Aloe Matters

Issue Twelve

2014/2015

FUEL THE FUN

Get the most from the ski season with Forever

SKI DESTINATIONS

A rundown of the best slopes around the world

STAY FLAWLESS

Create the look you want, in just a few simple steps

FOREVER F.I.T.

Find out how you can transform yourself using Forever F.I.T.

+

Put the goodness back

The power of aloe

Refresh your skin

About us...learn a little more

FOREVER

25TH EDITION
COLOGNE & PERFUME
FOR HIM
&
FOR HER
25TH
EDITION
FOREVER
25TH
EDITION
FOREVER
two fragrances. one for him. one for her
Cologne: £37.73 | €49.54 | code: 209
Parfum: £37.73 | €49.54 | code: 208

Issue Twelve 2014-2015
Aloe Matters

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Editor's letter

It's official; winter has arrived, bringing with it the long nights, short days and harsh weather. But you needn't hide under your duvet until spring. We've got some fantastic products to keep you feeling on top of the world despite the chill. Staying energetic and healthy can be a bit of a challenge during the cold months, but supplementing your diet with the right vitamins and nutrients can give your body the helping hand it needs to maintain good health.

If you are already hankering after a sunny holiday, and next summer is just too long to wait, turn over the page to our 'Follow the sun' article. If winter sports are more your thing, check out our pick of the best ski destinations on page 10.

We hope you have a healthy and happy winter season. Make sure you get out there and enjoy all it has to offer!

Carrie

Carrie Service
Editor

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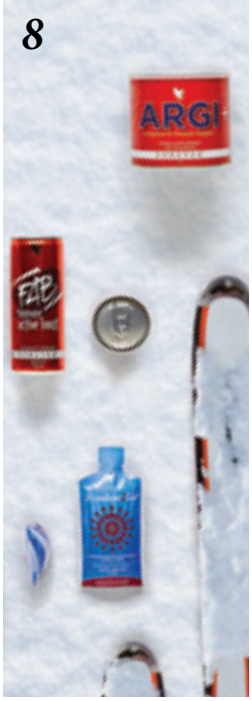

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If you are suffering from any condition or taking medication, please speak to your doctor before using these products

Follow the sun

Are you already hankering after warmer climes? Is the summer tan starting to fade? Then book yourself a flight to one of these lovely destinations…

The Canaries

If you're looking for a little heat, but nothing too tropical, then this is the destination for you. Averaging highs of around 22°C in September, and 16°C in December it's akin to the British late spring/early summer. Visit the ancient capital, San Cristóbal de La Laguna, declared a UNESCO world heritage site in 1999, for beautiful sixteenth century churches and historical listed buildings. As the islands are volcanic, there are also plenty of volcano-orientated trips to choose from for geology enthusiasts.

Madeira

Although Madeira is part of Portugal, this remote island is actually 1,000 miles from the mainland in the North Atlantic, and is closer to Africa than it is Europe. If you're looking for somewhere to spend New Year's Eve, Funchal, the island's largest city (home to over half Madeira's population) throws a pretty epic bash. Its fireworks display is considered to be one of the biggest and best in the world, set against the beautiful backdrop of the bay. The lava rock pools of Porto Moniz on the north west of Madeira are also worth a look. These natural wonders were created when lava flow met the Atlantic Ocean many years ago.

Dubai

The seasons in Dubai are pretty much indistinguishable; varying from hot, to very hot and extremely hot. From December to March, the average high temperature is around 27°C – much more bearable than the scorching 45°C it can reach in summer, so winter is a great time to visit. Dubai is a popular choice for New Year due to its infamous fireworks display, and with over 5,000 restaurants, the tallest building in the world (Burj Khalifa at 830m tall) and many other attractions for thrill-seekers, you certainly won't be bored here.

Sri Lanka

The average daily temperature for December in Sri Lanka is 27°C, which can reach highs of 30°C and lows of 23°C, making it a great choice for sun-worshippers looking for their next fix. Amazing beaches, ancient ruins, delicious food and friendly locals are among the delights of this beautiful country. Cycle around Anuradhapura, one of the world's oldest continuously inhabited cities and discover its abundance of well-preserved ancient ruins.

For budding photographers looking for the island's most magical views, climb Adam's Peak, also known as the 'Buddha's Footprint', and watch the sunrise over the mountain.

Put the goodness back in

Winter can really take it out of you – long nights, short days and severe weather can make you feel like hibernating. To stay fighting fit and ready for anything during these cold, harsh months, it's important to maintain a healthy diet, and fight the urge to live on mulled wine and chocolate alone. Dietary supplements are a great way to support a varied, balanced diet, so we've selected a few of our Forever winter faves…

ABSORBENT-C

Taking vitamin C daily has long been associated with good health and contributes to the reduction of tiredness and fatigue. This version is bonded with oat bran, a highly soluble fibre, for gradual absorption, and provides 100% of UK RDA of vitamin C.

FIELDS OF GREENS

With today's busy lifestyles and convenient fast food, we all too often neglect fresh, green foods. This handy supplement provides a simple solution, containing a variety of green foods to help fill this gap.

FOREVER IMMUBLEND

It's important to support the body's defence system during winter. This supplement is high in vitamins C, D and zinc, which contribute to the healthy function of the immune system.

FOREVER GARLIC-THYME

Garlic and thyme are powerful ingredients that promote good health and have been traced back thousands of years for their dietary uses. These odourless tablets contain allicin, a powerful antibacterial agent.

FOREVER ACTIVE HA

HA is found in the synovial fluid of the joints, connective tissues and fluid of the eye and skin. It binds 100 times its weight in water and as we get older we produce less. Forever Active HA provides a unique form of low molecular weight hyaluronic acid with moisturising and lubricating properties, plus ginger oil and turmeric roots.

FOREVER BEE PROPOLIS

Propolis is the protective substance gathered and used by bees to disinfect their hives. Forever Bee Propolis is gathered from pollution-free regions to assure its purity. It is 100% natural with no added preservatives or artificial colours.

FOREVER ECHINACEA

Echinacea is a favourite winter herbal supplement, well known and widely used. This version contains added purpurea and angustfolia, combined with goldenseal and grape extract.

A-BETA-CARE

A-Beta-CarE supplies the body with vitamins A and E, and selenium, powerful nutrients that help maintain healthy skin, vision and immune system.

