

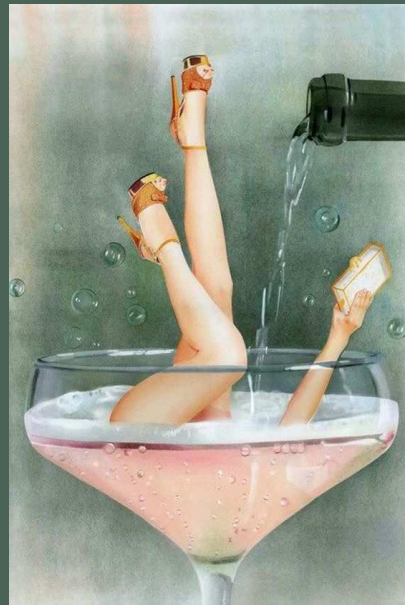


This is a long newsletter, as I have so much I want to share with you, so please bear with me! :)

Why don't we spoil ourselves more often?

Frequently I hear women telling me: "Since I have kids I don't spend money on myself" or "....I don't take time for myself". Always keep in mind: When you are happy and you feel good, so does your family! So here is the **Permission to be Selfish!** Give yourself more TLC! And I already have a few ideas in mind for you.

If you have a job beside the job of looking after your family, why don't you just take a day off during the week. There are various reasons, why that would be a good idea: It feels special, it breaks up the week, no



Permission

to be Selfish

Content of this Newsletter

- * Editorial on how to be selfish and how to create a healthy haven at home
- * Skin Revision with SWICH
- * Brightening, Whitening
- * Retail offer
- * Friend on Facebook already??

one else is off, so the world is yours, you have time to think, it feels like a meditative retreat, You are worth it to take time out to enjoy an indulgent, fun, blissful day with someone special: **YOU!**

And if your job is running the family, make sure that one day a week you drop off the kids at school, kindergarten, grandparents, and you use that time for yourself only. Now the real question - what to do with your day off?!

Go for a beach walk, meet a friend, watch the latest movie, book a space in a yoga or pump class, or just have a bath in champagne... or at least sip some champagne! And once a month you should make time for a **pampering session** to look after your skin and well being, maybe even book a "Pure Balance Day" .

You will see, one day a week feels like a proper holiday! And as just this one day off refuels your batteries it makes you a better mum, partner, wife etc. and you will start the weekend organised, relaxed and in splendid mood!

Do you feel as if your **home** is your **oasis**, a peaceful space that promotes well-being? If in doubt you should keep on reading. Don't surround yourself with decor and accessories full of chemical vapor and



SWiCH

A peel alternative which is inducing the natural repair system of the skin to become active, resulting in restoration of sun damaged, pre-mature skin. One treatment **\$180** (including home care for 3 days), pre-book a course of 4 or more: \$170 each. Pre-pay six treatments \$899.

a few tips on how to create a perfect haven with a few easy steps:

- **Make your own cleaning products.** [Find out](#) how this is done. Harsh chemicals and anti-bacterial are often loaded with carcinogens .
- **Clear the Air**, but don't use canned, synthetic sprays, some of which contain chemicals that are linked to increased breast cancer risk. Freshen the air the old-fashioned way with houseplants, dishes with lemon juice and vinegar, and bowls of natural potpourri made with flowers and herbs.
- **Take off your shoes.** How to keep toxins out of the house? Don't bring them in in the first place, so leave shoes at the door to track less dirt, chemicals, pesticide residues, lead and oil into the house. It's also a nice way to leave the world behind — and symbolically welcome yourself back to the haven of home. For more click [here](#). Going barefoot in your home has a great health benefit too, as going barefoot allows the feet pressure points to be stimulated, acting as your daily Reflexology.
- **Sleep clean.** If you sleep on a conventional mattress add an organic topper to the bed. When the time comes for your mattress, test



Whitening,

Brightening

There are heaps of options for each skin condition to work very specifically on lightening the skin during the winter months, including unique formulations of cleansers. The Decleor White Cleanser won "best cleanser" already this year. And there is a new formulation of the DC White Day Fluid and a highly recommended Brightening Eye Cream in the range. There is a whole concept of

for one that's organic, or made of [natural latex](#), cotton or wool.

- **Get rid of your electric blanket .**
For those with an electric blanket addiction: break it, now. Not only are the fabrics almost always synthetic, but the heating elements, metal coils and wiring woven into the electric blanket make sleeping under one roughly akin to wearing a full-body antenna all night, maximizing your exposure to harmful electromagnetic fields. For more tips about 'greener sleep', check out [this page](#). And don't forget to leave your WIFI gadgets/mobile phone out of the bedroom too!

Now to our personal beautification: This is the time of the year where I would like to start some of you on "**whitening, brightening**" routines, in your home routine as much as with professional treatments to lighten up those dark spots the sun usually brings out more during the summer period. I will suggest a change of products when I see you next time, depending on your skin type and condition. Also, I will start now with the unique **SWICH** programs again. So if you want to firm up your skin, please talk to me, if this is the right treatment for you. Usually 4-6 treatments 3-5 weeks apart gives clients already a really good outcome.

Circadia Range as well, for different skin types.

Or we chose to attack the problem with courses using special ampoules or we incorporate whitening mask in your home care... as you can see there are lots of options for lighten up your skin.



Retail offer

If you purchase any **3**

Decleor Products in April you will receive the opportunity to purchase the 40th anniversary YOUTH pack (for grown ups) for **\$58**. With a focus on the

I do hope you got lots of food for thought today!

Yours

truly

Claudia



iconic Aromessence™ Serums, this gift box contains an array of essential products for the mature complexion including never-before-released travel sizes of the Youth Cleansing Milk and Youth Lotion.

(while stocks last)