

# Aloe Matters

Issue Fourteen

2015/2016

## AROMATHERAPY IN EXERCISE

INTRODUCE FOREVER  
ESSENTIAL OILS INTO YOUR  
EXERCISE ROUTINE

## WINTER WALKS

EXPLORE THE UK WITH  
PET-FRIENDLY WALKS

## FILL UP ON FLAVOUR

COMPLEMENT YOUR  
WORKOUT WITH SIMPLE, FRESH  
AND NUTRITIOUS RECIPES



## BUILD YOUR SUMMER BODY THIS WINTER

FORGET CRAWLING AWAY;  
PREPARE YOURSELF FOR THE  
COMING YEAR

## BEAT THE CHILL

DON'T LET THE COLD AIR  
RUIN YOUR HOLIDAY

WIN

£250 in travel  
vouchers!

T&Cs apply



FOREVER



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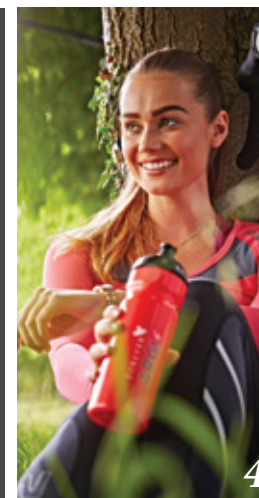
Evenings are drawing in and knitwear will shortly become a staple part of our wardrobe, but this copy of Aloe Matters magazine is just what you need to help you through the winter season. Summer may be behind us but there's no reason why we can't stay optimistic; embrace this new season by turning to page 4 for tips on how you can build your summer body this winter.

Plus, we've scoured the UK and have found a wonderful array of activities – from winter sports (page 7) to winter walks (page 27) – all of which have been selected to help you get the best out of the coming months. And, after your fun day out, why don't you try some of our flavour-filled recipes (page 13), courtesy of Marcus Leach, before winding down using our aromatherapy in exercise guide (page 20).

I don't think winter has ever been as exciting – enjoy!

*Kate Ellice*

Kate Ellice Hodge  
Editor



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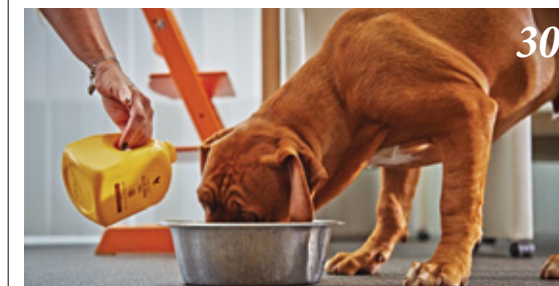
Don't let the cold air ruin your holiday. Find out how you can beat the chill with the help of Forever.

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Forever love animals so much; we even have a pet-friendly product range, designed to benefit our four-legged friends.

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INDULGE YOUR SENSES EVERY DAY  
OF THE WEEK AND EXPERIENCE THE  
LUXURY OF FOREVER'S AROMA SPA  
COLLECTION AT HOME

Aroma Spa Collection: £62.86 | €71.43 | code: 285

Editor: Kate Hodge | Designer: David Hill | Photographer: Sander Jurkiewicz | Also thanks to: Dolly Clew and Marcus Leach



# BUILD YOUR SUMMER BODY THIS WINTER

**As dark and dreary mornings transform into grey, dank days, it can be all too easy to venture to the warmth of a snug duvet and enjoy copious cups of hot chocolate.** Roast dinners, large glasses of mulled wine and abundant chocolate selection boxes are far too tempting, and somehow the perfect excuse that makes us feel like we're shaking off that chilly feeling.

As appealing as such scenarios may be, the winter period is actually the ideal time to prepare your body for the summer season. Although it may seem premature, implementing a fitness routine early on – before the influx of gym deals and fad diets – will help you to develop lasting habits and a healthier lifestyle that is more likely to last. Cramming in a fitness programme a few weeks before your summer break will only set you up for stress-filled, stomach-rumbling disappointment.

David Hill, a professional MMA fighter from Leamington Spa, agrees:



"Indulging over the winter months can often lead to a sluggish mentality, making it harder to break into an effective routine later on in the year. Building a healthy lifestyle should be exactly that – a lifestyle – not something that fluctuates along with the seasons."



**Nav Mansouri**  
Professional boxer

To assist you during your summer body-building challenge, we have selected some of our favourite exercise-assisting products, scoured the UK for winter sports that embrace the magic of the season, and shared some guilt-free recipes recommended by fitness enthusiast, Marcus Leach.

So put away your baggy jumper and bury Grandma's knitted blanket back in that attic; this winter is not a time to hide away, but it's a time to prepare, to build, and to accomplish.

**SEE PAGE 13 FOR RECIPES**  
Pictured: Teriyaki cod with wild rice



**Nicoline Artursson**  
Miss World Sweden 2011



## SUPER-SIZE YOUR WORKOUT

Exercise is the key ingredient to any effective fitness regime, but sometimes our bodies struggle to cope with hard training, particularly if you are implementing such physical activity for the first time.

Energy, endurance and easy solutions are all essential components that will help you achieve your desired results. To ensure the challenge is as painless as possible, Forever provides a range of products that will cater to your individual needs whilst promoting a healthy lifestyle.

## EASY SOLUTIONS

We know it's hard enough getting yourself to the gym, let alone keeping going when you finally figure out how to use the cross-trainer. These three convenient products help make the whole experience that little bit easier.

**Forever Lean:** These well-balanced capsules contain valuable fibre, proteins and the vital trace element chromium. Make eating a healthy, balanced diet easier by keeping a pack in your bag for when you're on the go.

**Forever Aloe2Go:** Combines all the benefits of Aloe Vera Gel with Forever Pomesteen Power in an easy-to-carry pouch. This really is the perfect, quick 'pick-me-up' drink anytime, anywhere.

**Forever Freedom2Go:** This convenient pouch combines all the benefits of Forever Freedom gel with pomegranate juice. Forever Freedom contains aloe vera, MSM, and glucosamine.

**Forever ProX2:** Resist the temptation to snack on unhealthy crisps and chocolate by stocking up on these tasty bars. Keep a load in your sports bag for a convenient bite that'll complement your workout.



