



# BODY BRUSH

## What is it?

It is a natural cactus bristle brush of the highest quality and is presented in a linen bag.

By stimulating lymph flow and exfoliating daily, the skin will function efficiently as an organ of elimination. Remember the body can shed one pound of waste through the skin every day. If you do not eliminate these toxins, they will be absorbed back into the system.

## Directions

It is designed to be used dry, daily. Begin at the soles of your feet then continue working up the front and back of the legs in an upward direction towards the heart. Start on the hands and arms and continue on the tummy and back. Do not brush over the face and chest but finish on the neck and scalp. Upon completion disinfect with a light application of Tea Tree S.O.S. Spray.

## Benefits

- Boosts blood circulation
- Increases lymphatic flow
- Relieves congestion and improves detoxification
- Regular brushing enhances skin texture and tone, removing dead skin cell build up
- The best remedy for ingrown hairs!
- Improves absorption of products
- MUST be used dry, look after your brush and it will last a lifetime





# INSTANT REFRESHING GEL

## What is it?

An uplifting and refreshing multi-function gel containing Arnica, Camphor and Menthol

## Directions

Use every day on effected areas – on the temples and back of neck to freshen and relieve headaches. Use on tired and swollen ankles and to reduce muscular aches and pains.

## Benefits

- Multi functional gel
- Use as an all over body revitaliser, for an instant pick me up
- Excellent for use when travelling
- On long flights apply to swollen ankles to reduce swelling
- Relieves stress from tense muscles and knots
- Can be used when pregnant for swollen legs and lower back
- Apply to the back of neck and temples to freshen and relieve headache

## Key Ingredients

**Arnica:** Reduces swelling, excellent treatment for bruising

**Camphor:** Analgesic action, speeds recovery of aches and pains

**Menthol:** Cooling action reduces swelling and relieves muscle strain





# MUSCLEASE ACTIVE BODY CONCENTRATE

## What is it?

A unique satin smooth oil to warm the body and boost circulation

## Directions

Apply daily after a Musclease Herbal Bath Synergy or Sharp Shower. Best applied in the evening when the body is resting. Rub gently over aching, stiff or problem areas when the body is warm.

## Special Care and Awareness

Do not use when pregnant or breast-feeding.

## Benefits

- A powerful remedy for sore joints and muscles
- Helps ease muscle spasm caused by sport, dance, physical work and wear and tear
- Use under Instant Refreshing Gel for heavy, tired legs and aching neck and shoulders
- Quickly penetrating, leaving the skin satin soft and smooth

## Key Ingredients

**Arnica:** Analgesic properties. An excellent treatment for overworked, tired or stiff joints. Effective pain relief for rheumatoid and arthritic pain.

**Maritime Pine:** Stimulates circulation. Relieves muscular aches and pains from over-exertion.

**Sea Fennel:** Helps cleanse and detox the body

**Sea Buckthorn:** Eliminates toxins





# MUSCLEASE HERBAL BATH SYNERGY

## What is it?

A unique spray dried synergy of Bladderwrack Algae, Maritime Pine and Rosemary, rich in Iodine to help balance metabolism with the power of Rosemary and Pine Essential Oils and boost circulation.

## Directions

Empty one sachet, while filling the bath with water at body temperature. Soak in bath, concentrating on abdominal breathing for 15-20 minutes. Rest for a while afterwards and then apply Musclease Active Body Concentrate. For best results use 2 sachets a week. Drink plenty of water to assist cleansing program.

## Special Care and Awareness

It is not advisable to use during pregnancy, or while breast-feeding. If you suffer from any medical condition please consult your doctor. Examples of such problems include high blood pressure, epilepsy or allergies to Iodine, seaweed or shellfish, or conditions such as diabetes.

