

Aloe Matters

Issue Thirteen

2015

GET SET FOR THE SUMMER

YOU ARE WHAT YOU EAT

Healthy food can be tasty

GET BEACH READY

No more excuses! It's time to shape up for your hols.

BEST OF FEST

Our pick of this year's festivals.

SUMMER HAIR

Hair care for the summer season.



CERTIFIED QUALITY

Why we love our products



FOREVER



UVA & UVB

Very water resistant

**High quality sun protection you can trust,
with the extra care of soothing aloe vera.**

 **SPF30**

 Easy-to-absorb formula can double up as an after sun lotion

 Contains aloe vera

 Very water resistant



www.foreverliving.com

Aloe Sunscreen Spray: £17.40 | €19.18 | code: 319
Aloe Sunscreen: £12.73 | €16.08 | code: 199

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Editor's letter

Welcome to summer and to another jam-packed issue of *Aloe Matters* magazine. The sun is finally out and we want to make sure that you're feeling fab and ready to enjoy everything the summer has to offer. Sometimes we need to be proactive and make some positive changes in our lives for the sake of our wellbeing and happiness. Take a look at our helpful article on page 15 for some simple steps you can take to inject a little positivity into your life.

Hoping to shape up for summer? Find out how our supplements and weight management programmes can help you get the most out of your workout on pages 4 and 20. And if you're on a healthy-eating mission and running out of ideas, check out our delicious quick recipes from page 9 for easy and nutritious meals and snacks. Enjoy!

Carrie

Carrie Service
Editor



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Get beach ready for summer

Have you been trying to get in shape all year to no avail? It's time to stop making excuses and take action! Get beach-ready for your hols by starting Forever's structured weight management programme today.

A POSITIVE CHANGE

If a lack of discipline is what's been holding you back in your mission to get in shape for summer, then Forever's F.I.T. programme could hold the answer. "Discipline is one of the main challenges that people face when trying to shape up, because that is what allows us to make changes to our current behaviour," says strength and conditioning coach, Nick Smith, from NS Performance. "Unfortunately, as people, we don't like change really; we are much happier to maintain the status quo."

So, what can we do to tackle our discipline deficiency and make that positive change?

"Having a set format to follow is important as it helps to make the change easier for us, and it takes away some of the choices

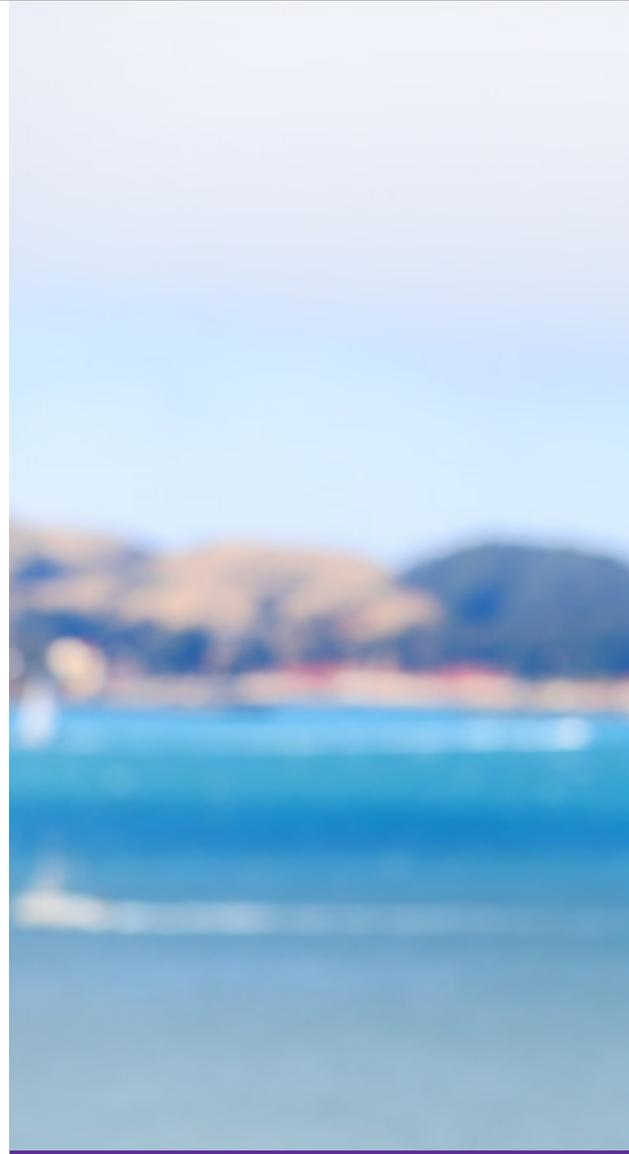
as well," says Nick. This is where F.I.T. comes in. This 69-day programme is structured enough to help inspire discipline in your daily eating and exercise habits, but not so prescriptive that it puts you off. Instead, you are provided with tasty meal and snack ideas to help keep things interesting and keep you on the straight and narrow.

DISCIPLINE IS ONE OF THE MAIN CHALLENGES THAT PEOPLE FACE WHEN TRYING TO SHAPE UP.

GET MOVING

As the name suggests, F.I.T. is not only focused on eating habits, it also places

an emphasis on getting active, which is vital if you want long-term results. "Incorporating both exercise and dietary change together when trying to shape up is important as it will speed up the process," says Nick. "One or the other can often work alone, but in conjunction they are much better. When both are practised together they



HAVING A SET FORMAT TO FOLLOW IS IMPORTANT AS IT HELPS TO MAKE THE CHANGE EASIER FOR US.