## ENERGY

It's hard to push yourself when you're feeling sluggish and tired after a hard day's work, but often exercise is just what you need to help you clear your mind. Make sure you avoid the tempting post-work nap and instead choose one of these pre-exercise pick-me-ups.

**Argi+ Sachets:** This popular nutritious sports drink contains L-Arginine and vitamins, including vitamin D which contributes to the maintenance of normal muscle function. This delicious drink is now also available in handy sachets – perfect for after a gym session.

**Fast Break Energy Bar:** These delicious peanut butter-flavoured bars are packed with vitamins, minerals and protein, offering the ideal solution after an active workout.

**Forever NutraQ10:** Packed full of essential vitamins, including vitamin C and B6 which contribute to the reduction of tiredness and fatigue. N.B. Consult your doctor if on medication. Avoid if pregnant, breastfeeding or if you suffer from kidney disease.

## Featured products:

**Forever Lean:** £34.66 | €39.37 | code: 289

**Forever Aloe2Go (30 pouches):** £68.88 | €90.74 | code: 270

**Forever Freedom2Go (30 pouches):** £95.60 | €108.52 | code: 306

**Forever ProX2:** £3.54 | €4.39 | code: 465 (Choc) / 466 (Cin)

**Argi+ Sachets (30 Sachets):** £52.31 | €58.50 | code: 473

**Fast Break Energy Bar:** £2.66 | €3.49 | code: 267

**Forever NutraQ10 (30 Sachets):** £24.20 | code: 312\*

\*Not available in Northern Ireland or Republic of Ireland.



## ENDURANCE

You've just managed to make a habit out of your workout routine (you can even name all the staff members at the gym) when you suddenly feel like you've hit a wall. Perhaps your joints are beginning to tire or you're struggling to see the results you imagined; whatever your hurdle, make sure you don't give up. Show people what endurance is made of by breaking through the barriers. We even have a few items that may be able to help you out...

**Aloe Heat lotion:** Soothe your aches after a full-on workout with this rich emollient lotion. Its warming agents help provide blissful relief from stresses and strains. You can also use it for an intense massage.

### Forever Lite Ultra:

Avoid sugary alternatives by trying our tasty chocolate or vanilla shake. *Forever Lite Ultra* is suitable as a supplementary meal or as a protein shake if you're interested in weight gain.

### Forever Pomesteen Power:

This exotic drink is high in vitamin C and packed with tasty fruit juice including raspberry, blackberry, blueberry and grapeseed extract. Perfect for that post-workout pick-me-up.

Deborah Comer  
Triathlete



## FOREVER'S F.I.T. PROGRAMME:

If you're still struggling to develop a consistent weight-management regime, why don't you try our *Forever F.I.T. programme*? This advanced nutritional plan is designed to help you look and feel better in just three easy steps.

- C9:** Encourage a change in mindset by altering the way you approach your fitness programme. C9 helps you to look better and feel great, whilst providing the perfect starting point to help you transform your diet and fitness habits. Based around Forever's *Aloe Vera Gel* drink, this nutritionally-balanced programme will allow you to see real results in just nine days.
- F.I.T.1:** C9 may provide results, but you need to maintain and build on your progress to ensure your new habits are ingrained long-term. The *F.I.T.1* pack offers you the chance to achieve this by combining the exact portions of supplements, shakes and bars with an easy-to-follow step-by-step guide. Get stuck into *F.I.T.1* and you'll be well on your way to reforming the way you perceive exercise.
- F.I.T.2:** Once you've achieved the goals you set in *F.I.T.1*, it'll be time to push your body to the max and achieve optimum results. Strengthen and tone your body with *F.I.T.2* by following the guidance and incorporating high protein and nutritional products into your routine; designed to help you build lean muscle.

## F.I.T. PACK CONTENTS:

### C9 pack contains:

Forever Aloe Vera Gel (2 x 1 Litre)  
Forever Lite Ultra (15 Servings)  
Forever Therm (18 Tablets)  
Forever Garcinia Plus (54 Softgels)  
Forever Fiber (9 Packets)  
Shaker  
Tape Measure  
C9 Information Booklet

### F.I.T.1 pack contains:

Forever Aloe Vera Gel (4 x 1 Litre)  
Forever Lite Ultra (2 x 15 Servings)  
Forever Therm (60 Tablets)  
Forever Garcinia Plus (70 Softgels)  
Forever Fiber (30 Packets)  
Forever Pro X bar (5 x chocolate, 5 x cinnamon)  
Gym Towel  
*F.I.T.1* Information Booklet

### F.I.T.2 pack contains:

Forever Aloe Vera Gel (4 x 1 Litre)  
Forever Lite Ultra (2 x 15 Servings)  
Forever Therm (60 Tablets)  
Forever Garcinia Plus (70 Softgels)  
Forever Fiber (30 Packets)  
Forever Pro X bar (5 x chocolate, 5 x cinnamon)  
Gym Towel  
*F.I.T.2* Information Booklet

### Featured products:

**Aloe Heat lotion:** £12.73 | £16.72 | code: 64

**Forever Lite Ultra:** £19.72 | £22.29 | code: 470 (van) / 471 (choc')

**Forever Pomesteen Power:** £22.48 | £29.51 | code: 262

**C9:** £108.95 | £145.18 | code: 475 (van) / 476 (choc')

**F.I.T.1:** £220.76 | £287.54 | code: 479 (van) / 480 (choc')

**F.I.T.2:** £220.76 | £287.54 | code: 491 (van) / 492 (choc')

# WINTER SPORTS ACROSS THE UK

**Sick of the monotony and clinical feel of the gym? Exercise doesn't have to feel like a chore.** Instead, disguise your exercise as a fun day out by trying some of these exciting winter activities. These winter-themed sports are bound to make you fall in love with the winter months all over again.



