

Ladies You Can Have Silky, Sexy Legs – Here's How!

Many women still shave their legs because it's quick and easy. Unlike waxing which means you must make an appointment at your favorite spa and salon. You may not get an appointment straightaway. This is why shaving is so popular -- you can shave while you're in the shower.

Believe me you'll love the **NutriMen C® RE⁹ Shave RESurface Shave Gel**. It does wonders for your legs. Don't let the MEN full you! You can use on your legs for a smooth finish. You'll be surprised how smooth your legs will feel.

I recently used the [Anti-Aging: NutriMenC? RE9](#) Shave RESurface Shave Gel and was pleasantly surprised. I've used those other shave gels, but they left my legs feeling a bit "prickly" and itchy. Yuck! In fact, I put the **NutriMen C® RE⁹ Shave RESurface Shave Gel** to the test. I used it on my left leg and my former shave gel on the right leg. I could feel difference. I was stunned by the results. I can be a bit of a skeptic. Well, I will continue to **BUY** this product. My legs never felt silkier and smoother. But don't take my word for it. Try it for yourself!



The Best Anti-Aging Skin Care

If you want the best anti-aging skin care, you found the right website. Many people spend tons of money each year on skin care only to find out that they don't work. Good luck trying to return the products. Some companies will give you a 30-day money back guarantee, but isn't it better to receive a 45-day money back guarantee? Yes, it is.

I discovered Arbonne, and I must admit that I was a bit skeptical. Believe me, I've tried most of the skin care products that are on the market. Some of them dried out my skin instead of moisturizing it or I broke out. Yuck!

Thank goodness for Arbonne. I love the **NutriMinC® RE⁹ RENewing Gelée Creme Hydrating Wash, RECover Night Crème, and REActivating Facial Serum Day and Night**. Wow! I was impressed and my skin was NOT dried out after using these products. I also like the **Foaming Sea Salt Scrub** and **SeaSource Renewing Body Gelée**. These are terrific products.

I'm not only a customer, but I'm a consultant as well. It makes sense since I enjoy the products, I may as well share them with family and friends. So...if you're looking for the best anti-aging skin care and a great opportunity look no further than Arbonne.



Begin a Weight Loss Program -- Shed Those Pounds for Good!

Did you gain some weight throughout the year? Do you overindulge over the holiday season each year? If you're like many people, you give yourself permission to eat whatever you want over the holiday season. From Grandma's chocolate chip cookies to Aunt Aggie's Sweet Potato Pie, you probably inhaled it all!

Right about now, your body is probably begging you to lose the holiday and pre-holiday weight gain. Now, you're on the scale and do not like the number staring back at you. Relax, take a deep breath, and make the decision today to lose the weight. Those 30 lbs. will be gone in no time.

Weight loss does not have to be scary or overwhelm you. You gained the weight one pound at a time, so take it off one pound at a time. Remember, crash diets do not work. You'll see results in the short run, but in the long run you'll gain the weight back and more!

Taking It Off for Good

1. Know how much weight you want to lose. When you set a weight loss goal, be realistic. In fact, you may want to check out the [Weight Loss & Nutrition: Figure 8® Weight Loss Program](#). Not everyone is supposed to be "super model" thin. Find your target weight and go for it!

2. Move for about 30 minutes per day. Do you like to dance? Are you a walker? No matter what you do, just exercise. Walking is a low-impact exercise that can help you to shed some pounds. Incorporate 3 to 5 lb. weights into your daily routine and build up from there. Take baby steps and start moving today!

3. Keep a food journal. Do you know how many calories you eat per day? Do you know what you eat every day? Many experts believe a food journal will shed some light on what you eat each day. Most people go through their day fast and furious and do not even think or even taste what they eat. Slow down, taste your food, and write down what you eat every day. You'll probably be surprised or mortified!



4. Portion control. Use a small plate instead of a large one. The United States of America is known for "super-sizing" its foods. Cutting back on your portions is a great way to shed those extra pounds. You will notice a difference.

5. Cut out fast food. Subway is a great alternative to fast foods. It's fresh and you can have it your way.

6. Curb the urge to dine out seven days a week. Not only will you save a ton of money, but you'll see results from cutting back on eating out. Sometimes it cannot be avoided, but make an attempt to eat out less. If you must eat out, make smart choices. Look for the words "broiled and grilled," skip the sauces, and ask for items such as salad dressing on the side. Better yet, skip the salad

dressing.

Also, do not be afraid to ask for substitutions or to have something prepared a different way.

