the skin, leaving behind a clearer-looking complexion. Skin feels clean, soft and smooth after every use.

#2521

## NouriFusion® Moisture Mask

When your skin feels dry and needs extra moisture, use this rich, luxurious mask to gently cleanse, soothe and moisturise. NouriFusion® Moisture Mask, made with willow herb extract, shea butter and avocado oil, can help reduce the appearance of dry skin, improving your complexion and making your skin feel soft and smooth.

#2520

## NouriFusion® Clarifying Mask

This clarifying mask, made with orange and eucalyptus oil and witch hazel, will leave oily skin clean, clear and glowing, with an improved texture and tone.

#2519



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