## SKI AND SNOWBOARD ACROSS THE UK

When you think of winter sports, skiing and snowboarding are likely to be some of the first to pop into your mind. You can now experience these sports, on life-like snow, at various locations across the UK. Here are some of our favourites:

The Snow Centre, Hemel Hempstead  
[www.thesnowcentre.com](http://www.thesnowcentre.com)

Snozone, Milton Keynes  
[www.snozoneuk.com](http://www.snozoneuk.com)

Chill Factore, Manchester  
[www.chillfactore.com](http://www.chillfactore.com)

Cardiff Ski & Snowboard Centre  
[www.skicardiff.co.uk](http://www.skicardiff.co.uk)

Snowsports Centre, Aberdeen  
[www.aberdeensnowsports.com](http://www.aberdeensnowsports.com)



**Hampton Court**  
The magnificent setting for the ice skating rink.

## ICE SKATING AT HAMPTON COURT PALACE

What better way to tone up leg muscles than in the grounds of an iconic palace? Home of King Henry VIII during the Tudor period, this magnificent building is rich in history and 2015 even saw the palace turn 500 years old.

Previously the temporary ice rink has been located in the palace grounds, providing an extravagant backdrop and experience suitable for the whole family. This year the rink will be open from Friday 20th November 2015 until Monday 4th January 2016 (closed Christmas Day). Make sure you book your tickets early to avoid disappointment.

For more information visit:  
[www.thehamptoncourcierink.co.uk](http://www.thehamptoncourcierink.co.uk)



If you want to build up your cardiovascular fitness and improve your staying power when out on the slopes, the cross-trainer at the gym should quickly become your best friend. Endurance, strength and flexibility are all crucial components required by any serious skier.





Eilean Donan Castle,  
Scottish Highlands

## MOUNTAINEERING IN SCOTLAND

Push yourself to the limit and breathe in the beauty of the Scottish Highlands by exploring the range of mountaineering courses offered by Glenmore Lodge. This National Outdoor Training Centre is built to train people in various adventure sports, whilst developing their love of the outdoors. Courses range from beginner to expert with a variety of skills-based courses to help you refine your mountaineering ability.

Find out more via:  
[www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk).

Mountaineering is certainly one way to embrace some of the extremities the winter season has to offer. But it's not for the faint-hearted. Discover how one climber, Marcus Leach, coped when he was faced with the extreme.



## CURLING IN KENT

Since 1998 curling has been an official sport in the Winter Olympics, and it's certainly one to consider introducing into your fitness routine. According to the NHS, curling can actually provide players with an effective aerobic workout. The sport also relies heavily on good flexibility, strength and skill so make sure you focus your training to help improve your game.

Fenton's ice rink, just outside of Tunbridge Wells, specialises in curling – they even offer curling stag and hen parties – so this is definitely the place to go if you want to give it a try.

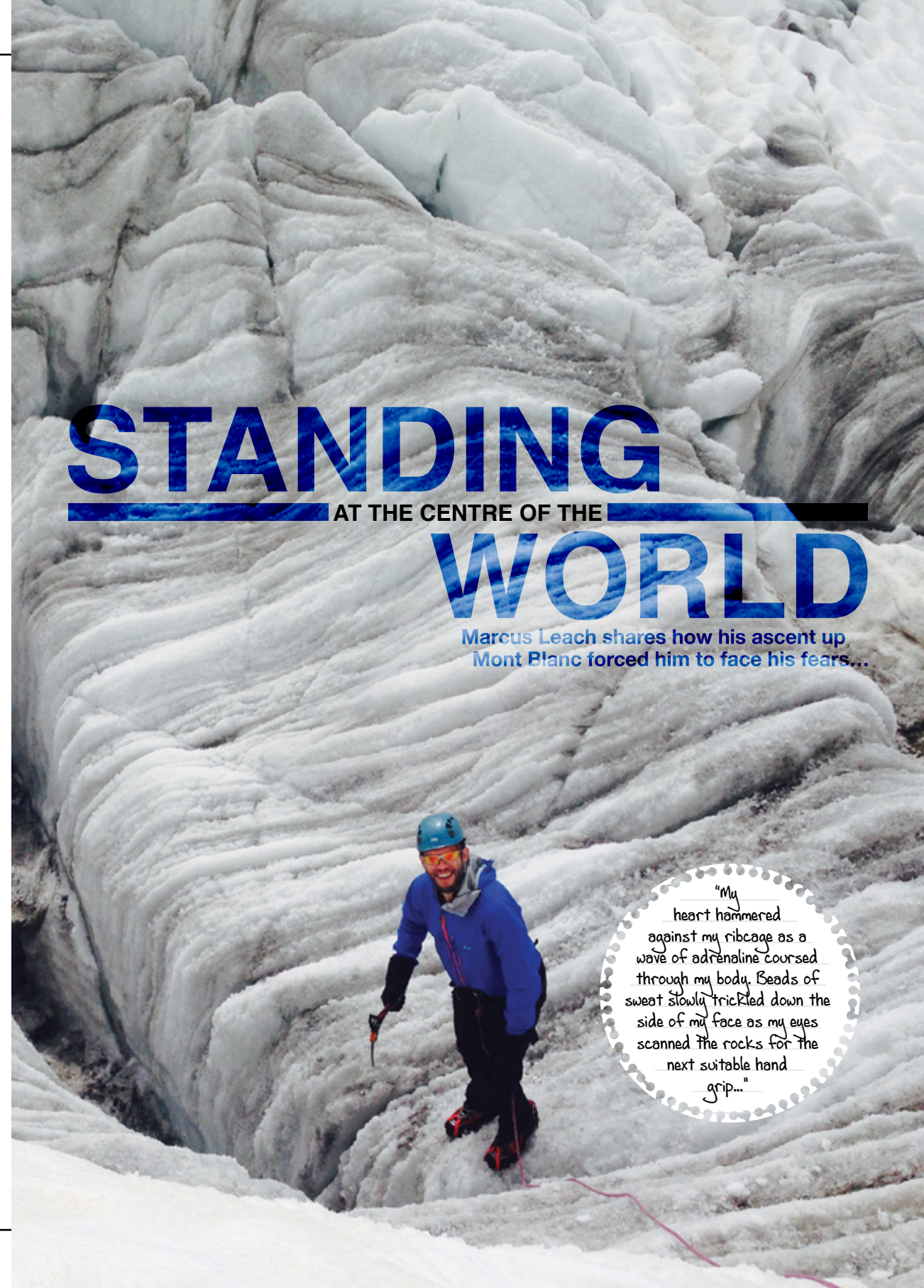


Find out more from:  
[www.fentonsrink.co.uk](http://www.fentonsrink.co.uk).