## Benefits

- Deeply warming and stimulating soak
- Helps ease muscle spasm and stressed joints
- Releases active ingredients to the body via aroma and skin absorption
- Maximum benefit is achieved by combining water therapy, active aroma and abdominal breathing
- Bringing the ocean to your bathroom
- A good source of minerals and trace elements

## Key Ingredients

**Arnica:** An analgesic treatment for overworked, tired or stiff joints.

**Rosemary Essential Oil:** Stimulates circulation

**Pine Essential Oil:** Detoxifies and warms

**Bladderwrack Algae:** Rich in organic iodine to regulate metabolism

**Sea Salt:** Cleanses and detoxifies





# CELLUTOX ACTIVE BODY CONCENTRATE

## What is it?

A unique satin smooth oil to cleanse the body from the inside out.

## Directions

Apply daily after a Cellutox Herbal Bath Synergy, or Sharp Shower. For best results apply in the morning. Rub gently over problem areas, especially abdomen, buttocks and thighs. Drink plenty of water to assist the cleansing program.

## Special Care and Awareness

Use early evening, before 7pm. Do not use when pregnant or breast-feeding.

## Benefits

- Helps smooth the appearance of cellulite
- Helps to combat the build up of toxins caused by poor diet, stress and lack of exercise
- Helps to boost a sluggish system, excellent for lethargy
- Can help with constipation by rubbing into the tummy and lower back area
- Quickly penetrating, leaves the skin satin soft and smooth

## Key Ingredients

**Juniper:** Detoxifying and diuretic action. Improves the removal of accumulated toxins. Stimulates sluggish or poor elimination systems of the body.

**Lemon:** Promotes lymphatic decongestion.

**Sea Fennel:** Prevents the build up of toxic wastes. Strengthens the action of the colon and intestinal muscles.

**Sea Buckthorn:** Eliminates toxins, helps reduce the appearance of cellulite.





# CELLUTOX HERBAL BATH SYNERGY

## What is it?

A unique spray dried synergy of Bladderwrack Algae, Sea Buckthorn and Fennel, rich in Iodine to help balance metabolism with the power of Juniper and Lemon Essential Oils and in a sea salt base to cleanse the body from the inside out.

## Directions

Empty one sachet, while filling the bath with water at body temperature. Soak in bath, concentrating on abdominal breathing for 15-20 minutes. Rest for a while afterwards and then apply Cellutox Active Body Concentrate. For best results use 2 sachets a week. Drink plenty of water to assist cleansing programme.

## Special Care and Awareness

It is not advisable to use during pregnancy, or while breast-feeding. If you suffer from any medical condition please consult your doctor. Examples of such problems include high blood pressure, epilepsy or allergies to Iodine, seaweed or shellfish, or conditions such as diabetes. Use early evening, before 7pm.

## Benefits

- Energizing sea salt soak
- Releases active ingredients to the body via aroma and skin absorption
- Helps combat the build up toxins caused by poor diet, stress and lack of exercise
- Maximum benefit is achieved by combining water therapy, active aroma and abdominal breathing
- Cleanses internally
- A good source of minerals and trace elements

## Key Ingredients

**Juniper Essential Oil:** Excellent diuretic

**Lemon Essential Oil:** Lymphatic decongestant

**Bladderwrack Algae:** Rich in organic iodine to regulate metabolism

**Sea Fennel:** Helps to combat constipation

**Sea Buckthorn:** Cleanse the colon

**Sea Salt:** Cleanses and detoxifies





# TEA TREE S.O.S. SPRAY

## What is it?

A spray containing Australian Tea Tree Essential oil in purified water. Tea Tree oil is nature's own antiseptic, having powerful anti-bacterial and antiviral properties.

## Directions

Cleanse the area and spray directly onto the skin. To disinfect and cleanse the Elemis Body Brush, apply a fine mist on to the bristles of the brush.

## Benefits

- Powerful anti-bacterial and anti-viral properties
- Excellent for any fungal infections on the feet
- Deodorizes the feet
- Spray directly onto cuts and spots
- An ideal first aid travel companion
- It completely cleanses the Body Brush
- Protects against insect bites
- Use after waxing
- Can be used on congested back or chest area
- Spray into gym shoes after exercise to prevent foot odor

## Key Ingredients

**Tea Tree Essential Oil:** Antiseptic