NICK SMITH, strength and conditioning coach

can help to ensure a long-lasting lifestyle change,” he adds. The F.I.T. programme is supported by a variety of easy-to-follow online exercise tips that can be carried out at home alone, or with friends at the gym – whatever works for you. Visit the official Forever UK Facebook page, [facebook.com/foreveruk](https://www.facebook.com/foreveruk/), for videos and inspiration on how to spice up your workout.

Featured Products:

Clean 9 Pack, Vanilla: £108.95 | €149.31 | code: 475

Clean 9 Pack, Chocolate: £108.95 | €149.31 | code: 476

F.I.T.1 Pack, Vanilla: £220.76 | €276.48 | code: 479

F.I.T.1 Pack, Chocolate: £220.76 | €276.48 | code: 480

F.I.T.2 Pack, Vanilla: £220.76 | €276.48 | code: 491

F.I.T.2 Pack, Chocolate: £220.76 | €276.48 | code: 492

FAB ENERGY DRINK

GET MORE OUT OF THE FESTIVAL SEASON

FAB
forever
active boost

FAB ENERGY DRINK
GET MORE OUT OF THE FESTIVAL SEASON

Contains **Aloe Vera** **VITAMINS B6 & B12** **Energy Drink**

proprietary blend of **HERBS & NUTRIENTS** **HIGH IN CAFFEINE** **WIDEALLY REFRESHING** Available **Sugar-free**

Green-tea-infused energy drink with a proprietary blend of herbs and nutrients including vitamins B6 and B12 which help reduce tiredness and fatigue. A quick and simple way to get an immediate burst of energy and top up energy levels.

FAB **FABX** **FOREVER**

www.foreverliving.com



Forever Active Boost (tray of 12):

£31.75 | €37.64 | code: 321

Forever Active Boost X (tray of 12):

£31.75 | €37.64 | code: 440

Best festivals of 2015

Our pick of this summer's festivals

GLASTONBURY

📍 **Pilton, Somerset**

📅 **24-28 June**

The full list of acts for Glastonbury Festival is yet to be released, but Foo Fighters, Kanye West and Lionel Richie have all confirmed they will be gracing the stage. The festival of all festivals, Glasto never disappoints. It is the largest greenfield music and performing arts festival in the world and has become the template for every other since its launch 45 years ago. Its first ever event in 1970 cost just £1 to enter (which included free milk from the local farm) and had an attendance of 1,500. These days it draws 175,000 people from across the globe, all eager to experience this world-famous event for themselves.

WIRELESS

📍 **Finsbury Park, North London**

📅 **3-5 July**

Drake will be headlining this year's Wireless festival at Finsbury Park and the line-up includes Clean Bandit, Labrinth, Mary J Blige, Jess Glynne, Jessie J, Avicii, Nicki Minaj, Nero and many more. 2015 is Wireless's 10th anniversary year and to celebrate

they will be hosting a special 10th birthday party in the lead-up to the main event, called Wireless 10. In partnership with New Look, it promises to be their most stylish event to date, combining amazing music and high-street fashion. The only downside with Wireless is that you can't camp, so you'll need to find accommodation nearby if you're buying a weekend ticket – which can prove pricey in central London.

LATITUDE

📍 **Henham Park, Beccles, Suffolk**

📅 **16-19 July**

This all-encompassing festival has something for everybody, with comedy acts including Jon Richardson, Alan Davies and Jason Manford, plus a phenomenal music line-up with the likes of The Vaccines and Noel Gallagher's High Flying Birds. There's even poetry and storytelling if you're feeling a bit whimsical. Set in the beautiful surroundings of Henham Park, this year, festival-goers will be able to take a dip in the park's beautiful lake for the first time. Latitude prides itself on being child-friendly and was recently recognised as a Gold Standard Family Day Out by Prima Baby magazine. Children's activities this year will be provided by London's Zoological Society and Macmillan Children's Books.



BESTIVAL

📍 **Robin Hill Country Park, Isle of Wight**

📅 **10-13 September**

Bestival 2015 boasts live music from The Chemical Brothers, Underworld, Duran Duran, FKA Twigs and Roisin Murphy to name a few. There will also be DJ sets from Rudimental, Mark Ronson, Annie Mac, Lily Allen and Skrillex, plus loads more amazing acts. This year will see the launch of Slow Motion, which they've dubbed a 'festival within a festival'. A brand new arena dedicated to 'energising pursuits', it encompasses all sorts of weird and wonderful activities, including 'wild music runs and hugging llamas to euphoric yoga and rock climbing.' Interesting...

GREEN MAN

📍 **Brecon Beacons, Wales**

📅 **20-23 August**

This quirky, family-friendly festival in the heart of the Brecon Beacons will see an array of alternative acts showcase their talents, as well as a return to the festival circuit by Super Furry Animals after a six-year hiatus. If you're in need

of a little pampering, head over to the Nature Nurture tent, which has been revamped for 2015. Nestled in a glade of ancient oak trees, with views of the Black Mountains, here you can make use of hot tubs, saunas, a nice hot shower and even a yoga session or massage.