7. Hold the desert. Ok, this will be difficult for most people. Cutting out desert will help you reach your weight loss goals. Have something once in awhile or look for a substitute. The other alternative is to have your desert once in awhile. If this is too tempting for you then just cut out desert. Replace it with fresh fruit or make it yourself using lower calorie or reduced fat ingredients.

Note: a label with the words “reduced fat, lower in fat, no fat, or no sugar, does not mean it’s better than ingredients that are higher in fat. Chances are the manufacturers replaced the “fat” with something else that is not good for you. This is why reading labels is important.

8. Be wary of those 100 calorie snack packs. Did you read the label of ingredients? If you did not, it’s all right because I did ! Most of them contain high fructose syrup which is not good for you. These snacks have some ingredients that you’ve probably never heard of or cannot pronounce. For more information, check out the Mayo Clinic. They have a wealth of information that can prolong your life.

9. Weigh yourself once a month. Do not weigh yourself every day because you’ll drive yourself nuts! When losing weight, you’ll probably hit a plateau which is normal. If you weigh yourself each day and do not lose a pound or two, you may become discouraged or obsessed. Weighing yourself once a month is fine and will keep you on track.

Follow these tips to get your body back into shape. Not only will you look good, but you’ll feel good. Some believe our body is a temple and should be treated like one. This means keep it clean and free of “garbage.” You would not desecrate a temple, would you?

If you would like to live a healthy and happy life, change your lifestyle. Get plenty of rest, mind your thoughts, curb your alcohol intake, quit smoking (try it), and live life to the fullest. Try these tips for 30 days and see what happens. You may not recognize yourself when you look in the mirror!

How to Get a Flat Stomach without Crunches

Many people get down on the floor and crunch away for an hour or so. They hope the crunches will flatten their stomach. Unfortunately, crunches do not work that well. You are only moving back and forth and not really strengthening your core.

Many people do not like to exercise, but it is necessary if you would like a flat stomach. There is no way to avoid it. A lot of people get bored with their workouts, so change your workouts from time to time.

To get your “middle” in shape, review your diet. If you are eating too many carbs, these will

pack on the pounds. Most foods are loaded with salt and sugar. Avoid excess salt and sugar by putting the salt shaker away. Using a sugar substitute is one way to “wean” yourself off of sugar. However, if you must have “sugar” look for sugar substitutes that are organic or natural.

Flatten Your Stomach with These Moves

1. Cardio exercises: running, biking, hiking, and walking.
2. Dancing.
3. Pilates.
4. Weight Training.
5. Yoga.
6. Hold a medicine ball and “twist” your middle from side to side.

To get your middle into shape, alternate weight training and cardiovascular exercise. These exercises will “rev up” your metabolism which will help you to burn fat. You will lose your middle in no time. For a list of “belly blasting” exercises, visit Prevention.com. They have wonderful articles with step-by-step instructions.

Stomach Flattening Food Suggestions

1. Avoid salt.
2. Do not buy foods labeled as “low carb” or “sugar free.”
3. Limit your carb intake.
4. Eat cooked vegetables versus raw.
5. Watch out for foods that may cause excess gas — broccoli, legumes, citrus fruits, peppers are some foods that may cause gas.

Standard crunches are becoming outdated. Today, it’s about getting an all over body workout. Test different exercises and see what works for your body. Remember, all bodies are not the same. A workout system that may work for you may not work for someone else.

If you are unsure of how to get your abs into shape, hire a fitness coach. You could hire a coach for a day or two or even one week. Let them help you design a workout system for your body. They will be able to show you how to properly do the moves that will help you “blast” your belly into shape.

To stay motivated, track your progress. When you see the results, you’ll feel good. Not only will you see the weight loss when you look in the mirror, you’ll see a flatter stomach. You may want to reward yourself when you reach goals such as 5 lbs. or 10 lbs. Treat yourself to a manicure, pedicure, or a massage.

Finally, do not waste your money on “ab machines.” In order to lose excess fat from your middle, you must get an “all-over body” workout. Complement this with foods that are right for your body, and you have a successful formula for shaping your middle!



5 Ways to Create the Life You're Meant to Live

Wouldn't it be nice to create the life you desire? You can have, be, or do what you want; you just have to make the decision to go for it! This can be scary for some people -- change can be scary.

If your life is not the way you would like it -- change it! You do have the power to change your life. It's up to YOU to make the decision and then implement a plan to realize your life's desires. Here's a tip: it's a good idea to do the INNER work. If you do the OUTER world that you desire will appear.

Unfortunately, people get caught up in the "drama rama" of life. This includes work, family, friends, and the community in which you live. In retrospect, we unknowingly create the dramas in our life. Some people may not believe this, but it's true.