Featured Products:

Absorbent-C: £17.44 | €22.89 | code: 48

Fields of Greens: £10.24 | €13.44 | code: 68

Forever Immublend: £16.98 | €21.25 | code: 355

Forever Garlic-Thyme: £16.20 | €21.28 | code: 65

Forever Active HA: £24.68 | €32.41| code: 264

Forever Bee Propolis: £26.24 | €34.46 | code: 27

Forever Echinacea: £17.33 | €22.77 | code: 214

A-Beta-Care: £24.44 | €32.09 | code: 54

If you wish to purchase products, contact your Distributor now

fuel the fun

Are you a bit of an adrenalin junkie? Does the arrival of winter for you signal the beginning of a fun-filled season of activity? Make sure you feel in tip-top shape for that skiing or snowboarding trip by giving your body the right support – inside and out. These brilliant products are perfect for sports enthusiasts interested in mobility and fighting fatigue.

It's all in the preparation

Prep your body for the slopes in the weeks leading up to your trip by incorporating *Forever Freedom (1)* into your morning routine – an exclusive combination of aloe vera gel, glucosamine, chondroitin and MSM. It's even available in a handy sachet, *Forever Freedom2Go (2)*, which is under 100ml – perfect to pop in your hand luggage.

Power up

We all know that ski trips can be exhausting. If you're in need of a quick energy burst, a high-caffeine drink can do just the trick. Pack a couple of cans of *Forever Active Boost (3)* for an instant burst of energy. It contains caffeine plus vitamins B6 and B12 which help reduce tiredness and fatigue. If you're watching your calorie intake so that you can enjoy an evening hot chocolate, try the sugar-free version, *FabX (4)*, instead. ►

► No sports enthusiast should be without *ARGI+ (5)*. This specially-formulated complex provides five grams 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. Contains vitamin C, which contributes to the reduction of tiredness and fatigue.

Protect your skin

It may be cold, but spending long hours outside combined with the reflection of the sun on the snow and ice means that it's still important to pack your sunscreen. Try Forever's *Aloe Sunscreen (6)* or *Aloe Sunscreen Spray (7)* which both provide high quality SPF30 protection, with the added luxury of pure aloe vera gel. Don't forget your lips too; *Forever Sun Lips (8)* is a water-resistant lip balm with broad spectrum SPF30 protection.

Relax and recuperate

After a long day in the cold, put your feet up and massage your joints with Forever's soothing and warming *Aloe Heat Lotion (9)*. It provides blissful relief from everyday stresses and strains and is really comforting on a chilly day. To soothe joints, muscles and connective tissues try *Aloe MSM Gel (10)*, a topical product that contains aloe vera gel and methyl mulphonyl methylsulfonylmethane.

Featured Products:

Forever Freedom: £28.40 | €37.71 | code: 196

Forever Freedom2Go (box of 30): £91.93 | €104.35 | code: 306

Forever Active Boost (tray of 12): £30.53 | €37.64 | code: 321

Forever Active Boost X (tray of 12): £30.53 | €37.64 | code: 440

ARGI+: £50.30 | €56.25 | code: 320

Aloe Sunscreen: £12.24 | €16.08 | code: 199

Aloe Sunscreen Spray: £16.73 | €19.18 | code: 319

Forever Sun Lips: £4.09 | €4.92 | code: 462

Aloe Heat Lotion: £12.24 | €16.08 | code: 64

Aloe MSM Gel: £18.77 | €24.62 | code: 205

Ski destinations

Our pick of the best places to explore the slopes this winter...

Kitzbühel Austria

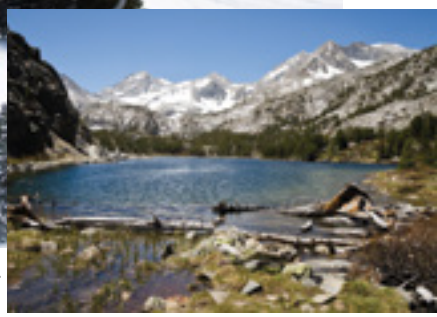
Kitzbühel has a reputation as an über-trendy resort, popular with the glitterati. This is evident as you walk down the main shopping street, dominated by high-end designer labels and double-parked with supercars. But despite this, it hasn't lost its appeal as a picturesque 16th century town, with pretty churches and cobbled streets. Home to The Streif, arguably the most spectacular downhill ski race in the world, it is a sort of 'ski mecca', attracting some of the sport's most famous names.

Whistler, Canada

Whistler Blackcomb is a colossal resort – the biggest in North America. Located just 90 minutes from Vancouver, it's perfectly located for a city break/ski holiday combined. Its two mountains host around 250km of pistes, and are better suited to intermediate skiers and above. The only downsides are that the weather can be unpredictable, and due to its size and location, it does tend to get busy. Its superb slopes are worth the risk though.