LOVEBOX

📍 **Victoria Park, Tower Hamlets, London**

📅 **17-18 July**

Taking place at London's Victoria Park, 2015's urban extravaganza includes Snoop Dogg, Mark Ronson, Rudimental, Jessie Ware and Flume. Based in London's oldest park near Hackney in East London, Lovebox attracts 65,000 fans each year who come for the eclectic mix of music and entertainment. The themed VIP area this year will be inspired by the eccentric characters who wandered the gypsy neighbourhoods of Paris in the late 1800s (think Moulin Rouge in its heyday.) It won Best Medium-Sized Festival at the Festival Awards in 2008 – an accolade it surely deserves. Like Wireless, you can't camp at Lovebox, so remember to include the price of accommodation in your budget.



You are *EAT*

*Eating healthy doesn't have to
equal boring and bland.*

*Try our nutritious and delicious recipes to
pep up your healthy-eating plan.*



Sweet enough...

Sweet potatoes are not only delicious, they are a great source of fibre and contain magnesium, potassium and vitamins A, C and B6.



Sweet potato soup

This yummy soup is simple but delicious – great for impressing friends when you host dinner parties.

Ingredients

- 2 tsp olive oil
- 1 small onion
- 2 tsp cumin
- 2 tbsp curry powder
- 450g carrots
- 450g sweet potatoes
- 1 vegetable or chicken stock cube
- 500ml boiling water

Preparation

Finely chop and sauté the onion in a large pot until soft and brown and add the spices. Peel and cut the carrots and sweet potato into 1-inch pieces and add to the pan. Add the stock, bring to the boil, then cover and simmer for 20 minutes. Allow to cool, then add the vegetables and stock to a blender and blend until smooth. Gently reheat to serve.

CALORIES: 146 | FAT: 2.3G



Sweet potato dip

Ingredients

1 medium-sized sweet potato
 ½ tbsp low-fat plain yoghurt
 1 tsp Forever Bee Honey
 ½ tsp of chipotle chilli powder

Preparation

Heat the oven to 200°C. Prick the potato in several places and bake for 40 minutes until soft. Scoop out the soft flesh and leave to cool. Once cool, add the potato, yoghurt, honey and chilli powder to a food processor and blend until smooth. Leave to cool further in the fridge for a couple of hours before serving with carrot sticks, sugar snap peas or pitta bread.

CALORIES: 220 | FAT: 0G



Sweet potato wedges



Ingredients

3 medium-sized sweet potatoes
 low-calorie spray cooking oil
 1tbsp seasoning (choose seasoning to taste)

Preparation

Preheat oven to 230°C.

Wash sweet potatoes well; cut each potato into approximately 8-12 wedges. In a large bowl, combine sweet potatoes and remaining ingredients; toss well to coat.

Arrange potatoes in a single layer on a baking sheet. Bake at 230°C for 30 minutes or until soft and lightly browned, turning wedges after the first 15 minutes. Serve immediately.

CALORIES: 150 | FAT: 2G

Go bananas...

Bananas are a rich source of potassium and B6 and are also great for satisfying a sweet tooth. Try these simple but tasty snack ideas for a nutritious alternative to raiding the biscuit tin.



Banana nut crunch

Ingredients

One banana, sliced
100g low fat yogurt
1 tsp Forever Bee Honey
1 tbsp chopped walnuts
1 tbsp bran flake cereal
1 tbsp blueberries
A sprinkle of cinnamon to taste

Preparation

Layer the yogurt, bran flakes, banana, blueberries and honey in a sundae glass and top with the walnuts and a sprinkle of cinnamon to taste.

CALORIES: 265 | FAT: 6G

Baked banana chips



Simply slice as many bananas as you want (remember to check how much oven space you have before you start!) into slices just over half a centimetre thick.

Lay them onto a baking tray lined with greaseproof paper and brush each slice with a little lemon or lime juice on both sides.

Bake for 1hr 30 minutes on 120 degrees celsius, turning the chips over half way through.

CALORIES: 105 | FAT: 0.4G
(PER ONE-BANANA SERVING.)

Banana & raspberry lollies



Ingredients

4 medium bananas
360g raspberries
4 tbsp low fat yogurt
A few drops of vanilla essence

Preparation

Blend all ingredients until smooth, then pour the mix into four lolly moulds and freeze overnight. Enjoy straight from the freezer.

CALORIES: 162 | FAT: 1.5G (PER LOLLY)

Sass up your salad

Salads don't have to be boring. Ditch the limp lettuce and tasteless tomato for these delectable creations. Serve alone as a healthy snack or starter, or add grilled chicken, fish or haloumi for something more substantial.

Sweet coconut salad

Ingredients

30g romana lettuce
25g fresh grated coconut
15g of sultanas
a fresh lime
diced cherry plum tomatoes
diced red onion
a drizzle of chilli oil (approx 5ml)

Preparation

Simply tear your lettuce into pieces and add all of the ingredients to a bowl. Drizzle over the chilli oil, add a squeeze of fresh lime and serve.

CALORIES: 270 | FAT: 14G



Zingy beetroot & orange salad

Ingredients

20g rocket
20g baby spinach
50g pickled whole baby beetroots
2 tsp of toasted pine nuts
1 fresh orange
drizzle of olive oil (approx 5ml)

Preparation

Thinly slice the baby beetroot and half of the orange (peel and slice orange width-ways so that it creates a sort of star shape in the centre). Combine with the rocket, baby spinach and pine nuts and add a drizzle of olive oil and a squeeze of orange juice.