Most of us don't like to take responsibility for what happens in our life. Many people believe that they are NOT responsible for their debt, failed marriages, horrible work environment, etc...Yes, it's a tough pill to swallow but you are responsible. The faster you accept that YOU and you alone create your reality the better for the entire planet!

5 Ways to Create the Life You Desire

1. **Get rid of the guilt.** Guilt can eat you alive! It WILL NOT get you far -- it makes things worse! Take time for yourself and make sure you do things for others because YOU WANT to do so.
2. Be finally financially free to do the thing YOU want to do! **You could sign up with Arbonne as a Preferred Client or Consultant and be your OWN BOSS** -- especially if you use the skin care products. This is one way to financial freedom. Want to lose 30 lbs.? Focus and visualize what it would **FEEL** like to be 30 lbs. lighter. Purchase Arbonne's Figure 8 nutritional products and watch your waistline whittle down to a svelte, tiny waistline! Oooo la la!
3. **Your emotions lead the way.** You can't think about what you desire and NOT take action. The key is to take inspired action. You must feel what it would be like to have your desire. There's no "Genie of the Universe" who will grant your 3 Wishes!" Don't get caught up on "how" and "when" your desires will manifest -- leave it up to the divine.
4. **Get outside and move.** Being surrounded by nature is a great way to gain clarity. Sitting quietly in nature is a great way for you to get clear about what it is your desire for your life.
5. **Let go and surrender.** Many people struggle with this step. Focus on your desires and dreams and let them go. Being obsessed with having money will only push it away from you. It's a paradox! If you desire to be a successful Arbonne Consultant or Preferred Client, visualize it. You must BELIEVE it to be it! Also, let go of the past. It will only



hold you back. The past exist in your head -- it's over and done with and you can't travel back in time to change it. Release and forgive those who have hurt you so you can be FREE and live your life!

These five steps can help you create the life you desire. Make the decision to take steps towards a brighter future. Be specific as possible. Write down what you desire, meditate on it. You may have to let some people go which can be painful. When we change and grow, sometimes the people who were a part of our life may not fit with our new lifestyle. Mourn the loss and move forward. The good news is that they may re-enter your life *if they change* and now reflect your new life.



Bonus!

Forgiveness. Forgiving people who may have wronged you will set you FREE so you can move forward with your life. Forgiveness means NOT to forgive the action, but the attachment that you have to that person and what they did to you. Yes, if someone insults you that was not right. However, it's best to forgive that person and let them go. Forgive them so YOU can be FREE to live your life. Life is too short to hang onto grudges and heartache. It's not healthy for your mind or body!

Protect Your Baby's Bottom with Arbonne

Your baby's skin is very delicate and requires a lot of TLC just like your baby! ABC Arbonne Baby Care is just what the doctor ordered! Don't leave home without it.

Your baby's skin is sensitive and therefore, requires special attention. Many babies get diaper rash. To prevent or soothe diaper rash, use **Arbonne Baby Care Herbal Diaper Rash Cream**. It's light and repels "water" relieving your precious one from sore, dry, and chapped skin. Owww! Thank goodness for the antioxidants, herbs, and botanicals that help prevent your baby's bottom from being red and irritated.



The sun is all mighty and powerful. Before you step out, put **Arbonne Baby Care with SPF 30+** on your baby. Patricia Treadwell, pediatric dermatologist says, "...I recommend choosing a chemical-free sunscreen made with zinc oxide or titanium dioxide; look for one of those ingredients on the label. Unlike chemical sunscreens, which may cause irritation or allergic reactions because the skin absorbs the active ingredients, zinc oxide and titanium dioxide sit on top of the skin, forming a barrier against the sun's rays." Don't forget to cover your little one's head with a hat as well.

When you give your little one a bath, make sure to use a gentle shampoo. There's nothing worse than stinging shampoo in the eyes. Ouch! Use **Arbonne Baby Hair and Body Wash**. It's gentle and mild -- a tear-free cleanser. It moisturizes and conditions your baby's hair and skin. Use this on children from birth up to 10 years old -- especially children with sensitive skin. Remember, not all shampoos and body washes are not created equally. They may claim to be formulated for sensitive skin, but they may irritate your baby's skin.



Your baby is a precious gift. Treat his skin with the best skin care products. If you start early, you can protect your baby's skin from the daily elements. When they get older, you can teach them the value of protecting their skin with Arbonne products. They're worth it!