# STANDING AT THE CENTRE OF THE WORLD

Marcus Leach shares how his ascent up  
Mont Blanc forced him to face his fears...

"My heart hammered against my ribcage as a wave of adrenaline coursed through my body. Beads of sweat slowly trickled down the side of my face as my eyes scanned the rocks for the next suitable hand grip..."





“I DAREN'T LOOK DOWN, ONLY UP, AT A SEEMINGLY  
ENDLESS RIDGE OF ROCK THAT ROSE STEEPLY  
INTO THE CLOUDLESS AFTERNOON SKY...

...It was all I could do to stay focused on the next five seconds of my life, as right now that was all that mattered. One false move and the consequences could be disastrous.”

To feel alive in life we must live for the moment; we must put ourselves in situations where life hangs in the balance, sometimes literally, and where we are challenged to overcome our fears. I had come to climb Mont Blanc for those exact reasons. In order to succeed I would not only have to push myself to the limits, both physically and mentally, but I would have to learn new skills and techniques to overcome the challenges that stood between myself and the summit.

After three days' intense training, I knew it was time to focus on the real challenge: climbing Mont Blanc itself. This would be as much about mental attitude and belief as it would be about physical fitness and ability. In terms of fitness I knew I was in the best possible shape, and every training session leading up to the trip was fuelled by *Argi+*. It now came down to mental attitude; knowing that anything is possible when you put your mind to it.

MONT BLANC ASCENT: DAY ONE

The climb up the rocky ridge to Goûter Refuge was one of the toughest moments of my life, not so much physically but from a mental point of view. I committed the cardinal sin of not focusing on the next five seconds of my life: where I next needed to grip. Instead, racked with fear, I let thoughts of my wife and becoming a father to enter my mind. It took all of my mental strength to refocus on the task and overcome the fear.

Having finally made it up the last ice-covered rocks, the fear subsided to be replaced by a sense of achievement: it's only when we are faced with adversity that we really discover who we are. Despite this, I went to bed with a head full of worry; I was still to climb the summit.

“I'm alive. After the last three hours that means so much, as for so long I feared for my life. And although in hindsight I don't think I would have died had I fallen, at the time it didn't seem that way. In fact I can't even remember a time in my life where I felt even close to what I did today.”

MONT BLANC ASCENT: DAY TWO

Our summit attempt had begun in the dead of night with the mountain veiled in a cloak of darkness. We set off in silence as each of us focused on what lay ahead, the only noise was the rhythmic crunch of crampons in the snow and the gentle clink of ice axes. Whilst I had visualised what it would be like to reach the summit, I hadn't given much thought to what it would take to get there and now, as the mountain reared up in front of us, it began to hit home just how steep the climb was.

“As we neared the ridge my heart quickened at the sight of the drops on either side. My fears from the day before had begun to resurface again as I fought to zone in on the steps in front of me. Now that day had broken the summit was in clear view. Every step was taking us closer, yet it seemed we still had an eternity to go.”

The ridge was looming ahead of us as the morning grew brighter, highlighting the severity of it. Despite there being steps cut into the ridge, which ran along the edge of the mountain, it didn't make it any easier to climb. My heart raced as I focused solely on making sure each step was made. I stole a glance to my left and instantly regretted it as I almost lost balance.

JOURNAL ENTRY: THE SUMMIT

“It's hard to describe the exact feeling I experienced as we summited. First and foremost there was a huge sense of relief; I could suddenly afford to switch off for a while. I no longer had to focus on every step. With the ability to switch off came an almighty wave of emotion that took me by surprise. I remember dropping to one knee as tears welled up inside and thoughts of *Griq* (my late Gran) filled my mind. Whereas before I had choked the tears back, here I let them flow. Her lucky charm had been in my pocket the entire time and I felt closer to her here. We had made it to the top of Mont Blanc.

“The sun had begun its slow ascent into the sky and I could see for miles on end in every direction. It was as if I was stood in the centre of the world and everything unfolded from here. It was a perfect moment, my mind suddenly empty as the spectacular views washed over me, instilling a sense of awe and calmness. The only world that mattered to me was the one that I could see stretching far away into the horizon.”



This article was written by **Marcus Leach**



# PUSH IT TO THE LIMIT WITH ARGI+™

Discover the benefits of  
L-Arginine with **Forever.**

A delicious and nutritious sports  
drink containing vitamins and  
five grams of L-Arginine per  
serving. Including vitamin C which  
contributes to the reduction of  
tiredness and fatigue.



**Navid Mansouri, Professional  
Boxer & UK F.I.T. Ambassador**



## FILL UP ON FLAVOUR

*Maintaining fitness and implementing regular  
exercise into your routine can have a significant  
impact on your health; therefore it is important that  
you complement your workout with nutritious meals.  
Marcus Leach shares some of his delicious recipes  
with us; each packed with flavour-filled goodness.*

Enjoy.



*Chicken and broccoli salad*

**Ingredients** (serves six)



### Preparation

1. Preheat the oven to 180 degrees and cook the chicken thigh fillets for 25 minutes. Once cooked set aside to cool down.
2. Meanwhile, either using a knife or a food processor, cut the broccoli into small pieces and place in a large bowl with the mixed seeds and raisins.
3. Once the chicken has cooled use a knife and fork to shred it into small pieces, adding to the bowl once you have done so.
4. To make the dressing take a separate bowl and mix together the Greek yoghurt, balsamic vinegar, wholegrain mustard and Forever Bee Honey.
5. Pour the dressing over the salad and mix thoroughly before serving.



Prawn and roasted vegetable linguine

Ingredients (serves four)



“When it comes to food and nutrition it’s alarming how many people are always on some form of diet. The problem with most diets is that they are often time-related and aimed at short-term results, rather than fostering long-term habits. The key to food is creating a sustainable lifestyle that works for you, one where you have a healthy relationship with food and, most importantly, enjoy what you’re eating.

We all eat at least three times a day and, with a little creativity, should be able to look forward to every meal we eat. These recipes, which are all made from scratch with fresh ingredients and no additives or processed sugars, are ideal for the health-conscious eater who doesn’t want to sacrifice flavour.”