Mammoth USA

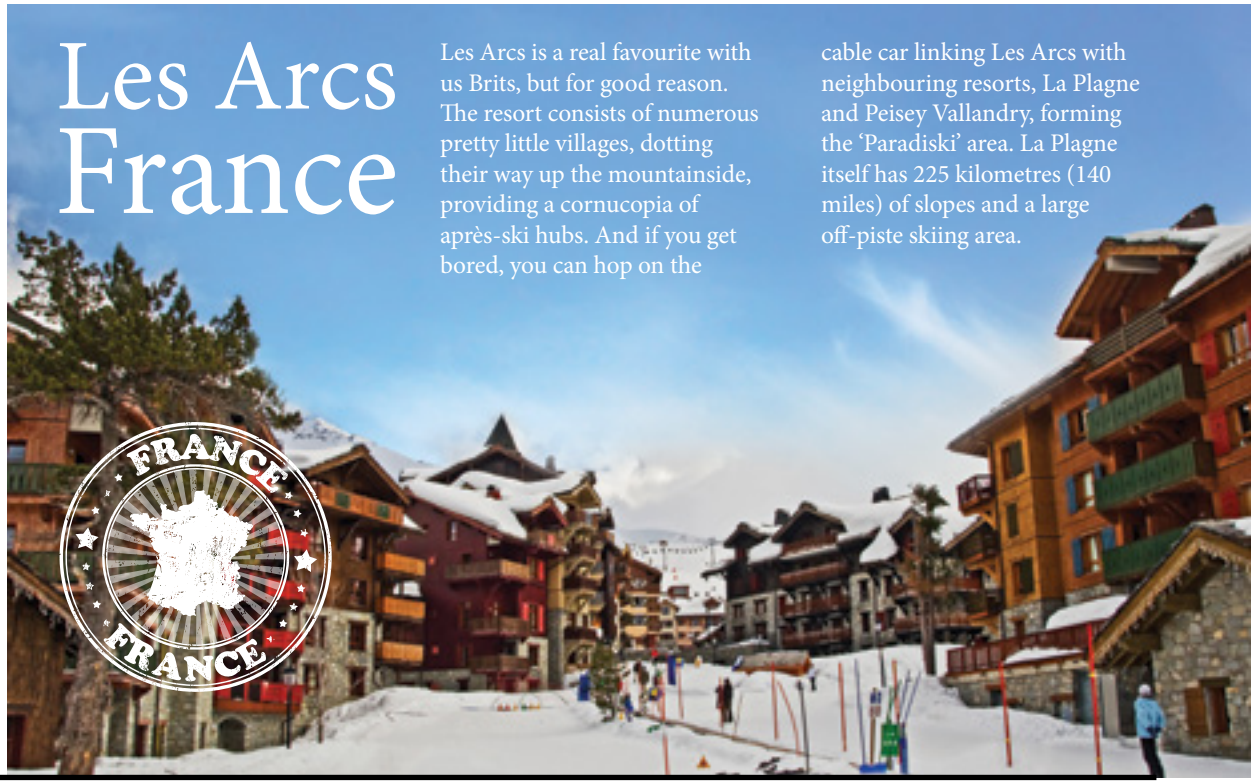
This is perhaps one of the lesser-known US ski resorts, but offers incredible ski conditions none-the-less. Most of the accommodation has been built around the beautiful tree-lined lakes, making it an attractive year-round destination. If you feel like you've exhausted all Mammoth has to offer, you can head over to its sister resort, June, about 20 miles down the road. The nearest airports are LA, or Reno in Nevada.



Right: One of Mammoth's lakes.

Les Arcs France

Les Arcs is a real favourite with us Brits, but for good reason. The resort consists of numerous pretty little villages, dotting their way up the mountainside, providing a cornucopia of après-ski hubs. And if you get bored, you can hop on the cable car linking Les Arcs with neighbouring resorts, La Plagne and Peisey Vallandry, forming the 'Paradiski' area. La Plagne itself has 225 kilometres (140 miles) of slopes and a large off-piste skiing area.



Flims Laax Switzerland

Flims Laax boasts the largest continuous skiing area in the Grison Alps, and with 70% of its pistes between 2,000 and 3,000 metres above sea level, you are more-or-less guaranteed good skiing conditions. It is situated on a plateau above the Rhine Gorge, offering spectacular panoramic views. It isn't known for its nightlife, so is a great option if your main objective is to get in as many hours on the slopes as you can.

Garmisch-Partenkirchen Germany

This highly underestimated ski resort on the Germany-Austria border is situated beside Germany's highest mountain, Zugspitze. Garmisch and Partenkirchen used to be two separate towns, but were merged into one for the 1936 Winter Olympics. The mountain has one of the world's most impressive viewing platforms, Alpspix, from which visitors can enjoy a vertigo-inducing view over the thousand-metre drop below.

FOREVER
SUN LIPS
Aloe Cooling Protection
Lip Balm/Sunscreen

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

- SPF**30**
- Moisturising Jojoba seed oil and soothing aloe vera
- **UVA** and **UVB** protection
- Cooling mint sensation

www.foreverliving.com

£4.09 | €4.92 | code: 462

Winter skin saviours

The harsh winter weather can be tough on delicate, sensitive skin. Keep yours soft, supple and nourished with these heavy-duty, comforting moisturisers. All of our moisturising products contain pure stabilised aloe vera gel and are suitable for sensitive skin.

ALOE DEEP MOISTURIZING CREAM
Quenches your skin's thirst by delivering moisture to the deeper layers of the skin to help retain a fresh, youthful-looking complexion. With added pine bark extract.

FIRMING DAY LOTION
Rich in vitamins, this hydrating moisturiser supports a healthy-looking complexion and good skin structure. This product helps to maintain a youthful appearance with its blend of aloe, elastin and special moisturisers to tighten pores.

RECOVERING NIGHT CREME
Rich, velvety night cream used to replenish the skin and retain moisture. The addition of collagen helps to combat fine lines and wrinkles, and restore the skin to its youthful appearance.

ALOE MOISTURIZING LOTION
Silky moisturising cream containing nourishing aloe, jojoba oil, collagen and elastin to leave the skin feeling soft and supple. Provides all-over moisturisation for your face, hands and body whilst maintaining the skin's natural pH balance. Its easy-to-absorb formula makes a great base for makeup application. Suitable for people prone to eczema and psoriasis.

ALOE PROPOLIS CREME
A rich, creamy blend of aloe vera, bee propolis and camomile to help maintain healthy, beautiful skin tone and texture, with moisturising and conditioning properties. Makes an excellent everyday moisturiser and helps to soothe irritation. Is also suitable for people prone to eczema and psoriasis.

Featured Products:

Aloe Deep Moisturizing Cream: £26.89 | €30.49 | code: 311

Firming Day Lotion: £18.00 | €21.03 | code: 340

Recovering Night Creme: £25.25 | €29.50 | code: 342

Aloe Moisturizing Lotion: £12.24 | €16.08 | code: 63

Aloe Propolis Creme: £14.96 | €19.68 | code: 51

If you wish to purchase products, contact your Distributor now

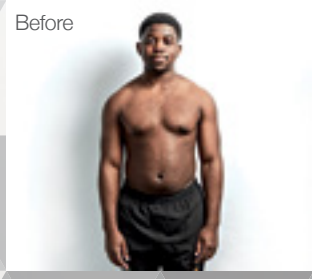
F.I.T.™

C9 F1 F2

Look Better. Feel Better.

Transform your body and lifestyle with Forever's F.I.T. programme.

A 69-day regime incorporating calorie-controlled shakes, specialised supplements and a tailored nutritional plan, with targeted exercise.



JUST ADD WILL POWER

Combining premium quality products with easy-to-follow information and guidance, the F.I.T. programme provides you with everything you require to reach your weight loss goals. All you need is the will to succeed.

