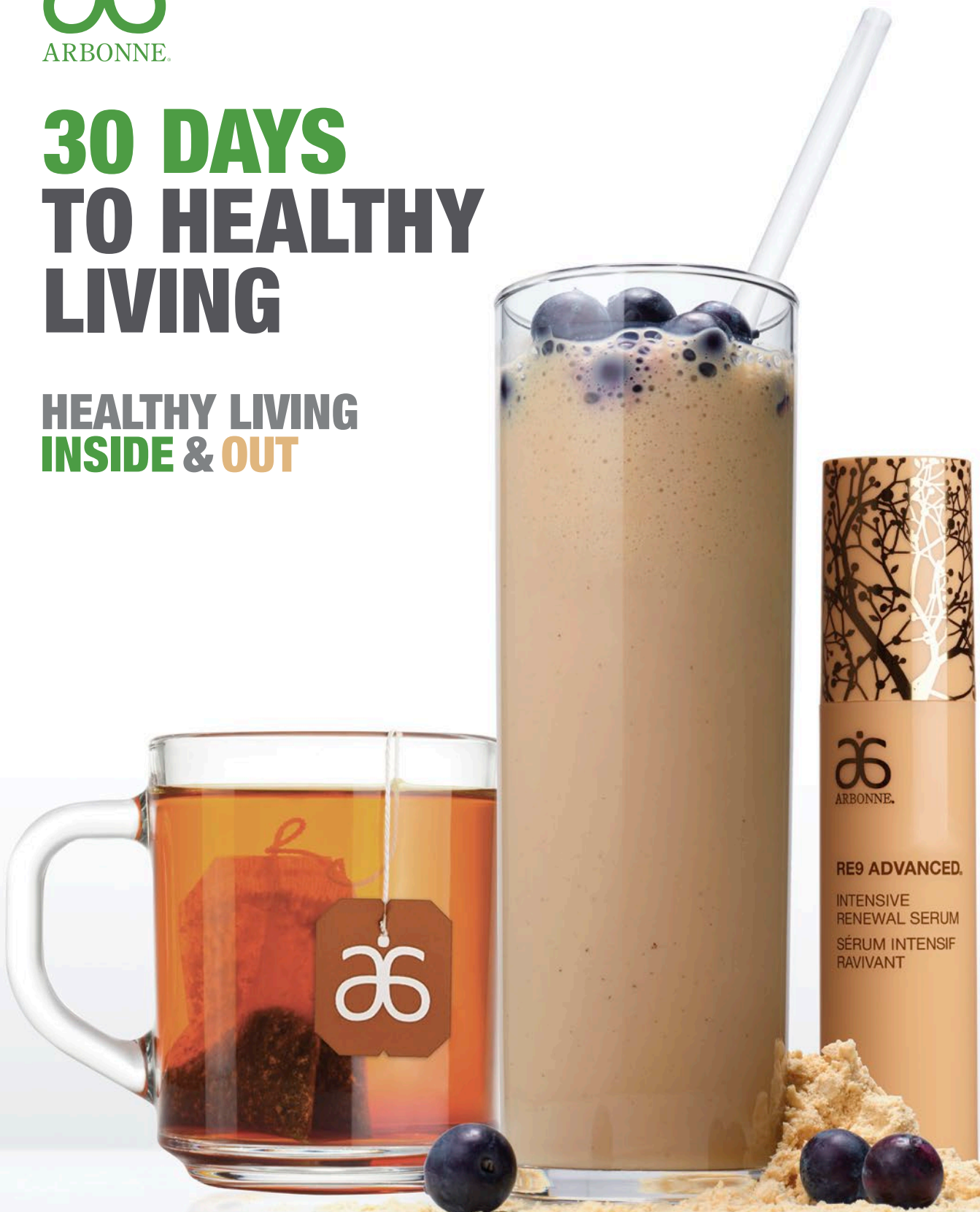




# 30 DAYS TO HEALTHY LIVING

HEALTHY LIVING  
**INSIDE & OUT**



# LETTER FROM DR. PETER

At Arbonne, we are committed to Healthy Living, inside and out. Today more people than ever before are realizing the importance of a healthy diet, exercise and supplementing with critical nutrients. Because your body works as a system where every function is connected, exercise, diet and nutrient intake from supplements play a large role in how you feel on the inside and how you look on the outside. A healthy digestive system helps to ensure you are absorbing nutrients effectively, which supports your body's tissues, and also helps to nourish the skin.

Our collection of products and this guide are designed to support your healthy living goals and give you positive results, inside and out.