Your Brand of Shampoo and Conditioner May be Damaging Your Hair

Do you know what is in your shampoo and conditioner? It's amazing how many chemicals go into a shampoo and conditioner. Did you know that those **chemicals** are absorbed into your body? Have you ever noticed any breakouts on your forehead or face? Those breakouts (any type of acne) could be caused by the shampoo and conditioner you are using.

Choose shampoos and conditioners that will nurture your hair and protect it. If you have a dry, flaky scalp, select **Arbonne Intelligence Daily, Self-Adjusting Shampoo with Tea Tree Oil**. This shampoo works to make your hair shine while eliminating a dry, itchy scalp.

Over shampooing can damage your hair. Yes, you may like to shampoo daily; however, you can be doing more harm than good. Most experts agree that washing your hair every other day is a good idea. If this "grosses" you out, make sure to nourish your hair. You may be interested in the **Seasource Detox Spa Fortifying Hair Mask**. It contains antioxidants, vitamins, and minerals to strengthen, revitalize, condition, and repair the hair shaft. It's **safe** for chemically treated hair. You can even use it on **NEWLY COLORED** hair as a protectant and to seal the cuticle.



Tangles can ruin your hair! Never comb or brush your hair when it's wet and tangled. Instead, detangle your hair with **FC5 Nourishing Daily Conditioner**. This conditioner can be used on all hair types. It's safe for color-treated hair and will leave your hair soft and manageable. You'll be able to get a comb through your hair without any problem.

People love to be outside in the sunshine! Summer is a favorite time of the year for many people. Make sure to protect your hair from the sun and water (chlorine and salt from the ocean can damage hair) by using the **Anti-Aging BefoRE Sun To The Rescue Hair Protectant**. This

way you can enjoy "fun in the sun" without worrying about your hair becoming dry, brittle, and turning green! **BefoRE Sun** also detangles your hair -- this is a bonus!

As you can tell Arbonne International is MORE THAN a skin care company. True, they have the best anti-aging skin care products on the market. But, it's more than skin care. Give yourself total body care -- health and wellness care. When you take care of yourself from head to toe, you'll feel good and this will radiate out into the universe!

THE NEXT TIME YOU FEEL LESS-THAN OR UNDESERVING OF MAKING A HEALTHY CHANGE, ASK YOURSELF THAT QUESTION: WHY NOT YOU?

Jillian Michaels, The Biggest Loser

How to Lose Weight, Keep It Off, and Look Great!

The Biggest Loser is a popular reality show on NBC. It's a show for people who are extremely overweight. Most contestants are 100 lbs. or MORE overweight. The show has been using a "couple" theme, i.e, mother and daughter, father and son, husband and wife, and friends. Remember, the family that gains weight together loses weight together!

Why are people overweight?

Most people are overweight because on a "sub-conscious" level their weight acts a protective barrier. It's a cushion for their "feelings" so they will not get hurt. Others are overweight because food is a comfort to them; it's their friend. Before losing weight, go within and ask "what purpose does this weight serve?" Chances are there are deeper issues as to why you carry extra weight. Once you discover them and LET THEM GO, the lighter you'll feel and will be able to lose and keep it off the weight.

What does it take to lose the weight?

It takes discipline and a change of mind-set to lose the weight. You must make up YOUR mind to lose the weight once and for all. Do it for you and only you! You must incorporate some form of physical activity in order to shed the pounds. Working out can be a great STRESS RELIEVER.

Making changes to your diet is necessary. Say GOODBYE to greasy fries and burgers. They are NOT on the menu! This doesn't mean you should deprive yourself. You can incorporate a "cheat" day. Be careful with this. If it's too tempting, forget about it and stick to your NEW eating habits.



But, if you feel stronger and more powerful (have the will) then go ahead and indulge -- don't go overboard. Remember, portion-control is important!

Tips to losing weight

1. Cut out the junk food!
2. Work out at least 3 - 5 times a week!
3. Read food labels.
4. Eat when you are hungry. Consider eating 6 small meals throughout the day.
5. Visualize your weight loss and how you feel!

Your mind is a powerful instrument, use it! Visualize yourself at your new weight. How do you look? How do you feel? If you put your mind to it, you can accomplish anything. This includes dropping 20 lbs., 30 lbs., or MORE! Remember, you are WORTH IT!

Who Else is Freaked Out by Sun and Age Spots?

Beware, not all sunscreens are created equally. I use a Sport Sunscreen/Lotion which is supposed to stay on even when you sweat. Really? I was looking at my arm and the inside of my wrist caught my attention. I noticed a SUN SPOT! Seriously? What's the point of using a sunscreen if it's not going to work? This **FREAKED** me out! I am very diligent about covering my skin when I am in the sun.