Marcus Leach



Preparation

1. Start by pre-heating the oven to 180 degrees. Whilst the oven heats up, roughly chop the onion, pepper and courgettes. Place in an oven-proof dish and mix with olive oil, salt and pepper. Roast for 35-40 minutes.
2. When the vegetables are almost done, add the linguine to a pan of boiling, salted water and cook for 12 minutes until soft. Once cooked, drain and rinse with boiling water before setting aside.
3. Crush the garlic and add to a pan with 2tbsp of olive oil and the king prawns; cook over a high heat for around 3 minutes (until the prawns change colour). As soon as they are done, remove them from the pan.
4. In the same pan add in the linguine, roasted vegetables and chilli flakes; mix well. Divide between four bowls and add the king prawns at the end before serving.



Teriyaki cod with wild rice

Ingredients (serves four)



Preparation

1. Start by making the teriyaki sauce. To do this add the mirin, soy, sake, honey and garlic to a pan and simmer over a low heat. Cook for around 10 minutes, stirring regularly, by which time the liquid will have reduced and thickened. Set aside to cool.
2. Once the teriyaki sauce has cooled down, place the cod fillets in a zip-lock bag and pour over the sauce; seal and place in the fridge to marinade for at least 2 hours.
3. Cook the rice as per instructions on the packet. Whilst it is cooking, pre-heat your oven to 180 degrees.
4. Place the cod fillets, along with the marinade, in an ovenproof dish and cook in the oven for 12 minutes. Be careful not to overcook them as they will become dry.
5. As they cook, steam the tender stem broccoli for between 3-5 minutes, depending on how you prefer it cooked.
6. Serve the cod fillet on a bed of wild rice with the steamed broccoli.







Before makeover



*a* flawless makeover



Age: 23  
Skin tone: Fair  
Eye colour: Blue  
Hair colour: Warm brown

Our *flawless by Sonya* makeup is infused with aloe goodness that ensures the products remain kind to your skin even after those long days (and nights) of wear. If you want to express your creativity and individuality with quality makeup that instils confidence and reflects attitude, give *flawless by Sonya* a try.

However, we know it's not always easy drifting away from the everyday look you've been used to wearing for years, and figuring out what colours suit your skin tone can often be a minefield. Twenty-three-year-old Laura was struggling with just this, so we decided to help her out with two new wintery looks.



**Flawless Master Brush Collection:** powder brush, blush brush, foundation brush, concealer brush, lip brush, eyeliner brush, crease brush, eyeshadow brush, smudger brush, and brow brush/comb. £24.00 | €29.00 | code: 10188

Day look

With the winter season fast approaching, we wanted to give Laura a natural look that would complement her winter wardrobe whilst withstanding the crisp, fresh mornings we're bound to face.

Create a flawless base by touching up problem areas with the *Concealer Duet*; blend into skin with the concealer brush then add a small amount of *Aloe BB Crème* to the back of your hand and dip in the foundation brush. Apply the cream with the brush over your face and blend well to ensure an even finish. Set the base in place by distributing

a light dusting of *Delicate Finishing Powder* using the powder brush.

Since Laura has fair skin, we chose to use the *Brilliant Blush* in *Aanya*. This was perfect for the day look as it provided a natural looking flush. Use the blush brush to sweep the colour from the apples of your cheeks and then blend towards the temples.

Laura's eye makeup was created by blending the two colours of the *Perfect Pair Eyeshadow* in *Sand Dune*. The blended colour was swept across the lid before the darker shade of the two was

applied separately on the outer-eye edge, lining the lashes as subtle eyeliner. The lighter shade was then applied to the brow bone and inner-corner to brighten the overall effect. Her eyes were finished with *Flawless Lengthening Mascara*.

The chill of winter can often steal colour from your lips so it's important to find a natural looking shade that lifts lips and leaves them moisturised. Our *Guava Delicious Lipstick* – applied using a lip brush – perfectly complements Laura's natural tone. Apply over foundation to enhance and fix colour – beautiful.

“I would definitely wear this look every day; it's so natural and fresh and the Guava Lipstick is gorgeous.”

Concealer Duet - Light

This easy-to-use, double-ended pencil blends flawlessly to conceal imperfections.

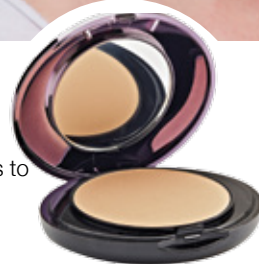


Aloe BB Crème - Nude

The *Aloe BB Crème* hydrates, primes, conceals and offers protection from that winter sun.

Delicate Finishing Powder - Light-Medium

Our aloe-inspired *Delicate Finishing Powder* sets and perfects makeup. It also helps to control unwanted shine, while creating a smooth, natural, flawless finish.



Brilliant Blush - Aanya

Our aloe-inspired, silky powder blush delivers perfect, sheer colour to highlight, contour and define your cheeks, creating a natural and healthy glow.



Perfect Pair Eyeshadow - Sand Dune

This silky formula is designed to blend perfectly and deliver great colour application for strikingly beautiful eyes.

Flawless Lengthening Mascara

Create natural-looking, high-definition lashes that are long, luxurious and defined.

Delicious Lipstick - Guava

Infused with our very own aloe vera, these *flawless by Sonya Delicious Lipsticks* create the perfect veil of colour for rich, luxurious and deliciously flawless lips.



Featured products:

**Concealer Duet – Light:** £18.80 | €22.52 | code: 416  
**Aloe BB Crème – Nude:** £32.64 | €39.06 | code: 371  
**Delicate Finishing Powder – Light-Medium:** £21.79 | €26.09 | code: 386

**Brilliant Blush – Aanya:** £18.16 | €21.75 | code: 388  
**Perfect Pair Eyeshadow – Sand Dune:** £19.66 | €23.53 | code: 397  
**Lengthening Mascara:** £21.36 | €25.58 | code: 414  
**Delicious Lipstick – Guava:** £17.30 | €20.73 | code: 407



## Night look

Don't forget to brighten up the cold air of winter with an evening look that will add sparkle to even the duller office party. Laura's stunning look shows just how versatile our *flawless by Sonya* range can be and was created on top of day time makeup. Why waste time washing off and starting over when you can smoothly transition your look?