Everybody has their own view of what healthy living means — having more energy, losing weight, incorporating good eating habits, having great-looking skin or improving self-esteem and happiness. Whatever your reason, this is a great starting point to work toward your goals. Here's to a healthier, happier you! When you feel good, you look good — especially when you combine nutrition and skincare.

**In good health, Dr. Peter**

*Pete Mahaver*



# THE ARBONNE ADVANTAGE

A holistic approach to healthy living, inside and out, with clean formulas for better skincare results and plant-powered nutrition.

From the beginning, Arbonne has developed **PURE** products with botanically based ingredients in **scientifically tested formulas**. We combine the best of science and nature to produce formulas that deliver incredible results.

The combination of Arbonne **skincare** and **nutrition** can truly transform you from the inside out, and most importantly, deliver noticeable **results** that you will want to share.

Arbonne **skincare** and **nutrition products** are:

- Made with botanically based ingredients
- Certified vegan\*
- Certified gluten-free\*
- Clinically tested
- Certified cruelty-free

\*Some product certifications may vary

Arbonne **nutrition products** are:

- Plant-powered with standardized extracts
- Formulated with non-GMO ingredients
- Formulated without dairy, soy, nuts, common allergens, and artificial colors, flavors and sweeteners

ARBONNE IS THE  
#1 GLOBAL BRAND FOR  
HEALTHY LIVING  
INSIDE & OUT IN 2017

Source: Direct Selling  
News Global Top 100  
Brands 2017, public Direct  
Selling brands with revenue  
\$500MM or greater.  
Brands measured for equal  
distribution of skincare and  
nutrition sales.



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



# LIFESTYLE IMPACTS ON OUR BODY AND SKIN

## Digestibility

Digestibility of products consumed can be important because the ability to easily breakdown foods can result in the body using the nutrients more efficiently and potentially even more of the beneficial nutrients being used. Good digestibility can also help ensure that there are no side effects of poor digestion such as gas, bloating or constipation.

## Stress

Science has shown that stress can cause the release of a hormone called cortisol, which can have detrimental effects, even in a very healthy person. Eating healthy, exercising, limiting stress, and supplementing your diet with the nutrients you need to support optimal health and wellness may help support stress relief.

## Skin Aging

The skin ages in two ways: biological or intrinsic aging, and environmental or extrinsic. A comprehensive skincare approach addresses both biological and environmental factors.

## Healthy Aging Skin Challenges

- Production of collagen and elastin slows down a dramatic 65% between ages 20 and 80. Every year from age 20 on, collagen production slows by an additional 1%.
- Thickness of the skin decreases 6% every 10 years.
- The sun causes 90%–95% of the wrinkles, lines, as well as brown, red and white discoloration on our bodies.
- Cell turnover slows which can lead to dehydration and dryness.
- Repetitive movements, such as frowning, squinting, or cigarette smoking can form permanent wrinkles.
- Menopause can trigger a 30% reduction in collagen and a dramatic increase in dryness and dehydration.
- Gravity, along with a decrease in collagen and elastin production, causes skin to sag.
- Biological or hereditary factors account for 10% of skin's aging.
- Environmental factors such as smoking or second-hand smoke, excessive alcohol use, and poor nutrition can lead to visible signs of aging such as wrinkling, sagging, discoloration, pigmented skin spots, thinning skin, and spidery lines.
- Free radicals from UV exposure, pollution, smoking, stress, and normal metabolic processes can cause changes that lead to the degradation of skin's collagen and elastin.



# ARBONNE IS HEALTHY LIVING — INSIDE AND OUT

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

Critical to making healthy decisions is understanding the effects from the foods you are eating, engaging in activity, and supporting your diet with premium Arbonne nutritionals. Having more energy and vitality, feeling more engaged in life, and being happier can start with making a few small changes in your daily habits and engaging in self-education. Healthy living doesn't have to be complicated.

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

Arbonne Nutrition and Skincare products support an inner-outer approach to health and beauty that will help you look and feel your best at any age.

**SKINCARE ADVANTAGE:** Gold standard ingredients, balanced with the best botanical and scientific ingredients deliver significant visible results.

**NUTRITIONAL ADVANTAGE:** Plant-powered, nutrient-rich products that are cleaner for better results, following a strict ingredient policy that is always gluten-free, vegan and formulated without GMO ingredients.



Pairing Arbonne Essentials® nutrition products with Arbonne skincare makes this simple.