Develop lifelong habits that will help you to manage your weight in a truly sustainable way.

STEP 1 C9 CLEANSE

Look better and feel great in just nine days with this expertly-devised cleansing programme.

Designed to kick-start weight loss and cleanse your body, this provides the perfect foundation for transforming your eating and fitness habits. Based around Forever's bestselling *Aloe Vera Gel* drink, this nutritionally-balanced programme will allow you to see real results in just nine days.

C9 Pack Contains:

- Forever Aloe Vera Gel x2
- Forever Lite Ultra with Aminotein
- Forever Therm
- Forever Garcinia Plus
- Forever Fiber
- Shaker
- C9 Information Booklet
- Sports & Weight Management Brochure

Chocolate code: 476

Vanilla code: 475

Pack Price £114.70

STEP 2 F1 GOOD HABITS FOR LIFE

Take it to the next level and change the way you think about food and fitness for good with the second step of the programme, *F.I.T.1*.

This 30-day regime allows you to continue towards your weight management goals, in a sustainable, healthy way. Contains the exact portions of supplements, shakes and bars required, with easy-to-follow step-by-step guidance to help you through. Maintain and build on the progress you made with the *Clean 9* and change your habits for the long-term.

F1 Pack Contains:

- Forever Aloe Vera Gel x4
- Forever Lite Ultra with Aminotein x2
- Forever Therm
- Forever Garcinia Plus
- Forever Fiber
- Forever ProX2
- Water Bottle
- F1 Information Booklet
- Sports & Weight Management Brochure

Chocolate code: 480

Vanilla code: 479

Pack Price £212.39

F.I.T. products coming soon to Northern Ireland and Republic of Ireland

STEP 3 F2 MAXIMUM IMPACT

Now you've achieved your goals it's time to push your body to the max.

Strengthen and tone your body with F.I.T.2, the part of the programme designed to help you build lean muscle through the introduction of high protein nutrition and its easy-to-follow exercise plan. Complete this final step of the programme to see real definition.

F2 Pack Contains:

- Forever Aloe Vera Gel x4
- Forever Lite Ultra with Aminotein x2
- Forever Therm
- Forever Garcinia Plus
- Forever Fiber
- Forever ProX2
- Water Bottle
- F2 Information Booklet
- Sports & Weight Management Brochure

Chocolate code: 492

Vanilla code: 491

Pack Price £212.39

THE PRODUCTS

Forever Aloe Vera Gel

One of Forever's bestselling products and the cornerstone to a healthy diet.

£20.80 | €27.33 | code: 15 | 1 Litre

Forever Therm

Innovative formula containing a special blend of vitamins.

£31.61 | code: 463 | 60 Tablets

Forever Fiber

Water-soluble fibre supplement.

£17.06 | code: 464 | 30 Packets

Forever Lite Ultra with Aminotein

Healthy meal replacement shakes packed with nutrients.

£18.96 | €28.75 | vanilla: 470 / chocolate: 471
15 Servings

Forever Garcinia Plus

A weight management supplement, derived from a tree native to Southeast Asia.

£28.13 | €36.92 | code: 71 | 70 Softgels

Forever ProX2

Protein bars with a blend of soy and whey protein. Contains 15g of protein per 45g bar. Available in Chocolate and Cinnamon.

£3.41 | chocolate: 465 / cinnamon: 466
45g bars

F.I.T.™

C9 F1 F2

Look Better. Feel Better.

We put our products to the ultimate test by asking 14 people to trial Forever's F.I.T. programme.

The F.I.T. Challenge involved completing the entire 69-day programme from start to finish, incorporating a weekly group training session where people could share their progress and work on their exercise routines.

Participants were looking for a way to improve their lifestyles by gaining better knowledge on nutrition and exercise.

A Facebook group was created where participants could share their progress, exchange recipe ideas – or even just let off some steam. All 14 people completed the *Clean 9, F.I.T.1, F.I.T.2* programmes, equating to 69 days.

It took a lot of hard work and determination, but the results were amazing! Don't take our word for it though, read on to see for yourself.

Scan the QR code to watch The F.I.T. Challenge:

CHALLENGER 1

CLAIRE

Claire's goal was to lose weight and improve overall health, fitness and wellbeing. As a successful career woman, Claire and her family have been able to enjoy a lavish lifestyle – which had begun to take its toll on her health and fitness. She has been involved in charity sports events in the past and was keen to get back into shape, especially as she has two young children to keep up with. Claire wanted to not only transform her own health and fitness, but to also create a healthier lifestyle for her family.

BEFORE

AFTER

Scan the QR code to watch Claire's journey:

CHALLENGER 2

RON

Ron's goal was to trim back excess fat, firming and toning the body. Working in a busy office, he had developed bad eating habits, grabbing unhealthy foods for convenience. Sat at a desk all day, he decided it was time to become more active and convert his bad eating and exercise habits into good ones. His busy job required a programme that would be simple to follow without disrupting his already tight schedule.

BEFORE

AFTER

Scan the QR code to watch Ron's journey:

CHALLENGER 3

NATALIE

Natalie's goal when taking on The F.I.T. Challenge was to shift excess weight and improve overall fitness. She had been a typical yoyo dieter and sporadic exerciser, never managing to find a programme that she could stick to long enough to achieve the results she wanted. Tired of making excuses, she needed something that would educate her about supplementation, what to eat and how to exercise in order to reach her goals.