If you do want to reapply your base before your big night out, try using a concealer on the high points of your

face (such as your cheekbones, brow bone and on the bridge of your nose) that is slightly lighter than your natural skin tone. This will illuminate your skin making you look extra gorgeous!

For the evening, we built on Laura's day eye makeup by applying the darker *Sand Dune* eyeshadow through her brows to create a fuller, sultry look. *Precision Liquid Eyeliner* also plays an essential role in

creating Laura's final look. We've gone for a fifties-inspired flick that adds class without going OTT.

Finally, Laura's statement lips were created by lining and filling the lips with the *Allure Defining Lip Pencil* – an important step which ensures longevity of colour. This shade was then blended with the *Plum Delicious Lipstick* using the lip brush, which left Laura's lips looking full and extremely kissable.

*"I think the eyeliner is amazing; I never wear liquid but it makes my eyes look huge. I love how this look is classic but edgy all at the same time."*



**Aloe BB Crème - Nude**

**Concealer Duet - Light**

**Delicate Finishing Powder - Light-Medium**

**Perfect Pair Eyeshadow - Sand Dune**

**Flawless Lengthening Mascara**

**Brilliant Blush - Mia**

**Precision Liquid Eyeliner**  
Its super-precise felt tip glides on making the desired look easier to achieve.

**Defining Lip Pencil - Allure**  
Perfectly textured and designed to enhance the natural shape of the lips. Blends perfectly with the *flawless by Sonya Delicious Lipstick*.

**Delicious Lipstick - Plum**  
Finish the night look with this vibrant shade.

### Featured products:

**Concealer Duet – Light:** £18.80 | €22.52 | code: 416

**Aloe BB Crème – Nude:** £32.64 | €39.06 | code: 371

**Delicate Finishing Powder - Light-Medium:**  
£21.79 | €26.09 | code: 386

**Perfect Pair Eyeshadow – Sand Dune:**  
£19.66 | €23.53 | code: 397

**Lengthening Mascara:** £21.36 | €25.58 | code: 414

**Brilliant Blush – Mia:** £18.16 | €21.75 | code: 392

**Precision Liquid Eyeliner:** £18.85 | €21.45 | code: 419

**Defining Lip Pencil – Allure:** £14.53 | €17.40 | code: 421

**Delicious Lipstick – Plum:** £17.30 | €20.73 | code: 435

*Note: Other makeup available*



## PHOTOGRAPH YOURSELF READING ALOE MATTERS FOR A CHANCE TO WIN £250 IN TRAVEL VOUCHERS

If you feel like your summer tan is fading each time you crank up the thermostat, it's time to start dreaming about your next trip abroad.

We are offering you the chance to win £250 in travel vouchers, perfect to put towards your next holiday or city break.

### How to enter:



All you need to do is take a photo of yourself reading Aloe Matters in a weird and wonderful location – the stranger, the better.



Email it to [aloematters@flpuk.net](mailto:aloematters@flpuk.net) (put 'winter competition' as the subject). You must include your name, address and telephone number on the email and all emails must be received by 1st March 2016.



Photos must include someone reading Aloe Matters (the cover must be visible) and sent in as a good quality jpg (at least 200dpi).

**Terms and conditions:** All emails sent to [aloematters@flpuk.net](mailto:aloematters@flpuk.net) with the subject 'winter 2015 competition' will automatically be entered into the prize draw. There will only be one winner. No correspondence will be entered into but the winner will be notified by email within thirty days after the closing date. The closing date will be 1st March 2016. All photographs submitted to the competition will become the property of Forever Living and the Editor reserves the right to include these photographs – and announce the winner – in future issues of Aloe Matters, Forever publications and/or on our social media and web platforms. Inappropriate content, spamming and duplicate entries will be disqualified and may be reported. Forever cannot accept responsibility if entries are lost, delayed or mislaid, for any technical failure, or for any event which may cause the competition to be disrupted or corrupted. The Editor reserves the right to conduct a simple draw to determine the winner of the prize. If the winner of a competition is unable to take up the prize, the Editor reserves the right to award it to an alternative winner. The competition is not open to employees of Forever Living UK or Ireland. FBOs may enter. Forever Living will not share personal details with third party organisations. Please note that the prize described was available at the date of publication. If, for some reason, circumstances cause it to be unavailable, an alternative prize of comparable value will be issued. If the winner is from Ireland, the travel vouchers will still be awarded but the currency will be in Euros (if preferred). The equivalent amount will be based on GBP-EUR exchange rates at the time these vouchers are purchased (March 2016). You must be eighteen years or over to enter and you must be a resident of the UK or Ireland. You must not choose locations that may put you or others at risk, be unsafe or result in unlawful entry. Forever will not be held responsible for injury or arrest caused by your decision to breach this rule.



# Aromatherapy IN EXERCISE

PREPARE YOURSELF | FIND YOUR FOCUS | FEEL ENERGISED | RELIEVE STRESS



**Introducing aromatherapy into the sporting arena may initially sound like the latest in bizarre trends, but the notion is in fact resonant of ancient practices. Traditionally, essential oils were combined with activity to benefit the practitioner both mentally and physically.**

The power contained within essential oils is substantial – their use certainly exceeds just a pleasant aroma – but to enhance such impressive properties requires an understanding of which type of oil is appropriate to

use for differing incidences – and of course, knowing what those incidences are!

Once the potential scenarios of how essential oils can be integrated into your exercise routines have been identified, it will inevitably become easier to incorporate aromatherapy into your everyday training sessions. Soon you will find the way you approach exercise enriched as you naturally choose to combine your routine with oils that prepare, energise, relieve and help you to maintain focus.

*Forever Essential Oils* are particularly unique; the ingredients have all been sourced from locations that ensure the botanicals, minerals, fruits, plants and herbs used are all of the highest quality, and such harvesting has resulted in the production of pure and effective single notes and blends. With six exceptional scents to choose from – each offering a distinct benefit – *Forever Essential Oils* can easily become a part of your exercise programme.