## HERE ARE SOME WAYS THAT NUTRITION CAN HELP SUPPORT HEALTHY, YOUTHFUL-LOOKING SKIN:

- **Boost good bacteria with probiotics:** The digestive system naturally has billions of bacteria, like the skin. Digestive health can be supported by promoting growth of beneficial bacteria, along with lowering the number of harmful bacteria. Probiotics provide strains of beneficial bacteria to help replenish and support the digestive tract. These good bacteria help support the immune system, and other body systems, including the tissues of the skin — from the inside out.
- **Optimize digestion:** The body's overall health is connected to how foods are digested, and nutrients are absorbed. This can be optimized by supplementing your diet with digestive enzymes, to help the body process foods more effectively and the digestive system function optimally. Digestive enzyme levels decline with age, so a supplement can help to support digestive function.
- **Get plenty of nutritious fiber:** Fiber helps keep things moving in the digestive tract and promotes healthy gastrointestinal functioning to eliminate toxins. The average American only consumes about half of the minimum 28 grams of fiber recommended daily.
- **Add healthy fats to your diet:** Research demonstrates most people aren't consuming the needed levels of essential fatty acids, such as omega-3. The right kinds of fats are essential to healthy cellular function, including cells of the skin.
  - Minimize trans fats and saturated fats that could contribute to an unhealthy vascular system, which may impact other parts of the body, such as the skin.
  - Include plenty of healthy fats such as olive oil; avocados; nuts and omega-3-rich seeds.

*"With our increased understanding of the role of intestinal health, we are beginning to understand the gut-skin connection along with the role of probiotics in maintaining health and great-looking skin."* — **Dr. Nora Zorich**, MD, PhD and Chair of the Arbonne Scientific Advisory Board

# START YOUR HEALTHY EATING PLAN

## STEP 1

Eliminate common allergens and limit the following:

- Wheat/gluten/yeast
- Dairy
- Sugar/artificial sweeteners
- Alcohol
- Coffee
- Vinegar
- Soy

## STEP 2

Eat every 4–6 hours

### Example:

- **Morning:** Shake
- **Afternoon:** Shake\*
- **Evening:** Meal

If you choose to snack, please choose from the Healthy Snacks and Beverages section of this guide.

Avoid eating after 7 p.m. or 3 hours before bed. If hungry before bed, drink ½ cup of non-dairy milk with ½ scoop of Daily Fiber Boost.

\*After the initial 30-day program, depending on your goals and lifestyle, you can flex your daily plan to include an additional healthy meal at breakfast or lunch time instead of a second shake.



Supplement 1–2 meals a day with an Arbonne Essentials® Protein Shake Mix to satisfy hunger and boost energy<sup>‡</sup>

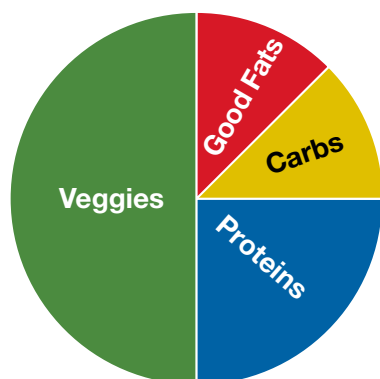
### How to make your Arbonne Essentials protein shake:

- 2 scoops of Vanilla or Chocolate Arbonne Essentials Protein Shake Mix
- 1 scoop of Daily Fiber Boost  
*Helps support gastrointestinal health<sup>‡</sup>*
- ⅓ cup of veggies like spinach, kale, pumpkin, or your favorite greens
- ¼ cup of low-glycemic fruits like dark berries or green apple
- 1 tablespoon of healthy fat like coconut cream, almond butter, pecans or half an avocado
- 6–8 oz. of liquid like water, almond milk, rice milk or coconut milk
- For an extra nutrient boost add flax seeds, chia seeds and coconut flakes

**Additional hints:** Customize your shake by adding one scoop of Daily Protein Boost to one scoop of your favorite shake flavor. The extra scoop of Daily Protein Boost to your protein shake will maximize your protein power. Add a stick of Digestion Plus to support gastrointestinal balance.<sup>‡</sup> Feel free to experiment with different combinations of fruits and vegetables so you can find your favorite!

## STEP 3

Eat in the proper portions



### HOW TO FILL YOUR PLATE:

#### Non-Starchy Veggies (½ of your plate)

- Kale, chard, mustard greens, spinach, broccoli, asparagus

#### Lean Proteins (¼ of your plate)

- Wild fish, organic chicken, turkey, grass-fed beef, beans, lentils, quinoa

#### Healthy Carbs (⅛ of your plate)

- Brown rice, quinoa, beets, sweet potatoes, millet

#### Healthy Fats (⅛ of your plate)

- Seeds and nuts, nut butters, nut oils, olive oil, avocado, flax seed, grapeseed oil, coconut oil

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# 30 DAYS TO HEALTHY LIVING

Arbonne Essentials® ASVP



**Digestion Plus:** Every day add a single-serving stick pack to any cold or room-temperature liquid and consume 30 minutes before to 30 minutes after meals. You can even add it to your Arbonne Essentials Protein Shakes for convenience.\*



