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Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



EDITORIAL

MOTHER'S DAY & EASTER GIFTS FROM FOREVER



It may really feel that winter is still with us, but in reality Spring is just around the corner. With that comes Mother's Day and Easter.

Finding imaginative presents at this time of year can often be a challenge, but it is a challenge that Forever can help us with.

Forever is known as the The Aloe Vera Company, and the flagship Aloe Vera Gel is a fantastic product that accounts for 50% of sales worldwide. This rich source of nutrients provides the perfect supplement to a balanced diet, as testified by millions of satisfy customers around the world. There are many reasons why people drink this wonderful Gel every day, but essentially it is that, combined with a healthy, balanced diet, it offers a route to excellent health and wellbeing.

I am often asked if we have products that can give us more energy. Well, in response I offer a selection of products in this newsletter that can do just that. Of course, Aloe Vera Gel also helps with energy levels.

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Mothering Sunday, or Mother's Day, was traditionally a day to visit your mother church. It is now an occasion to bring gifts to your own mother, and other mother figures, such as grandmothers, stepmothers and mothers-in-law. This year it is celebrated on Sunday 15th March.

Forever has a lovely choice of potential gifts for the occasion, and for Easter too – in addition to Easter Eggs of course – which falls on Sunday 5th April.

Aroma Spa & Sonya Skincare

These are two excellent collections and ideal gifts at any time of the year. **The Aroma Spa Collection** contains Relaxation Bath Salts, Shower (or bath) Gel, and a soothing Massage Lotion. They are available separately, or together they come in a free travel bag. **The Sonya Skincare Kit** is a premium range of products that are designed to work together to achieve beautiful, healthy, radiant and soft skin. It comprises a purifying cleanser, exfoliator, toner, nourishing serum, balancing cream and deep moisturising cream.

Flawless Make-up

Forever has a new range of cosmetics – **Flawless by Sonya** – formulated with Aloe Vera to protect and moisturise, with antioxidant vitamins, herbs and marine extracts. There is a range of colours and shades designed to suit every skin tone and every mood with a rich palette for eyes, cheeks, face and lips. They are perfectly suited to all skin types, including sensitive skin.

Alpha-E Factor

This is probably the most versatile skincare product ever! It replenishes, clarifies and balances the skin to reduce dryness, and has a powerful combination of antioxidants, leaving younger-looking skin. It is also an exceptional skin nourisher and a shaving barrier for both men and women.

Avocado Face & Body Soap

This wonderful soap is made with 100% pure avocado butter to moisturise and clean with the natural, rejuvenating properties of this powerful fruit. This rich and gentle soap is the ideal way to pamper someone you love.



Aloe Blossom Tea – refreshment in a cup

Aloe Blossom Tea

A soothing and refreshing caffeine-free herbal tea, to calm and promote well-being. Naturally low in calories and delicious served warm, or with ice as a refreshing alternative.

ENERGY BOOST

At this time of year, we often feel tired and lacking energy. Maybe we have been indoors too long, or maybe it is just the lack of sunshine. Whatever the cause, we just feel that we need that extra boost to face the world, to get out and do some exercise, or simply to complete our everyday tasks.

Forever's sports nutrition range has products that will do just that for you every day.

ARGI+

Designed to keep you going all day and to deliver optimal performance, ARGI+ provides 5 grammes of L-Arginine per serving, as well as synergistic vitamins. It is a delicious and nutritious drink that rapidly tops up energy stores and is ideal for high-intensity sport.

NutraQ10

This contains essential vitamins and trace elements and is rich in the co-enzyme Q10. With vital anti-ageing agents it is ideal for

endurance sports - such as daily life! It can also be used in combination with the ARGI+.

Forever Active Boost (FAB)

This is a great-tasting energy drink with a proprietary blend of herbs and nutrients, including vitamins B6 and B12 which help reduce tiredness and fatigue. This is a quick and simple way to get an immediate burst of energy and top up energy levels. The FAB-X is a zero-calorie version with the same energy boosting properties.

Fast Break Energy Bar

The Fast Break Energy Bar is packed with vitamins and minerals. It also provides valuable protein, polyunsaturated fatty acids and satisfying dietary fibre.

Forever Bee Honey

The perfect natural source of energy, this honey is loaded with nature's goodness and includes a large number of micronutrients.