CALORIES: 155 | FAT: 9G

Spicy Vietnamese-style salad

Ingredients

30g rocket
a handful of fresh mint
a handful of coriander
1 fresh chilli
2 tsp vietnamese-style fish sauce
3 tsp white vinegar
30g vermicelli rice noodles
1 pinch of salt
1 pinch of sugar

Preparation

Once your noodles are cooked (follow cooking instructions on the packet), drain and run under a cold tap then leave to cool. Whilst the noodles are cooling, finely chop one red chilli and combine with the vinegar, fish sauce, salt and sugar to make a dressing. Gently tear the lettuce, mint and coriander, toss with the cold noodles and drizzle the dressing all over.

CALORIES: 140 | FAT: 0G

beehappy
goodness
from the
hive



Forever Bee Honey: £15.17 | €17.68 | code: 207

Forever Bee Pollen: £13.07 | €16.51 | code: 26

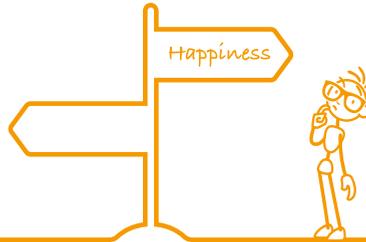
Forever Bee Propolis: £27.29 | €34.46 | code: 27

Forever Royal Jelly: £28.25 | €35.67 | code: 36



FOREVER

The pursuit of happiness



IT'S TIME TO ADDRESS THE THINGS THAT ARE STOPPING YOU FROM BEING HAPPY IN YOUR DAY-TO-DAY LIFE, STARTING WITH THESE THREE AREAS:

1. YOUR MINDSET

The way we view the world around us can have a positive impact on how we feel. Research suggests that mindfulness, or an increased awareness of our surroundings and current situation, can help us enjoy the world around us more. This means taking the time to absorb what is going on in the present moment and less time over-thinking past or future events, as Mark Williams, professor of clinical psychology at the Oxford Mindfulness Centre* explains: "When we become more aware of the present moment, we begin to experience afresh many things in the world around us that we have been taking for granted. Most of us have issues that we find hard to let go and mindfulness can help us deal with them more productively. We can ask: 'Is trying to solve this by brooding about it helpful, or am I just getting caught up in my thoughts?'" In other words, only allow yourself to analyse things in your head if you have the power to improve or change them. If not, you could miss out on enjoying the little subtleties that make life enjoyable.

2. YOUR BODY

Feeling good starts with looking after your body. In order to feel your best it's important to feed it with the right fuel to really help you get the most out of every single day. Eating a diet that is rich in fresh vegetables, vitamins and nutrients, and getting regular exercise, sounds pretty elementary, but so many of us are lacking these key factors to living a healthy balanced lifestyle. Getting active can also have a positive impact on your social life too. By joining an exercise class or local walking group you can expand your social circle and increase your serotonin levels both through exercise and having a giggle with friends. Even small changes, perhaps introducing a short walk into your routine or adding nutritional supplements to your diet, are a step in the right direction. Remember, your body is what allows you to see and feel the world, so look after it.

3. YOUR JOB

We spend such a lot of our time in the workplace and with mobile technology now so prolific, the majority of us tend to bring work into our home environments too - regardless of whether or not we are officially required to do so. If you love your job, then great; you get to spend at least eight hours of your day doing something that gives you pleasure. But unfortunately, half the nation isn't so lucky. According to a survey carried out by Kalixa Pro last year, almost 50% dislike their jobs, so much so that they feel they are in the wrong career altogether. If you are one of these people, it's time to do something about it - the compounded effect of stress in the workplace can have a considerable impact on your overall wellbeing. If you feel a career change is the way forward, visit www.cipd.co.uk for information on professional courses to boost your CV, or contact the person who gave you this magazine for information on Forever's business opportunity.

*Source: nhs.co.uk, 'Mindfulness for mental wellbeing'.

Aloe Body Toning Kit.

Treat your body to what it deserves. Look and feel your very best, with the Aloe Body Toning Kit.

Designed to *tone, trim and tighten* the skin, the *Aloe Body Toning Kit* includes the *Aloe Body Toner* for use with a cellophane body wrap, *Aloe Body Conditioning Creme* for topical use, *Aloe Bath Gelée* for a *nourishing, relaxing* bath to *soothe and smooth* the skin, and a loofah to *stimulate circulation* during bathing.

Please note: Effects may be temporary



Aloe Body Toning Kit:
£75.37 | €95.15 | code: 55

Fitness trends

Are you looking for something a little different to keep you active and in shape? We take a look at the latest exercise trends getting fitness fanatics moving this summer.

SEEN ON SCREEN

Created by former backing dancer, Bonnie Parsons, this class teaches you how to dance like your favourite pop stars. Based in studios in Manchester and London, attendees can learn to shake it like Beyonce or Britney. "Women are bored and uninspired by the prospect of going to the gym and motivating themselves to run on a treadmill," Parsons told *The Independent* earlier this year. "We're able to build self-esteem and confidence just as much as we are able to build dance technique."

SURFSET

This quirky new fitness craze makes use of the muscle-building manoeuvres demonstrated in surfing, but on dry land. Surfset refers to the patented board contraption needed to do the workout. It's the "world's first total body surf trainer designed to mimic the movements of surfing without the ocean," boasts the company's website. The board is engineered for a group fitness setting, with adjustable levels of instability and resistance to accommodate all levels. Visit www.surfsetfitness.com/tools/class-locator to find a class near you.