**Daily Fiber Boost:** Makes a perfect addition to your Arbonne Essentials Protein Shakes or a scoop can be added to hot or cold foods, drinks, and even baked goods to boost fiber intake and help support gastrointestinal health.†\*



**\*These products also support and contribute to healthy-looking skin.**

**Herbal Detox Tea:** Relax and enjoy a cup of this delicious herbal tea every day to help support the liver and kidneys.†

## CHOOSE TWO:

**Energy Fizz Sticks:** Energy Fizz Sticks, available in Citrus or Pomegranate, support energy with vitamins and botanicals.† Mix with water and enjoy 1–2 per day.



## CHOOSE TWO:

**Protein Shake Mix:** These delicious plant-based protein shakes, available in chocolate or vanilla, contain 20 g of protein with vitamins, minerals, flax seed, and a unique botanical blend. While following the 30 Days to Healthy Living Plan, we recommend that you enjoy 2 shakes per day. You can customize with add-ins such as almond milk, fruit, a scoop of Daily Fiber Boost, and a scoop of Greens Balance.



Pea Protein

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# CUSTOMIZE YOUR ARBONNE ESSENTIALS.<sup>®</sup> ASVP EVEN MORE

The Arbonne Essentials ASVP includes the option of the Body Cleanse or Greens Balance. The Body Cleanse is recommended for a first time 30 Days to Healthy Living program, while the Greens Balance is recommended for healthy living maintenance.

## CHOOSE ONE:

**Greens Balance:** Greens Balance provides a spectrum of proprietary color blends and whole fruit and vegetable concentrates. There's one serving of fruits and vegetables in every scoop. It's a perfect addition to Arbonne Essentials Protein Shakes or it can be added to water and enjoyed on its own.

**Body Cleanse:** Using the Body Cleanse can help gently flush toxins from the body.<sup>°</sup>

The Body Cleanse can be used over one week or used throughout the 30-day program. Use as directed. Talk with your Independent Consultant to help determine the best plan for you.



<sup>°</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# SUPPLEMENT YOUR 30-DAY PROGRAM

## WEIGHT LOSS AND WEIGHT MANAGEMENT SUPPORT

**Arbonne Evolution. Full Control:** Full Control contains the unique soluble fiber, glucomannan, from the konjac root, which expands when mixed with water. Mix one scoop with a glass of water and drink 30 minutes before eating to feel full.<sup>o</sup>

**Arbonne Evolution Metabolism Support:** Metabolism Support, taken twice per day with a meal, delivers support for metabolism and thermogenesis to those seeking to support their weight management goals.<sup>o</sup>

Average healthy rate of weight loss is 1–2 pounds per week or 1% of your total body weight. Results will vary based on gender, age and health. Please consult your physician before beginning a calorie-restricted diet or an exercise program.



<sup>o</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# SUPPLEMENT YOUR 30-DAY PROGRAM

## TARGETED NUTRITION SUPPORT

**Protein Snack Bars:** Containing 10 g of plant-based protein, 4 g of fiber, and both pumpkin and sunflower seeds, these bars are a perfect snack option.

**Fit Chews:** Help control cravings while keeping your energy levels sustained. Contains a proprietary blend to help support the body when undergoing a new diet or exercise regimen.<sup>o</sup>

**Daily Power Packs for Men & Daily Power Packs for Women:** Take one pack per day to receive 20 essential vitamins and minerals you need to support the body's critical processes. Power Packs are a great way to balance out your vitamins and minerals while on the 30 Days to Healthy Living plan.\*

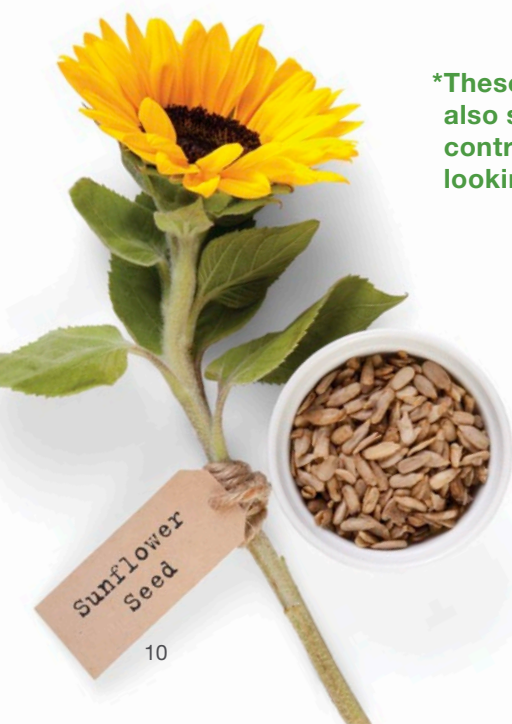
**Omega-3 Plus:** Two capsules a day provides essential daily omega-3 fatty acids.\*