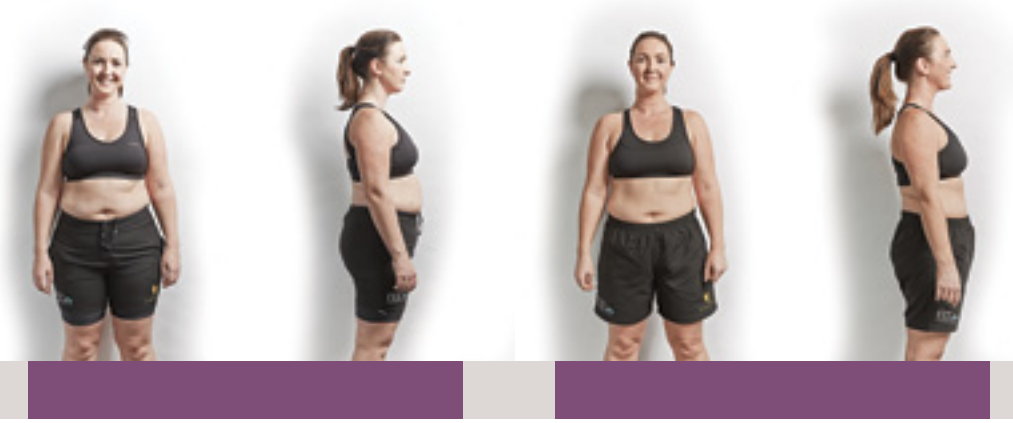
Scan the QR code to watch Natalie's journey:

The F.I.T. Challenge: before and after

Check out the transformation our participants went through after completing the *C9, F.I.T.1* and *F.I.T.2* programmes below. They have each been able to change their lifestyles for the long-term, swapping bad eating habits for good ones and integrating supplements and exercise into their daily routines.

ADAM

DEBBIE



STEVE

If you wish to purchase products, contact your Distributor now

Aroma Spa Collection

Indulge your senses with aromatic, spa-inspired products.

Combining the soothing and conditioning benefits of white tea, lavender, bergamot, sunflower seed oil and Dead Sea salt.

£60.44 | €68.68 | code: 285

aloe-inspired gifts

www.foreverliving.com

Refresh your skin

The secret to maintaining a healthy looking glow – whatever the weather – is to stick to a regimented skincare routine, every day.

CLEANSE

The first cardinal rule of skincare is to cleanse, cleanse, cleanse. Start by removing impurities from deep down using the *Aloe Purifying Cleanser* from the *Sonya Skincare* range, designed to gently lift makeup and dirt without drying. This range was carefully formulated with active ingredients, specifically designed for mature skin. For younger, more oily-prone skin, try the *Aloe Cleanser* from the *Aloe Fleur de Jouvence* range. A non-greasy lotion, with vitamin C and jojoba oil, it leaves your skin feeling clean and refreshed.

TONE

We are all prone to skipping this step, but it helps to remove any impurities, such as residual makeup, dirt or dead skin, which can be left behind after cleansing. It also helps minimise pores and promotes a dewy, clear complexion. Try the *Aloe Refreshing Toner* from the Sonya collection, with added white tea and cooling cucumber, or the *Rehydrating Toner* from *Aloe Fleur de Jouvence*. And it's not just for women – men tend to have oilier skin than the ladies and are more prone to clogged pores. Using a toner is a great way of combatting this.

"IT HELPS TO REMOVE ANY IMPURITIES, SUCH AS RESIDUAL MAKEUP, DIRT OR DEAD SKIN, WHICH CAN BE LEFT BEHIND AFTER CLEANSING."

MOISTURISE

Finding the right moisturiser for your skin type can be a bit of a marathon task, especially as our skin can change its behaviour due to various factors, including hormones, the environment, the weather or the activities we carry out. If you're looking for a moisturiser that will protect you through the winter chill, take a look at our heavy-duty moisturisers feature on page 14. If you're looking for a lighter option, or something that will balance your skin's texture, try the Sonya *Aloe Balancing Cream*. If you prefer to use a lighter cream in the day, and a more hydrating one at night, try the *Firming Day Lotion* and *Recovering Night Creme* from the *Aloe Fleur de Jouvence* collection.

Featured Products:

Sonya Skincare Collection: £125.64 | €168.57 | code: 282

Aloe Fleur de Jouvence Collection: £89.03 | €104.03 | code: 337

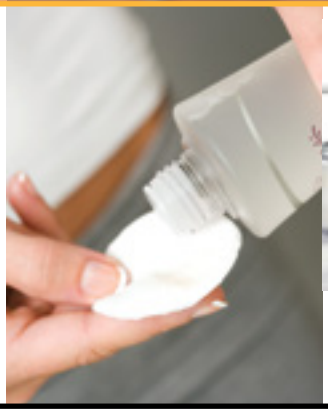
Aloe Purifying Cleanser: £26.84 | €36.01 | code: 277

"WHEN YOUR SKIN IS IN NEED OF THAT EXTRA BIT OF ATTENTION AFTER A LONG DAY, OR A BIG NIGHT OUT, TREAT IT TO A NOURISHING FACE MASK."