It's a good thing Arbonne has their **NutriMinC RE⁹ Daily Crème with SPF 8** and **BefoRE Sun** product line. I guess it's time for me to move on from my usual sunscreen and purchase the BefoRE Sun product. Thank good I have the **NutriMenC[®] RE⁹ Daily Creme with SPF 8**. I will be putting this on my arms and legs in addition to my face.

Take the Challenge

Toss out your **OLD** sunscreen/lotion and purchase Arbonne's skin care line! If you're **NOT SATISFIED**, return it within 45-Days and receive YOUR money back! It's that simple! Isn't your family worth it?

Sun Spot Be Gone!

Just wanted to let everyone know that the sun spot that I had on the inside of my wrist is gone! Woo Hoo! I used the **NutriMinC RE⁹ Daily Crème with SPF 8** on the sun spot and within a couple of days it faded. I could not believe it. I must admit that I was a bit skeptical, but the **NutriMinC RE⁹ Daily Crème with SPF 8** worked. I called my mom



and told her about my sun spot. She is going to try the products because she has age and sun spots.

I'll be purchasing the **BefoRE Sun** because the makers of my old sunscreen didn't provide the protection that they claimed it would. It's unfortunate, but it happens. At least I discovered Arbonne and their AWESOME skin care line. It would have been better to discover Arbonne "sooner rather than later," but at least I found them. Live and learn!

Don't Buy a Hair Mask without Reading This!

If you have dried, damaged hair, you **MUST** use **Seasource Detox Spa Fortifying Hair Mask**. You will not use your old conditioner or mask again after using this product. If your hair has been over-processed at the salon, you'll see results with this product.

My hair was over-processed in October 2008. This was the first time I experienced over-processing. Needless to say I was NOT a happy camper -- especially after dropping over \$200 at the hair salon! I know it's only hair and it will grow back, but it's my hair. I was horrified that I couldn't get my fingers through my hair when I went to shampoo it. When I got to shampoo my hair, I would be in tears. This is how bad my hair was over-processed.

Anyway, I ended up going to another hair stylist to get my hair cut. This helped a little, but not much. Then I tried all sorts of shampoos and conditioners. This was a very expensive process! Thank goodness my hair did get better over time.

Finally, in February 2009, I found a new hair stylist. She used an oil product and this helped my hair. I spent the \$40 to purchase the oil because it was worth it. Believe me; my hair is in MUCH better shape than it was in October 2008. But, I still felt that my hair needed more TLC.

I purchased the **Seasource Detox Spa Fortifying Hair Mask** and could not believe how it helped my hair. Between the oil I use and the mask, my hair is SO MUCH better! Thanks to the hair mask, I DON'T have to condition my hair every day. Frankly, I'm not sure if conditioning your hair every day is healthy for your hair, but I did what I had to do in order to get back to being healthy. Thanks to the hair mask, I've backed off of conditioning my hair every day. My hair is shiny and silky. It's better than ever.

Try Arbonne's products before you purchase a shampoo, conditioner, and hair mask. I'm very happy with the **Seasource Detox Spa Fortifying Hair Mask**. My hair is fine, but I have a lot of it (totally grateful). The mask doesn't weigh your hair down. Your hair will look and feel MUCH better. Give it a try today -- **order online NOW** and have silky hair tomorrow!



Ways to Get the Lid Off of About Face Mineral Powder

I was compelled to write this blog after an Arbonne client EMAILED ME to say that she was having difficulty getting the lid of her About Face Mineral Powder. I know I've been there. Before I know it powder goes flying everywhere!

If you've ordered the **About Face Mineral Powder**, you may be experiencing difficulty getting the lid off. The heavy plastic to protect the precious Mineral Powder does a good job! However, it shouldn't be a struggle to use this product.

Isn't it amazing how long it can take before you can actually use a product? Funny, huh. But, it's necessary to have safety precautions. After all, you don't want your pets or kids to get into the product. Kids are pretty good at figuring out how to get into CHILD PROOF containers. Oh, the irony!

Ways to get the lid off

1. Use scissors to pry one side off and then take the entire lid off.
Just be careful!
2. Use a letter opener.
3. Ask your child.
4. Ask your husband, neighbor, boyfriend/girlfriend, etc...
5. Return product and get another one.



Seriously, if you're having difficulty getting the lid off of your **About Face Mineral Powder**, don't hesitate to return it for a new one. Remember, you have **45-Days** to return something. Your satisfaction with Arbonne products is important. The company values YOU and would be more than happy to accommodate you.