## DIFFERENT SCENTS FOR A DIFFERENT SENSE...

### PREPARE YOURSELF:

**Before any type of exercise it's important that you prepare your muscles in order to prevent any unnecessary strains.** A simple way to achieve this involves stimulating muscles with a massage rub that will awaken your limbs as well as pleasing, and thus preparing, the respiratory system.

To prepare the massage rub, mix five drops of *At Ease* – one of the *Forever Essential Oil* blends – with 50ml of Forever's *Carrier Oil*. *At Ease* combines wintergreen, lavender, eucalyptus, coriander, oilbanum, rosemary, roman chamomile, peppermint, basil and organum and can be massaged over your legs if you use a low dose. Start with your feet then massage over your calves, thighs and buttocks.

#### At Ease:

£27.34 | €31.62 | code: 509 | 10ml

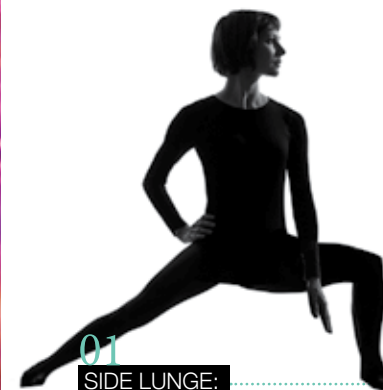
It is crucial that you dilute *At Ease* with the *Forever Carrier Oil* before it is applied to the skin. The *Forever Carrier Oil* is a proprietary blend of aloe vera, vitamins E, A and C and other natural unscented oils. You should also ensure you dilute other *Forever Essential Oils* with the *Carrier Oil* before using topically or in diffusers.



**Carrier oil:**  
£19.33 | €22.35 | code: 505 | 118ml

### WARM UP EXERCISES:

**You need to ensure the oil has fully absorbed before you engage in exercise,** so while you wait, try warming up some of your muscles using the following stretches:



#### 01 SIDE LUNGE:

Stand with feet apart and your toes pointing outward at a 45-degree angle. Lunge toward one side so that the opposite leg straightens as you shift your weight onto the other leg. Make sure your heels remain on the floor and that your back stays straight throughout. Hold for twenty seconds and repeat on opposite leg.

#### 02 KNEE TO CHEST:

This is a great way to stretch your lower back, hamstrings and glutes. Lie on your back with your legs stretched out. Bring one knee towards your chest whilst ensuring your lower back stays close to the floor. Make sure your opposite leg remains stretched out, or you can bend your knee and place your foot flat. Hold for twenty seconds and repeat on opposite leg.



#### 03 TRICEP & SHOULDER STRETCH

Raise your right arm over your head and bend your elbow so that your hand goes down your back, resting behind your left shoulder. Gently hold onto your right elbow with your left hand and hold the position for thirty seconds. Repeat on opposite arm.





## FIND YOUR FOCUS:

If you really find it difficult to get 'in the zone' and focus when you exercise, you may find it helpful to concentrate on your breathing. Correct breathing forms a core part of effective exercising and we recommend using the *Defense Oil* for this routine. Its blend of clove bud, orange, cinnamon bark, rosemary, frankincense, eucalyptus and juniper berry promotes strength and vitality, and focused breathing naturally increases blood circulation.

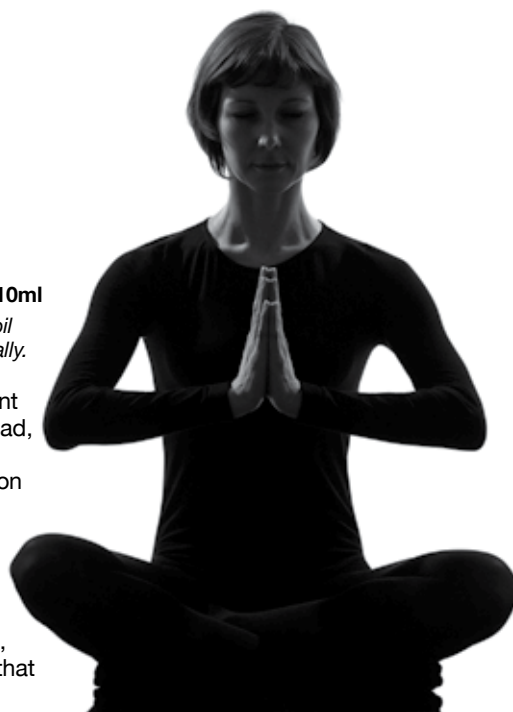


### Defense:

£31.81 | €36.79 | code: 510 | 10ml

Please note that the *Defense oil* should never be applied topically.

One way you can stimulate your senses is to simply smell the scent directly from the bottle. However this is not always practical. Instead, try adding a couple of drops of *Defense* to a cold air diffuser and start it five minutes before you exercise. Find a comfortable position in the room, the same one as the diffuser, and either sit cross-legged on the floor or find a chair to sit on, making sure your feet touch the ground. Ensure your spine remains straight as you take deep breaths – your exhale should be twice as long as your inhale. As you do this, try to clear your mind by only focusing on your breathing. You can do this exercise for as long as you please, but in the beginning we recommend a minimum of three minutes that you gradually increase over time.



## FEEL ENERGISED:

Once you have prepared your mind and body for the sport activity you are about to embark upon, it's important to make sure that energised feeling does not peak prematurely. *Forever's Lemon and Peppermint Essential Oils* are ideal scents that stimulate senses and awaken minds.

Depending on the type of exercise you are doing, you could simply add a few drops of your chosen scent to a tissue tucked under the corner of your yoga

mat, or you could add the scent to a room diffuser to encourage maximum benefit throughout your session.

For a more practical and direct approach, create your own workout spray – the perfect solution to keep you cool and refreshed throughout. Using a spray bottle, mix 50ml of *Carrier Oil* and six drops of either the *Lemon* or *Peppermint Forever Essential Oil*. Spray the solution over your skin (making sure you avoid your face and eyes) whenever you feel you need a

pick me up. If you have sensitive skin, make sure you perform a patch test first and do not use if skin is broken or irritated. Please do not go into the sun or use a sun bed with *Lemon Essential Oil* left on your skin.

This solution is also ideal for spraying over exercise mats, dumbbells and equipment. Each time you touch such equipment the scent will transfer to your hands giving you an extra boost. Plus, if you use the *Lemon Essential Oil*, the spray will also double up as a disinfectant.