Aloe Fleur de Jouvence Collection

TREAT YOUR SKIN

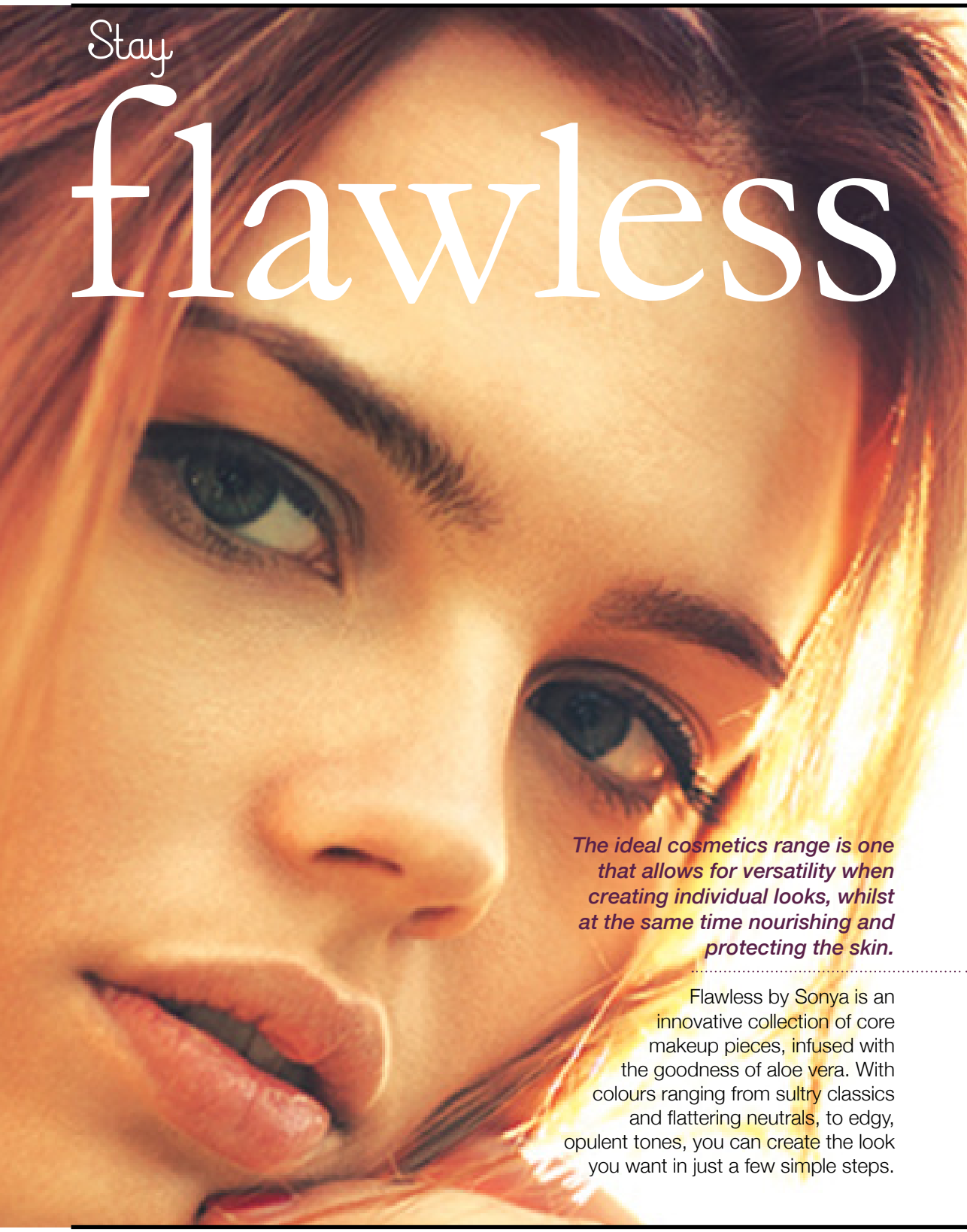
When your skin is in need of that extra bit of attention after a long day, or a big night out, treat it to a nourishing face mask. *Aloe Fleur de Jouvence* features an innovative *Mask Powder* and activation fluid combination, which when mixed together create a rejuvenating face mask. Alternatively, try the *Forever Marine Mask*, which contains natural sea minerals, honey and cucumber extract, in a handy, ready-to-use formula.



Sonya Skincare Collection

Aloe Cleanser: £11.53 | €13.48 | code: 339
Aloe Refreshing Toner: £26.84 | €36.01 | code: 279
Rehydrating Toner: £11.53 | €13.48 | code: 338
Aloe Balancing Cream: £25.61 | €34.33 | code: 280
Firming Day Lotion: £18.00 | €21.03 | code: 340
Recovering Night Creme: £25.25 | €29.50 | code: 342
Mask Powder: £16.43 | €19.20 | code: 341
Forever Marine Mask: £18.36 | €24.10 | code: 234

If you wish to purchase products, contact your Distributor now



Stay flawless

The ideal cosmetics range is one that allows for versatility when creating individual looks, whilst at the same time nourishing and protecting the skin.

Flawless by Sonya is an innovative collection of core makeup pieces, infused with the goodness of aloe vera. With colours ranging from sultry classics and flattering neutrals, to edgy, opulent tones, you can create the look you want in just a few simple steps.

Brilliant Blush
Mia (392) | £17.46 | €20.91

Aloe BB Crème
Nude (371) | £31.38 | €37.56

Delicate Finishing Powder
Light-Medium (386) | £20.95 | €25.09

Natural

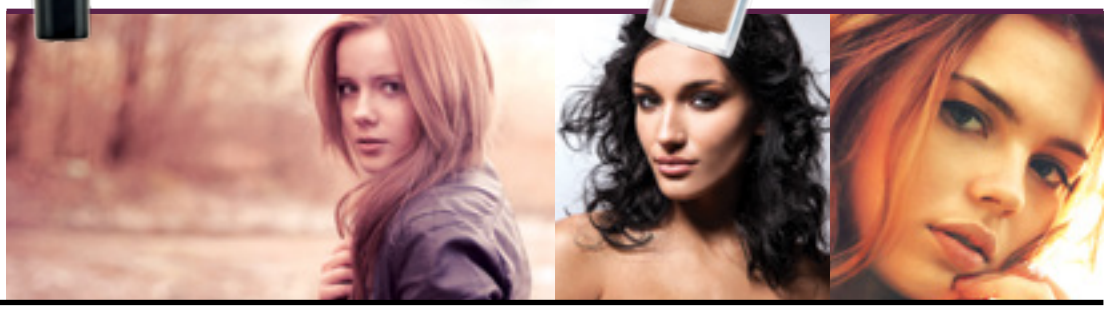
Show off your natural beauty using subtle, natural shades. Even out skin tone with a lightweight BB crème and add a hint of colour with nourishing lip sheens. This easy-to-wear style will give you the confidence to 'go natural'.

Lengthening Mascara
Black (414) | £20.54 | €24.60

Defining Lip Pencil
Nude (420) | £13.97 | €16.73

Perfect Pair Eyeshadow
Beach (394) | £18.90 | €22.63

Luscious Lip Colour
Cappuccino (427) | £21.16 | €25.34



Concealer Duet:
Medium (417) | £18.08 | €21.65

Brilliant Blush:
Aanya (388) | £17.46 | €20.91

Delicate Finishing Powder
Light-Medium (386) | £20.95 | €25.09

Mineral Makeup:
Natural (411) | £24.65 | €29.52

Nine to five

Want a polished look for the office? Add definition to the eyes, lengthening those lashes with mascara and blending soft eye-defining pencils to give you that edge. Stay looking picture-perfect all day, with long-lasting, innovative foundations.