ONLINE TRAINING

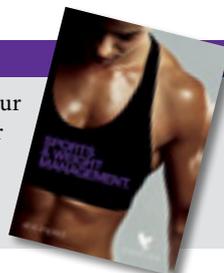
Online workouts have become massive this year, with everyone from celebrities, to gyms and even amateurs uploading videos to YouTube. It's a free and convenient way for you to get fitness inspiration on the go – but it does mean that the list of excuses for not fitting in a workout is dwindling. Check out Forever's F.I.T. exercise videos on our official YouTube channel: www.youtube.com/flpukltd.

HEALTHY COMPETITION

Competitor sports are becoming increasingly popular with amateurs, perhaps due to the 2012 Olympics and the Glasgow Commonwealth Games allowing them more exposure. Triathlons in particular have seen an increase in uptake, with more and more people now combining them with a weekend away, a trend known as the 'triathlon holiday'. If you're not quite confident to take on swimming, cycling and running in one go, have a look for local running events or smaller duathlons to get you started. Visit www.trifinder.co.uk for more information.

FITNESS PRODUCTS

To find out more about our fitness products, ask your Forever Business Owner for the Sports & Weight Management brochure.



Which one are you?

Finding the perfect moisturiser

The key to healthy-looking skin is a great moisturiser – one that caters to your skin's unique needs. Finding the right one can be a bit of a mission, but Forever's collection of core moisturising products has something for every skin type.

Aloe Deep Moisturizing Cream: *'The Thirst Quencher'*

Dry thirsty skin loves this heavy-duty product. Its rich formula sinks deep down to help deliver moisture to those poor dry skin cells.

Aloe Moisturizing Lotion: *'The Classic'*

If skin care for you is more about maintaining what you've got, this simple, classic lotion provides just the right amount of moisture to keep you looking hydrated and smooth.





***R³ Factor Skin Defense Creme:
'The Secret Weapon'***

Sometimes our skin needs a little extra help and this secret weapon really packs a punch. A luxurious combination of aloe vera gel, collagen, alpha-hydroxy acids and vitamins A and E.

***Aloe Sunscreen:
'The Protector'***

If you're a real sun worshipper and can't resist a spot of tan-time, slather on this light yet moisturising sunscreen. It's infused with aloe vera and provides SPF 30 protection.

***Aloe Balancing Cream:
'The Balancer'***

If your skin is having a bit of an identity crisis and you can't decide if you're oily or dry, then the Aloe Balancing Cream is the perfect moisturiser for you.

Featured Products:

Aloe Deep Moisturizing Cream:
£27.97 | €30.49 | code: 311

Aloe Moisturizing Lotion:
£12.73 | €16.08 | code: 63

R³ Factor Skin Defense Creme:
£28.25 | €35.66 | code: 69

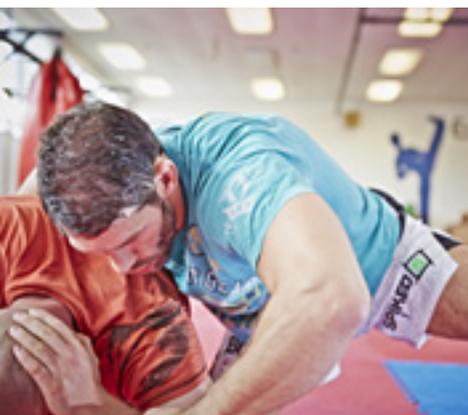
Aloe Sunscreen:
£12.73 | €16.08 | code: 199

Aloe Balancing Cream:
£26.63 | €34.33 | code: 280

PUSH IT TO THE LIMIT

MATT HALLAM: Professional MMA Fighter

“ I HAVE STRUGGLED TO FIND PRODUCTS THAT WOULD SUIT MY NEEDS, **UNTIL NOW.** ”



Nutrition plays a major part in sports performance. Preparing your body for rigorous exercise begins with providing it with the right nutritional support and the best possible fuel. It's not rocket science – you get out what you put in.



Whether you are a sports enthusiast looking to take it up a gear, or a professional searching for the right supplements, Forever's got it covered.

Our innovative structured programmes and individual supplements, bars and drinks allow you to adapt your diet to work towards your personal goals.

As a company that's built upon the natural goodness of aloe vera, which we grow on our very own plantations and cultivate ourselves, Forever takes nutrition seriously. "Looking after your body, both inside and out, is key to giving your best ever performance," says former professional rugby player, and Forever sports ambassador, Craig Gillies. "I know that I can have the peace of mind that whatever Forever product I'm putting into my body is made with only the best ingredients."

We also think carefully about the varying needs of active people and what it is they are looking for from our products. Another Forever sports ambassador, MMA fighter, Matt Hallam, believes that Forever's sports range certainly addresses his needs: "One of the biggest challenges in MMA is the ability to repeat hard sessions day after day, from wrestling to Thai boxing, swimming, running, and strength and conditioning circuits" he explains. "These all have a great strain on the body, and I have struggled to find products that would suit my needs, until now."





*What you need,
when you need it.*



KEEP UP

After a long hard day at the office, sometimes the last thing you feel like doing is going for a run or heading over to the gym for a training session. Give yourself the best chance of hitting your goals by providing your body with the fuel it needs to keep going and push yourself to the max. Try *ARGI+*, a delicious sports drink with L-Arginine and vitamin C, *Forever Active Boost* which contains caffeine and vitamins B6 and B12, or for a natural sugar burst on the go, try our *Forever Bee Honey*.