**Mind Health:** Sunflower seed derived phosphatidylserine and vitamin B12 support neurological performance like concentration and focus.<sup>o</sup> Use daily to help support brain health and cognitive performance including aspects like memory and learning.<sup>o</sup>

**\*These products also support and contribute to healthy-looking skin.**



<sup>o</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# HEALTHY FOOD

The foods you eat are one of the most important aspects of maintaining a healthy lifestyle. Whole plant foods are more nutrient-dense than processed and fast foods, which are typically high in fats, calories, sugars and sodium, and low in beneficial nutrients like vitamins, minerals, protein, fiber and antioxidants. By eliminating processed foods and removing many of the known major allergens, and incorporating high amounts of nutrient-rich vegetables, fruits and legumes, you can start to live a healthier, happier lifestyle.



## CHOOSE MORE FRUITS AND VEGETABLES

Some of the most important nutrients our bodies require come from fruits and vegetables. Fruits and vegetables are a source of vitamins, minerals, protein, fiber, antioxidants, and many other unique and powerful nutrients that support a broad range of bodily functions.

## COLORFUL VEGETABLES

The bright colors you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant nutrients called carotenoids. Specific carotenoids like beta-carotene, lutein, zeaxanthin, and astaxanthin can have a variety of benefits like supporting vision, improving skin resistance to UV light, and also helping fight free radical damage.

## CRUCIFEROUS VEGETABLES

Cruciferous vegetables include cabbage, brussels sprouts, broccoli, and cauliflower. These types of vegetables contain vitamins, minerals and unique phytonutrients like sulforaphane, a powerful antioxidant. These vegetables can also be a source of the omega-3 fatty acid alpha-Linolenic acid (ALA).

## DARK LEAFY GREENS

Deep green leafy vegetables include kale, spinach and collard greens. These are rich in vitamins and minerals including vitamin K, which supports bone health, and iron to help support blood production.

## BERRIES — ANTIOXIDANTS GALORE!

Berries of all colors and kinds are typically rich sources of antioxidants, which is why you may hear about some of them being referred to as superfruits. It's this ability to fight oxidizing free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, blueberries, cranberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colors.

## LEGUMES — NATURE'S SOURCE OF PLANT PROTEIN

For many vegetarians, getting the right amount of protein can be difficult. Adding legumes like peas, pinto beans, chickpeas, kidney beans, and lentils to a meal can be a great way of getting some extra protein in your diet.

Arbonne Essentials® Protein Shakes deliver 20 g of plant-based protein from peas, rice and cranberries.

## DID YOU KNOW?

Arbonne Essentials® Greens Balance contains green, red, yellow and blue colored fruits and vegetables to deliver a broad range of antioxidants and phytonutrients.





## VEGAN PROTEIN

Most people know that meat is a source of protein, but what many may not know is that a great number of plant foods and fruits such as brown rice, cranberries, and even algae such as chlorella, or seeds like chia, flax, and hemp, contain protein. Some of the highest sources of plant-based protein are legumes like peas, kidney beans, chickpeas and snow peas.

### BENEFITS OF PLANT-BASED PROTEIN

- Plant-based proteins are easier to digest and are easier on the stomach than soy or animal-based proteins
- Pea and rice protein is not a common allergen like many soy- and animal-based proteins

### VEGAN PROTEIN SOURCES

- Arbonne Essentials Protein Shakes
- Arbonne Essentials Protein Snack Bars
- Legumes — peas, kidney beans, pinto beans
- Nuts and seeds — almonds, cashews, pumpkin seeds, hemp seeds, sesame seeds
- Algae — chlorella, spirulina (nutrient-rich blue green algae)

## HEALTHY CARBOHYDRATES

Healthy carbohydrates are whole food, nutrient-dense sources of energy. Your body uses these types of foods to make glucose, which is your body's main energy source. Glucose is a type of sugar that can be used right away for energy or stored away to be used later. Examples of healthy carbs include:

- Sweet potatoes
- Legumes
- Air-popped popcorn
- Whole grains

## HEALTHY FAT

You need fat to help you absorb certain nutrients, such as fat-soluble vitamins (vitamins A, D, E and K), and antioxidants like lycopene and beta-carotene. Fat is important in giving your cells structure. Omega-3 fats, a type of unsaturated fat, are important for optimum nerve, brain and heart function. Healthy fat options include:

- Avocado
- Nuts and seeds
- Olives or olive oil
- Nut butters

## DAIRY

While some make the personal decision to avoid dairy-based foods and beverages, others are lactose intolerant or, less commonly, allergic. Intolerance means the body is not able to digest the milk sugar, lactose, which can cause a variety of undesirable side effects. An allergy occurs when the body's immune system is triggered by the consumption of milk.