Luscious Lip Colour
Perfect Pink (426) | £21.16 | €25.34

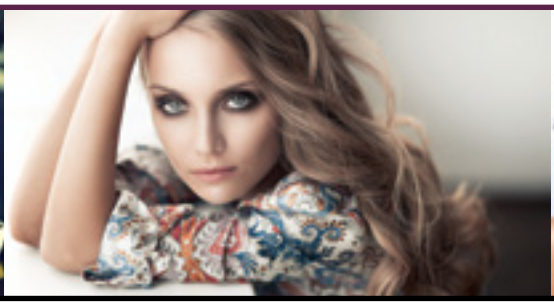
Perfect Pair Eyeshadow:
Waterfall (398) | £18.90 | €22.63

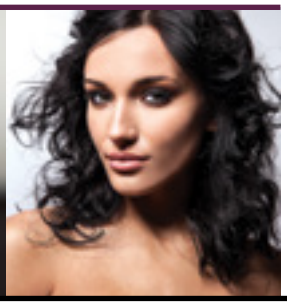
Defining Eye Pencil:
Black (418) | £10.89 | €13.04

Defining Lip Pencil:
Berry (422) | £13.97 | €16.73

Lengthening Mascara
Black (414) | £20.54 | €24.60

Delicious Lipstick:
Guava (407) | £16.64 | €19.93





Concealer Duet:
Medium (417) | £18.08 | €21.65

Delicate Finishing Powder
Light-Medium (386) | £20.95 | €25.09

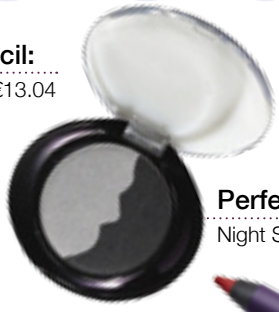
Cream to Powder Foundation:
Sunset Beige (379) | £27.12 | €32.47

Mineral Makeup:
Amber (412) | £24.65 | €29.52

Night

Maybe it's sultry and dramatic you want? Play around; enhance eyes with charcoals and greys, and load your lashes with volumising mascara. For lips, choose deep berry tones and eye-popping reds to transform your look from day to night.

Defining Eye Pencil:
Black (418) | £10.89 | €13.04



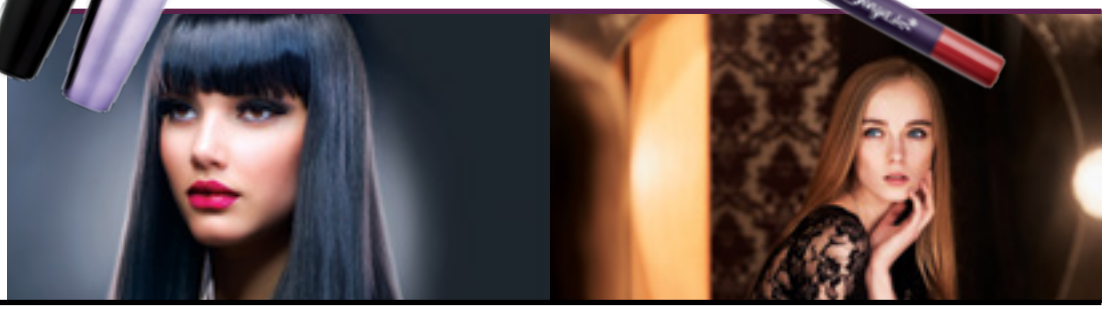
Perfect Pair Eyeshadow:
Night Sky (395) | £18.90 | €22.63

Luscious Lip Colour
Party Purple (425) | £21.16 | €25.34

Volumizing Mascara
Black (415) | £20.54 | €24.60

Delicious Lipstick:
Cherry Red (403) | £16.64 | €19.93

Defining Lip Pencil:
Berry (422) | £13.97 | €16.73

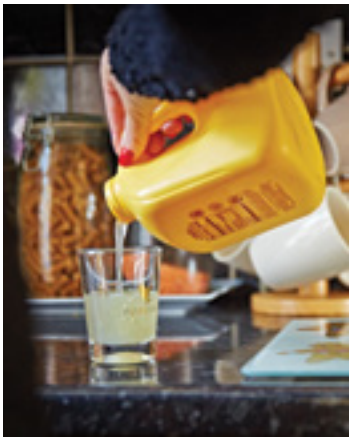


The power of aloe vera

What makes Forever's range of products so unique is our very special primary ingredient: pure, 100% aloe vera gel. This natural substance is carefully extracted from aloe plants grown on our privately-owned plantations.

Our products begin with the gel from the inner leaf of the plant and we carefully add just enough other ingredients to produce premium quality skincare and nutritional products.

Aloe vera allows you to care for your body both on the inside and the outside. Forever's variety of gels combines the natural power of aloe vera with other ingredients to suit your needs. Which gel will you choose?



Forever Aloe Vera Gel
The benefits of aloe can be traced back through history, but Forever grows, harvests and manufactures the plant through a patented process which has been perfected to produce naturally succulent and high quality aloe. Our famous plain *Aloe Vera Gel* has been our top selling product for decades and it's an ideal digestive aid.

Forever Freedom
Wake up and get your day moving with this refreshing orange-flavoured aloe gel. *Forever Freedom* contains all the benefits of our plain gel but with added glucosamine, chondroitin and MSM – popular with those who lead an active lifestyle. *N.B. Contains shellfish (shrimp, crab and lobster).*

Forever Aloe Berry Nectar
Enjoy a burst of cranberry and sweet apple in your daily gel with *Forever Aloe Berry Nectar*. Like all our aloe gels, this refreshing and fruity alternative helps to support immune function, skin and gastro-intestinal health.

Forever Aloe Bits N' Peaches
A fresh and peachy version of Forever's famous gel, suitable for all the family! *Forever Aloe Bits N' Peaches* combines our fresh aloe with delicious sun-ripened peaches. Drink to promote a healthy lifestyle and overall wellbeing.

Featured Products:

Forever Aloe Vera Gel: £20.80 | €27.33 | code: 15

Forever Freedom: £28.40 | €37.31| code: 196

Forever Aloe Berry Nectar: £20.80 | €27.33 | code: 34

Forever Bits n' Peaches: £22.68 | €29.77 | code: 77

Care for your hair

Central heating, over-styling and extreme weather can all take their toll on the condition of your hair. Keep yours in tip-top condition this winter with these super-nourishing shampoos, conditioners and styling solutions.

Hydrate Shampoo & Hydrate Conditioner
If you've been less than kind to your hair this party season, and it's looking a little frazzled, then this hydrating duo is for you. The shampoo thoroughly cleanses your hair without drying, and the thick creamy, luxurious conditioner is heaven in a bottle.

Volume Shampoo & Volume Conditioner
Add volume and shine to lacklustre, winter hair with this innovative combination of aloe vera and royal jelly. Its rich formula conditions the hair and scalp, without leaving behind any product residue, which can flatten fine, limp hair.