POWER YOURSELF

It's no secret that protein is vital to maintaining and building muscle mass; it's essential for tissue repair and is a good source of energy too. Forever has a variety of products that contain a high quality protein source, allowing you to increase your intake as you please. Keep a couple of *Forever ProX2* protein bars, available in cinnamon or chocolate flavour, in your gym bag for a high protein snack, or a *Fast Break Energy Bar*, packed with peanuts and added vitamins and minerals. Our *Forever Lite Ultra* shakes contain 24g of protein per serving and are delicious as part of our nutritional programmes, or taken separately as needed.

DEBORAH COMER: Triathlete



I HAVE ALL
MY PRODUCTS
TESTED PRIOR TO
PURCHASE



GET MOVING

Playing sports and carrying out high-intensity activity can take its toll. Take good care of your body with specially selected ingredients and formulas that help to maintain normal overall health and wellbeing. Try *Forever Freedom*, which contains glucosamine, chondroitin and MSM, *Forever Pomesteen Power*, a refreshing mixed-fruit drink high in vitamin C – and of course, our *Forever Arctic Sea* fish oils.

TAKE CARE

Forever also produces premium topical lotions and gels to help care for your body on the outside too. Gentle aloe vera-based formulas combined with renowned ingredients, like MSM, bring together the power of nature and science. Try *Aloe Heat Lotion* before or after a workout to warm muscles, and our topical *Aloe MSM Gel*.



CRAIG GILLIES: Former Professional Rugby Player

“...WHATEVER FOREVER PRODUCT I’M PUTTING INTO MY BODY IS MADE WITH ONLY THE BEST INGREDIENTS.”



QUALITY NUTRITION YOU CAN TRUST

We know that you like to feel confident that any nutritional supplements you take are from a reliable source. In order to give you that peace of mind, Forever offers HFL accredited batch testing on a selection of its products, on a request basis*. “I have all my products tested prior to purchase,” says Triathlete and Forever sports ambassador, Deborah Comer. “It is comforting to know that you are taking helpful products that are within the British Triathlon regulations,” she adds. HFL Sport Science has been undertaking drug testing for sports regulators since 1963 and is at the forefront of anti-doping control science. For more information on their services, visit www.lgcgroup.com/sectors/sports/.

Featured Products:

ARGI+: £52.31 | €56.25 | code: 320

Forever Active Boost (tray of 12): £31.75 | €37.64 | code: 321

Forever Active Boost X (tray of 12): £31.75 | €37.64 | code: 440

Forever Bee Honey: £15.17 | €17.68 | code: 207

Forever ProX2, Cinnamon: £3.54 | €4.22 | code: 466

Forever ProX2, Chocolate: £3.54 | €4.22 | code: 465

Fast Break Energy Bar: £2.66 | €3.36 | code: 267

Forever Lite Ultra, Vanilla: £19.72 | code: 470

Forever Lite Ultra, Chocolate: £19.72 | code: 471

Forever Freedom: £29.54 | €37.31 | code: 196

Forever Arctic Sea: £28.26 | €34.60 | code: 376

Aloe Heat Lotion: £12.73 | €16.08 | code: 64

Aloe MSM Gel: £19.52 | €24.62 | code: 205

*Ask your FBO for more information on batch tested products.

If you wish to purchase products, contact your Forever Business Owner now

Staycations

The great British staycation is becoming increasingly popular, with 16% less people going abroad for their holidays than they did before the recession. But an English holiday needn't be a let-down – try out one of these amazing destinations; we promise they won't disappoint.



Brighton Pier,
Brighton

Brighton

If you like your holidays to feature a delicate balance of partying and relaxing on the beach, then Brighton is your perfect staycation destination. Spend your days exploring quirky shops and boutiques in The Lanes, the city's cobbled

pedestrianised area. For dinner, head over to The Coal Shed on Boyce's Street – this bistro, specialising in grilled fish and meat, has been dubbed one of the top steak and seafood restaurants on the south coast. The secret to their delicious dishes is a real charcoal oven, which cooks each tasty morsel to perfection. Then for a truly different night out, the FunFair

Club is a must. This carnival-in-a-nightclub has real-life circus performers, including snake charmers and fire-breathers, providing weird and wonderful entertainment, all off-set by the authentic funfair décor. Nurse your sore head the next day on Brighton beach with a portion of chips and a deckchair in the sun.



Fishing Port of Polperro, Cornwall

Cornwall

It's no real surprise that Cornwall is the UK's favourite staycation spot – with its beautiful golden beaches and fishing villages, you could mistake it for the coast of Sicily or France. Padstow is one of the nation's most popular holiday haunts and boasts some pretty amazing restaurants, including Rick Stein's The Seafood Restaurant, and his traditional Cornish pub, aptly-named The Cornish Arms. For some impressive historic architecture, drive down to

Truro and behold its magnificent cathedral. Built at the turn of the century, its imposing central tower stands at a whopping 250 feet tall and is the focal point of the town. Cornwall is a great place for a road trip as there are so many picturesque towns and villages to visit. If the weather's nice, camping is a cost-effective and fun way of doing this – think of it as backpacking for the fainthearted. To find the best Cornish campsites, visit coolcamping.co.uk.



Land's End, Penwith peninsula



Punting in Cambridge



Cambridge

Cambridge is one of those cities that has it all: beautiful architecture, a picturesque setting, great bars and restaurants, plus plenty of history and culture – making it popular with both young and old. To get the best view of the colleges, pack a picnic and go punting along the River Cam. You can either have a go at punting yourself, or be escorted by a guide. For a quintessential English day out, treat yourself to afternoon tea at Harriet's Café Tearooms afterwards, or if you book your tour with

letsGOPunting.co.uk you can even enjoy an afternoon tea picnic on the water, made freshly just for you and served in vintage china. For those of you interested in the city's academic history, there is a plethora of museums, including the Scott Polar Research Institute, which holds a unique collection of artefacts, journals, paintings, photographs, clothing, equipment, maps and other materials related to polar exploration.