Others choose to avoid dairy products due to high fat content or because dairy cows may be given growth hormones.

### DAIRY-FREE / LACTOSE-FREE OPTIONS

- Rice milk
- Almond milk
- Hemp milk
- Coconut milk

## DID YOU KNOW?

The milk sugar lactose, which is responsible for the negative effects to those with lactose intolerance, is broken down by the enzyme lactase. Lactose intolerance is typically due to a low level of lactase in a person's gastrointestinal tract. Arbonne Essentials Digestion Plus contains lactase to help support the breakdown of lactose and may be of benefit for those with lactose intolerance.



# HEALTHY SNACKS & BEVERAGES

Due to the convenience and availability of so many unhealthy foods as snacks, this is an area where many individuals struggle to make the right choices. Sodas and other sugary drinks can have high levels of sugar per serving. Similarly, some junk food snacks deliver excessive amounts of sugar or fat and sodium with little or no health benefit. Choosing healthy snacks and beverages can make a huge difference in your health.

## SMARTER BEVERAGE OPTIONS

- Arbonne Essentials Herbal Detox Tea
- Arbonne Essentials Energy Fizz Sticks
- Black, green, white teas (unsweetened)
- Freshly pressed fruit/vegetable juices (no added sodium or sugar)
- Water

## SMARTER SNACK OPTIONS

- Arbonne Essentials Protein Snack Bars
- Arbonne Essentials Fit Chews
- Celery sticks with almond butter
- Hummus with raw vegetables
- Raw fruits (low glycemic index)  
— green apples and berries
- Raw vegetables
- Nuts (unsalted to limit sodium intake)



# SMARTER COOKING

Even highly nutritious foods can be made unhealthy if prepared improperly. While it's important to make good choices at the store, you should also select ways of cooking your foods that maximize the health benefit of your meal.

- Use olive, coconut or grape seed oil.
- Use fresh herbs to add flavor instead of excess salt.
- Use organic, low or no sodium broths.
- When cooking meats, grill or bake — do not fry.
- Avoid margarine and rich, creamy sauces or salad dressings.

## GLUTEN-FREE DIET

### Allowed Foods

#### **MANY NUTRITIOUS AND DELICIOUS FOODS ARE NATURALLY GLUTEN-FREE:**

- Beans, seeds, and nuts in their natural, unprocessed form
- If you eat meat — fresh grass-fed meats, wild fish and organic poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables

#### **MANY GRAINS AND STARCHES CAN BE PART OF A GLUTEN-FREE DIET:**

- Amaranth
- Arrowroot
- Buckwheat
- Flax
- Gluten-free flours (rice, bean)
- Millet
- Quinoa
- Rice
- Sorghum
- Tapioca

### Restricted Foods

#### **AVOID FOOD AND DRINKS CONTAINING:**

- Barley (malt, malt flavoring and malt vinegar are usually made from barley)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

#### **IN GENERAL, AVOID THE FOLLOWING FOODS EVEN IF LABELED GLUTEN-FREE:**

- Beer
- Breads
- Cakes and pies
- Candies
- Cereals
- Cookies and crackers
- Croutons
- French fries
- Gravies
- Matzo
- Pastas
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Soups and soup bases
- Vegetables in sauce

Certain grains, such as oats, can be contaminated with wheat during growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten-free.





# INCREASE ACTIVITY

For many people following a weight management regimen, exercise is the biggest challenge. But exercise doesn't have to be strenuous; it's just a matter of getting your heart rate up for 30 minutes at a time. Even 15 minutes of increased heart rate can be extremely beneficial. While exercise burns calories, it's also a terrific way to improve cardiovascular health, increase energy levels, improve your level of happiness, and may also help reduce stress.

## CLASSIFICATION OF TOTAL WEEKLY AMOUNTS OF AEROBIC PHYSICAL ACTIVITY

Levels of Physical Activity	Range of Moderate-Intensity Minutes a Week	Summary of Overall Health Benefits	Comment
<b>Inactive</b>	No activity beyond baseline	None	Being inactive is unhealthy.
<b>Low</b>	Activity beyond baseline but fewer than 150 minutes a week	Some	Low levels of activity are clearly preferable to an inactive lifestyle.
<b>Medium</b>	150 minutes to 300 minutes a week	Substantial	Activity at the high end of this range has additional and more extensive health benefits than activity at the low end.
<b>High</b>	More than 300 minutes a week	Additional	Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits.