Aloe-Jojoba Shampoo & Aloe-Jojoba Conditioning Rinse
A great everyday shampoo/conditioner combo for gently cleansing and conditioning your scalp and hair. It has added jojoba seed oil, which is well renowned for its use as a hair treatment and its pH-balanced formula is suitable for all hair types.

Forever Aloe Styling Gel
This wonder-product can be used on wet hair to blow dry into style, or on dry hair to define and shape as you like. Its primary ingredient is 100% pure stabilised aloe vera gel, allowing you to nourish and protect your hair and scalp whilst you style.

Tip:
For enviable shine, add a few drops of the *Aloe Nourishing Serum* from the Sonya Skincare range (see pages 26 & 27) to your palms and distribute evenly throughout the hair before blow drying. This multi-tasking elixir also acts as a great post-straightening balm to smooth flyaway hairs and to moisturise dry split ends.

Featured Products:

Hydrate Shampoo: £18.77 | €21.94 | code: 349
Hydrate Conditioner: £18.77 | €21.94 | code: 350
Volume Shampoo: £18.77 | €21.94 | code: 351
Volume Conditioner: £18.77 | €21.94| code: 352
Aloe-Jojoba Shampoo: £14.15 | €18.31 | code: 260
Aloe-Jojoba Conditioning Rinse: £14.15 | €18.31 | code: 261
Forever Aloe Styling Gel: £12.24 | €16.08 | code: 194

If you wish to purchase products, contact your Distributor now

DO GOOD. FEEL GOOD.

We at Forever believe in making people feel better. Whether that's by adding a little goodness to your diet with our range of supplements, or making your skin feel beautifully soft with our lovely lotions and potions. We also offer ordinary people the chance to build their own business with us from home, giving them the opportunity to generate an additional income and improve their lifestyles. But we don't stop there. Here are a few other reasons why we think our company is special…

Corporate responsibility

We are conscious of the impact large organisations like ours can have on the world around us. We actually own the plantations where our aloe vera is grown and this allows us to provide employment for local people, ensuring that excellent working conditions are always maintained. We're not big fans of chemical pesticides and herbicides, so we use goats and sheep to help us tackle the weeds, and provide natural fertiliser. Forever continually assesses its processes in order to ensure we are doing the best we can to be environmentally responsible. Also, with over 50 million aloe vera plants, our plantations work to cleanse the earth of two million tons of CO2 every year. We think that's pretty amazing.

"FOREVER CONTINUALLY ASSESSES ITS PROCESSES IN ORDER TO ENSURE WE ARE DOING THE BEST WE CAN TO BE ENVIRONMENTALLY RESPONSIBLE."

"HELPING OTHERS IS AT THE HEART OF WHAT WE DO HERE AT FOREVER."

Give a little. Help a lot

Helping others is at the heart of what we do here at Forever. So, five years ago, we decided it was time we made our efforts official and launched Forever Giving – the charitable arm of our company. Forever Giving is a registered non-profit organisation founded to provide a way for customers and Distributors of our products to donate funds towards global causes. It partners with charitable organisations globally to fight against poverty, hunger and the lack of medical services available for children. We have helped people in natural disasters such as Hurricane Sandy and Typhoon Haiyan and donated funds to ongoing causes, such as children's cancer and AIDs in Africa.

Products for everyone

Our products are so gentle and versatile; they are suitable for even the most delicate skin. Many of our creams and lotions are suitable for people prone to eczema and psoriasis (see our brochure for more information) and are mild enough for babies and children. And as the world's largest grower of aloe vera, we are able to ensure that we only use the highest quality gel, hand-selected from the crop. We truly believe in the power of our products – so much so, that if you are unsatisfied with anything you buy from us, we offer a 60-day money-back guarantee.

For more information about our company and how we grow and harvest aloe vera, visit: www.discoverforever.com/journey/our-aloe/. To donate to Forever Giving visit www.forever-giving.org.

LOVE OUR PRODUCTS?

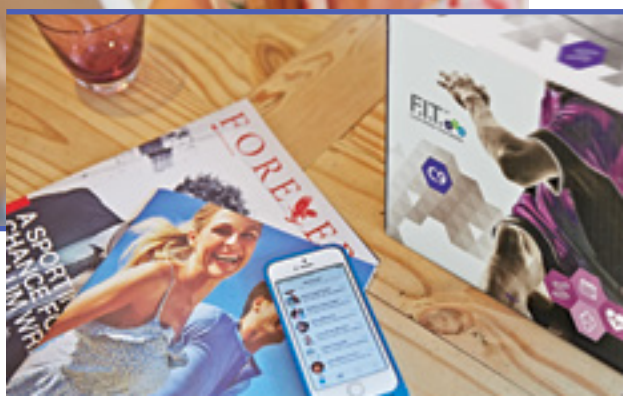
THEN YOU'LL LOVE OUR BUSINESS OPPORTUNITY EVEN MORE.

If you've fallen in love with our naturally-inspired, aloe vera-infused products, and simply can't wait to tell your friends about them, then you could be interested in our fantastic business opportunity. Launch your own business today by sharing the secret of Forever, and teaching others to do the same.

Forever provides ordinary people with the opportunity to start their own independent business, without investing thousands of pounds, or getting into debt. The company promotes its products using a well-established business model, known as network marketing, or direct selling. This involves independent Forever Distributors 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 Distributors who in turn share the products with their friends, family, and anybody they meet.

Share and earn

Each of our Distributors 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 Distributors. This allows Forever to generously reward its Distributors for their contribution to the growth of the company.



Flexible hours

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.

How to get started

If you are interested in becoming a Forever Distributor, 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!

"FOREVER'S SIMPLE, FLEXIBLE MODEL ALLOWS ANYONE WHO IS WILLING TO WORK HARD A CHANCE TO BUILD THEIR OWN SUCCESSFUL BUSINESS."

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 one of our New Distributor Packs, 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.

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

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

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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Warwick
CV34 6RB

Forever Living Products
Ireland Ltd
Magheramorne House
59 Shore Road
Magheramorne, Larne
County Antrim, BT40 3HW

60 DAY SATISFACTION GUARANTEED

Distributor:

code: 01452

Forever is a member of the Direct Selling Association

www.foreverliving.com

www.foreveraloematters.com