Visit www.cam.ac.uk/museums-and-collections for more info.

Lake District

If you haven't been to the Lake District yet you've been missing out on one of the UK's most hallowed beauty spots and England's largest national

park. If you're the adventurous type, have a go at conquering Scafell Pike, England's highest mountain, or partake in any one of the numerous water sports on offer. If you're more of a gentle walk type of person, have a wander around one of the stunning local towns, like Keswick, and head to Bryson's Tearoom and Craft Bakery for a pot of tea and a slice of one of their freshly baked delicacies. The Lake District is so beautiful

that it has inspired some of our greatest poets, including William Wordsworth, Samuel Coleridge, Thomas de Quincey and John Ruskin. Book yourself into a cosy cottage near the shore, or if you're looking for something a little swankier, try The Cranleigh Boutique Hotel, which offers a variety of uniquely decorated rooms and suites and is located in Bowness-on-Windermere, the Lake District's most popular tourist spot.



Derwentwater, Lake District



FOREVER SUN LIPS

Aloe Cooling Protection

Lip Balm/Sunscreen

**A soothing aloe lip balm that helps
to protect lips from the sun and wind.**



SPF30



Moisturising Jojoba seed
oil and soothing aloe vera



UVA and
UVB protection



Cooling mint sensation



Sweet Dreams

How to get a good night's sleep

According to the Sleep Council, most adults need around 7-8 hours of sleep per night to function properly. However, as we grow older, we don't tend to sleep as well and we are more likely to suffer from disturbed sleep. Getting enough shut-eye is an important part of maintaining your overall health and wellbeing – in fact, recent studies suggest that those who suffer from long-term disturbed sleep, such as shift workers, are more likely to have health problems. So, here are a few tips to help you get your forty winks.

DON'T USE YOUR TABLET, LAPTOP OR PHONE IN BED

A recent study by Harvard University found that the blue light produced by modern devices, such as tablets and phones, causes you to feel more awake by suppressing the melatonin levels which are linked to a good night's sleep. Rather than checking emails on your iPad, read a paper book before bed instead, or better still, do nothing and allow your mind to clear.

TEMPERATURE

The temperature of your bedroom could play an important part in how well you sleep. 'When you sleep, your body's temperature drops to its lowest level, which usually

occurs around 3-4 hours after you fall asleep, so keeping your bedroom cool may lead to better sleep,' advises the Sleep Council. If your bedroom is too hot, this could prevent your body's core temperature from dropping and activating its 'sleep mechanism'. If practical, leave a window open at night and switch off all central heating.

A GOOD BED

How long have you had your mattress? Longer than you care to remember? Then it's time to invest in a new one. Poor quality mattresses are responsible for

many a bad night's sleep and can lead to back problems and allergies. Your mattress should be firm enough to support your back whilst you sleep, but not so hard that it is uncomfortable. It should also be replaced every 7-8 years.

AVOID CAFFEINE AND ALCOHOL

It's obvious why we should avoid caffeine late in the day if we are having trouble sleeping, but alcohol? It may feel like a glass of wine or two might help you to sleep, but actually the opposite is true. According to drinkaware.co.uk, although you may drop off more easily after a drink, alcohol interferes with your body's natural sleep cycles. Usually during the night you have six or seven cycles of REM sleep, which leaves you feeling refreshed when you wake. If you've been drinking, you might only have one or two cycles, meaning you can wake feeling exhausted.

EXERCISE

It's no secret that regular exercise is good for you, but there is also evidence to suggest it can improve sleep. A study published by the Mental Health and Physical Activity journal found that people slept considerably better at night, and also felt more alert in the daytime, if they got at least 150 minutes of exercise per week.

Summer hair care

Want super glossy, healthy-looking hair for your hols? Try these must-have hair products for enviable locks this summer.

Sonya Hydrate Shampoo and Conditioner

This moisture-enriched formula is luxurious and hydrating, perfect for quenching dry, damaged hair. Been on the beach all day? Leave the conditioner on for five minutes for a nourishing mask to keep your hair in tip top condition.

Hydrate Shampoo: £19.52 | €21.94 | code: 349

Hydrate Conditioner: £19.52 | €21.94 | code: 350

Sonya Volume Shampoo and Conditioner

Forever is known for using aloe vera and bee-related ingredients in its products. This premium shampoo and conditioner duo combines the two, incorporating aloe and royal jelly for body and shine.

Volume Shampoo: £19.52 | €21.94 | code: 351

Volume Conditioner: £19.52 | €21.94 | code: 352



Aloe-Jojoba Shampoo and Conditioning Rinse

These products leave your tresses feeling fresh and squeaky clean – ideal if you're prone to oily hair. The gentle, aloe-infused formula cares for your scalp, with added jojoba seed oil and vitamin B.

Aloe-Jojoba Shampoo:

£14.71 | €18.31 | code: 260

Aloe-Jojoba Conditioning Rinse:

£14.71 | €18.31 | code: 261

Forever Aloe Styling Gel

This versatile hair gel can also be used as a blow-dry styling product to tame flyaway hairs and frizz. Its primary ingredient is pure stabilised aloe vera gel, providing optimum holding power without feeling sticky.