- Inactive is no activity beyond baseline activities of daily living.
- Low activity is activity beyond baseline but fewer than 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity a week or the equivalent amount (75 minutes, or 1 hour and 15 minutes) of vigorous-intensity activity.
- Medium activity is 150 minutes to 300 minutes (5 hours) of moderate-intensity activity a week (or 75 to 150 minutes of vigorous-intensity physical activity a week).
- High activity is more than the equivalent of 300 minutes of moderate-intensity physical activity a week.

## KEY GUIDELINES FOR ADULTS

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week, as these activities provide additional health benefits.

Source: "2008 Physical Activity Guidelines for Americans." U.S. Department of Health & Human Services Web. 14 Oct. 2013.

# SKINCARE ADVANTAGE

Gold standard ingredients, balanced with the best botanical and scientific ingredients, deliver significant visible results.

## YOUR TWICE-DAILY SKINCARE REGIMEN

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

It's as simple as **cleanse – treat – protect**

### STEP 1: CLEANSE

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

### STEP 2: TREAT

Skincare treatments come in many forms, most commonly serum, eye cream and facial masks. Serums deliver targeted ingredients depending on needs, such as healthy aging, or soothing. Serums also deliver key ingredients that help refresh, rejuvenate and renew skin's appearance.

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

Facial masks offer targeted treatment options to help you address specific skincare concerns. A mask can help hydrate or unclog pores to remove excess oils and impurities helping to improve skin's appearance.

### STEP 3: PROTECT

Both hydration and protection are critical for a soft, smooth complexion, even for oily skin. Select the appropriate day and night moisturizers for your skin type.

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

# 30 DAYS TO HEALTHY-LOOKING SKIN

RE9 Advanced® ASVP



**Smoothing Facial Cleanser:** Rich, pearlescent cream formula gently washes away makeup and impurities to leave skin smooth and refreshed.

**Regenerating Toner:** Prepare skin for the next step in your regimen with this non-drying, gentle mist toner.

**Intensive Renewal Serum:** Antioxidants, essential botanicals and peptides work synergistically with the formula to protect the skin's surface from future signs of aging and restore youthful-looking glow.

**Arbonne Intelligence. Genius Nightly Resurfacing Pads & Solution:** Gently exfoliates to promote cellular turnover at the skin's surface and brightens to help significantly reduce the appearance of fine lines and dark spots with our proprietary retinoid solution. Can be used before any of our serums, for maximum benefit.

**Night Repair Cream:** Ultra-hydrating cream works overnight to deliver soft, supple skin by replenishing moisture and providing essential nourishment while you sleep.



Customize by choosing your eye cream and day cream.

## CHOOSE ONE:

- **Corrective Eye Cream:** Reduces the appearance of key signs of aging seen on the fragile skin around the eye, including puffiness, fine lines, deep wrinkles, and dark circles.
- **Lifting and Contouring Eye Cream:** Re-densifies, lifts, tones, and firms the look of skin, resulting in the appearance of a tighter, more rejuvenated look of the skin around the eyes.



## CHOOSE ONE:

- **Restorative Cream Broad Spectrum SPF 15 Sunscreen:** Collagen-supporting ingredients along with botanicals moisturize while protecting skin from environmental stressors such as UVA/UVB rays with a mineral sunscreen.
- **Extra Moisture Restorative Cream Broad Spectrum SPF 20 Sunscreen:** Ultra-hydrating cream moisturizes deeply while protecting skin from environmental stressors such as UVA/UVB rays.
- **Restorative Cream (Non-SPF):** Multipurpose formula provides critical moisture to hydrate, smooth and firm skin's appearance while helping reduce the appearance of fine lines and wrinkles.
- **Lifting and Contouring Cream Broad Spectrum SPF 15 Sunscreen:** Targets skin elasticity for a firmer, more lifted appearance, and protects with a mineral physical sunscreen that provides UVA/UVB protection.