Forever Aloe Styling Gel:

£12.73 | €16.08 | code: 194



Tip: Sitting out in the sun all day can really dry out your hair, but don't forget your scalp! This area is often forgotten when applying sun protection and is prone to catching the sun. Not keen on putting gloopy sun cream in your hair? Try Forever's Aloe Sunscreen Spray. This lightweight sun protection comes in a handy spray bottle – perfect for spritzing your scalp on a hot day for fuss-free protection.

Certified quality

Why our aloe-inspired products are just so good.

Our philosophy here at Forever is all about quality – we don't sell anything that we wouldn't want to use ourselves. With this in mind, we think carefully about every ingredient we put into each amazing product we make, starting with the aloe vera that is so central to our brand.

Forever cultivates aloe vera crops on its privately-owned plantations, avoiding the use of herbicides or pesticides. Our skilled workers delicately separate the good stuff (the inner-leaf gel) from the leaf itself and then it's gently stabilised in a special patented process. The leaves are processed within hours, to provide the purest, freshest aloe vera gel with all of its qualities intact.

PRODUCTS FOR EVERY NEED

Once we've got the inner-leaf gel, we add just enough other lovely ingredients to produce outstanding skincare and nutrition products. Aloe vera is so versatile that it can be applied to the skin or even taken as a drink. We know that sounds a bit strange, but trust us, it's amazing!

INTERNATIONAL ALOE SCIENCE COUNCIL SEAL OF APPROVAL

Our aloe vera products were the first to be awarded with the International Aloe Science



THE LEAVES ARE PROCESSED WITHIN HOURS, TO PROVIDE THE PUREST, FRESHEST ALOE VERA GEL.

Council's seal of approval. This non-profit organisation works on behalf of the aloe vera industry worldwide, and its certification programme lets our customers know they are using the purest, most beneficial aloe possible. Companies whose products meet the council's high standards (like us!) are certified and allowed to display its official seal of approval with pride.



 **FOREVER**
CARES ABOUT
ANIMALS AND
CONTINUES TO
PLEDGE TO NOT
USE ANIMAL
TESTING... 



TRUST IN US

Forever cares about animals and continues to pledge to not use animal testing on our raw ingredients, finished products or at any point during the product development and manufacturing process.

We are also acutely aware that many of our consumers have special requirements due to their cultural and religious beliefs. Many of our products are endorsed by the Islamic

Society, the Islamic Food and Nutrition Council (IFANCA) and are also Kosher and Halal certified. For details of which products this applies to, please speak to your FBO.

A number of our products are also gluten-free, vegan and vegetarian. For more advice about the contents of our products, speak to your FBO or view the product information on the online retail shop.

NOT HAPPY? NO PROBLEM

We are so confident in what we do that we offer a complete 60-day money-back guarantee if you are not entirely satisfied.

If you are less than impressed with any item you buy, simply return the receipt to your FBO, together with the unused part of the product (or any empty containers) within 60 days of the date of purchase and they will refund the price paid.

Start your own business with Forever

Launch your very own business today by telling people why you love our products.

Forever provides ordinary people with the opportunity to start their own independent business.

The company promotes its products using a well-established business model, known as network marketing, or direct selling. This involves independent Forever Business Owners (FBOs) sharing our product range with as many people as they can, and earning

money from anything they sell. They can then build a team of people who in turn share the products with their friends, family, and anybody they meet.

Spread the word

Each of our FBOs earns a percentage from the products they retail and also on whatever their team members sell. As their business grows, they may also become eligible to enjoy some of the amazing

incentives Forever has on offer, including regular cash bonuses. Promoting our products in this way means that the company does not spend millions of pounds on expensive advertising campaigns, but instead spreads the word through its customers. This allows Forever to generously reward its FBOs for their contribution to the growth of the company.

“We had the realisation that this was a chance to really achieve what we wanted in life. It has been very much more about attitude than experience or business sense.”

Philippa Symes
Forever Business Owner



"I didn't want to miss out on the precious moments of my boys growing up. Forever ticked all of my boxes: flexible, home-based with great earning potential."

Camilla Ulysses
Forever Business Owner

Work when you want

You may never have seen yourself as a business person, but Forever's simple, flexible model allows anyone who is willing to work hard a chance to build their own successful business. You can work as much or as little as you like, depending on the income you are hoping to generate. There are no set hours, meaning that you can run your Forever business alongside your current job if you wish, in the evenings and during weekends – or whenever suits you. Many people who launch a business with Forever are able to give up their nine-to-five job after just a year or so and run their business full time.



Find out more

If you are interested in becoming a Forever Business Owner, begin by contacting the person who gave you this magazine. They can help you to make a living on your own terms by telling others about products that you love. It's as simple as that!

There is no membership fee or expensive investment involved, we simply require that you place an order to kick-start your registration. We recommend that you purchase a Business

Owner Box*, at £199.75. This contains a selection of some of our most popular products, for you to use yourself and share with others. This is a

special discounted price, and is only available to purchase as a one-off when you sign up and launch your business.



Business Owner Box

Forever is a member of the Direct Selling Association and has Investors in People** accreditation.



*UK and Northern Ireland only. Alternative starter packs available for Republic of Ireland

**IIP UK only

Aloe Vera

Did you know aloe vera contains over 75 known active ingredients and includes 19 of the 20 amino acids required by the human body?

We believe in the quality of our products so much, that if you don't feel the benefits within 60 days, we will give you your money back!

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