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





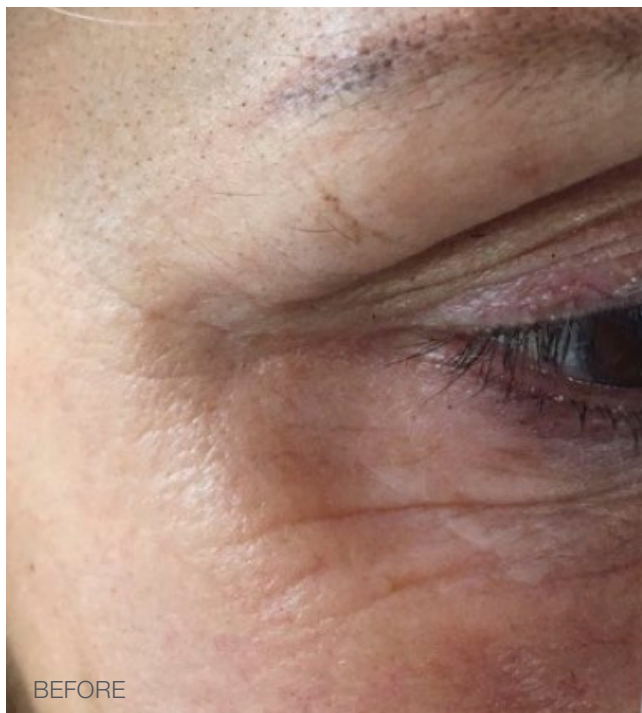
# ARBONNE INTELLIGENCE® GENIUS ULTRA®

## THE ARBONNE ADVANTAGE

Only Arbonne offers a skincare tool that utilizes safe, effective ultrasound technology together with our skincare products to significantly improve your results, backed by clinically measured improvements.

### Got A Minute?

By pairing the Genius Ultra with your favorite Arbonne products and using it for just a few minutes a day, you'll start to see results — after just one use.



Maxine, Arbonne Client

RE9 Advanced Lifting and Contouring Eye Cream used for one minute with the Genius Ultra. Waited minutes between before and after.

When you use Genius Ultra as a part of your twice-daily Arbonne skincare regimen, the results get even more amazing. Visit [geniusultra.arbonne.com](https://geniusultra.arbonne.com) for more results photos and information.

**The choice is simple:** If you want even better, faster results from your Arbonne® skincare, you need to start using the Genius Ultra right away!

# HELPFUL HEALTHY LIVING HINTS

**Stay Hydrated** — Water is critical for optimal physiologic function and healthy living. Dehydration can have many negative side effects and leave you feeling less than ideal. Drinking plenty of water is also essential for processing nutrients and maintaining a proper fluid balance. A good rule of thumb is to drink half your body weight in ounces of water per day. For example, if you weigh 120 pounds, you should drink at least 60 ounces of water per day.

**Slow Down** — It takes time for the brain to tell the body that it's full, so when you eat quickly you may overeat and not even realize it. Slow down and listen to when your body says it's full. Listening to this will help you reduce your caloric intake and will help support weight management. Additionally, eating food slower will help support proper digestion.

**Avoid Refined Sugar** — Sodas and sweetened beverages can have high amounts of sugar per can/bottle. This can have a negative impact on blood sugar levels, can lead to a sugar crash, and sugars when over consumed can be converted to fat and stored in the body. Also look for natural sweeteners like stevia, and unrefined cane sugar. Stay away from high fructose corn syrup, and high sugar foods and beverages.

**Snack Healthy** — If you have a snack, it's important to make careful decisions. Foods with no nutrient value only deliver sodium, fats, carbohydrates and empty calories. Get used to choosing fruits, nuts and vegetables for snacks.

**Get Some Rest** — Sleeping is a time when the body repairs and restores itself; many different processes are at work during sleep that are not happening when you are awake. Not enough sleep can result in low energy and a less positive outlook when it comes to everyday life. Be sure you get the right amount of sleep to help you feel rested, energetic and clear-headed. Remember, this is not a plan of perfection; this is a way to support healthy living.

**Allow Your Skin Time to Transition to a New Twice-Daily Regimen** — Starting a new skincare regimen can be beneficial for the skin, but it can also bring about some unexpected changes. The skin is the body's largest organ and is continually changing and rejuvenating itself. Age, skin type, environment, and hormonal cycle are just a few factors which can impact how skin looks and responds to skincare products. When switching skincare products, it's important to know that the skin might experience an adjustment phase. Specifically, when transitioning to the new RE9 Advanced® collection, it's important to note that key ingredients such as stabilized vitamin C and sustainable orange stem cells, contain antioxidants which can help accelerate skin renewal, and may occasionally lead to skin purging. For oily skin types, these ingredients can also cause potential flare ups, including breakouts. This period could last from a couple of days to a couple of weeks. To give the skin a chance to adjust to a new skincare regimen, new products should be used for at least 45 days. The skin regenerates itself on average every 30–45 days, so it needs a chance to complete a cycle of skin renewal. Exfoliation can also help ease the skin through this process as it helps to remove dead surface skin.



ARBONNE.

pure safe beneficial.™



9014R13 01  
©2019 ARBONNE INTERNATIONAL, LLC  
ALL RIGHTS RESERVED. | ARBONNE.COM



\*80001863\*