**Lemon:**  
£16.25 | €18.79 | code: 507 | 15ml

Lemon is one of the most well known and loved oils, used for centuries throughout the world. This uplifting scent uses nature's purest lemon oil to create an energising and refreshing aroma.



**Peppermint:**  
£22.85 | €26.43 | code: 508 | 15ml

*Forever's Peppermint Oil* is extracted from plants that have been grown and harvested by the same farm for generations. These plants have naturally higher menthol content which means our peppermint oil can provide that invigorating cooling effect required when working out.



## RELIEVE STRESS:

You've had a successful gym session and now you are experiencing that surge of adrenalin that can make it easy to forget the essential post-workout protocol you know you should adopt. Avoid undoing all your good work by making sure you wind down properly, giving your muscles the TLC they deserve after such strenuous activity.

Soothe away the aches and strains by creating another massage rub that can help eliminate adrenal chemicals from the muscles. For this rub we recommend *Forever's* aptly-named *Soothe* blend. This blend is ideal for helping you to relax, but make sure you add five drops to 50ml of *Carrier Oil* before you apply to your skin.



### Soothe:

£45.49 | €52.61 | code: 511 | 10ml

Provides a blend of wild mint, wintergreen, camphor, ylang ylang and chamomile to create a comforting aroma; perfect for unwinding when used in conjunction with post-workout stretches.



### Top tip:

The easiest way to make up your massage oil is in a small spray bottle. Pour in the specified quantities of *Soothe* and *Carrier Oil*; mix together before spraying on skin and gently massage in.

## POST-WORKOUT STRETCHES:

01

### INNER THIGH STRETCH:

Sit with your back straight and bend your knees out putting the soles of your feet together. Hold your feet to keep grounded and try to lower your knees towards the floor. Hold for twenty seconds.



02

### BUTTOCK STRETCH:

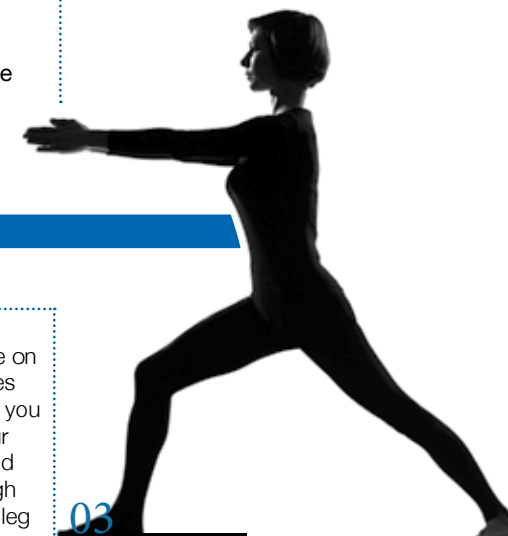
Keeping your spine straight, lie on your back and bring your knees up towards your chest so that you are at a right-angle. Cross your right leg over your left thigh and grasp the back of your left thigh with both hands. Pull your left leg towards your chest and hold for a few seconds. Repeat with the opposite leg.



03

### CALF STRETCH:

Stand upright with your feet shoulder width apart. Step your right leg forward, keeping it bent, and lean forwards slightly. Keep your left leg straight and try to lower the left heel to the ground. Repeat with the opposite leg.



## TIME TO RELAX:

Finally, to reach the optimum relaxation point, run yourself a warm bath and you can simply soak away the exercise-inflicted aches and pains. Combine four drops of *Forever's Lavender Oil* with 20ml of *Carrier Oil* and mix into the bath water. Lie back and relax for fifteen minutes at the end of a hard day – bliss.



### Lavender:

£30.88 | €35.69 | code: 506 | 15ml

*Forever's Lavender Oil* has been harvested in Bulgaria due to its ideal climate and soil. The oil contains high levels of linalyl acetate, which gives lavender its fruity and sweet aroma, and the scent is traditionally known to soothe, balance and relax.



NATURE'S  
PUREST  
INGREDIENTS

FOREVER  
ESSENTIAL OILS



**Essential Oil Tri-Pak**  
Features 5ml sample sizes of all three single notes: Peppermint, Lemon and Lavender. The bottles are encased in a beautifully presented display box.  
**£34.19 | €39.52 | code:512**

Beat the  
CHILL!

Winter can be a beautiful season, full of celebration and anticipation, but often visions of frosty morning walks and long nights by the fire can be dashed by an unwelcome bout of flu. To help you beat the chill this winter, try introducing some of these aloe-inspired products. Each contains its own unique properties that help encourage a healthy body from the inside out.



**Forever Aloe Vera Gel**  
Our pure stabilised *Aloe Vera Gel* is as close to the natural plant juice as possible and contains a rich source of nutrients, including vitamin C. Drink daily to help promote an overall healthy lifestyle this winter.  
**£21.62 | €28.43 | code: 15 | 1 Litre**



**Aloe Bits n' Peaches**  
Breathe summer back into your kitchen with this natural fruity drink, suitable for the entire family. Pure nutritious pieces of aloe vera are bathed in the flavour of sun-ripened peaches, creating a tasty juice that is full of nutrients.  
**£23.59 | €30.96 | code: 77 | 1 Litre**

**Absorbent-C**

Vitamin C has long been associated with good health and is a crucial component of any healthy diet, particularly during this dreary wet season we are sure to face. Unfortunately, the human body is unable to produce the vitamin independently and so it must be introduced via other means. Sources of vitamin C can be found within food, drink and supplements, but it's not always easy identifying which foods provide the most benefit. Forget squinting at the small print on packaging and make life easy by choosing *Forever's Absorbent-C*. This supplement is bonded with oat bran, a highly soluble fibre, for gradual absorption, and provides 100% of the UK RDA of vitamin C.  
**£18.13 | €23.80 | code: 48 | 100 Tablets**



"Provides 100% of the UK RDA of vitamin C."

**Forever Royal Jelly**  
Embrace your inner snow queen (or king) this winter by introducing *Royal Jelly* into your diet. The queen bee lives exclusively on this nutritious 'superfood' – it's thought to be the reason for her longevity – but this biochemically complex honey bee secretion contains amino acids, complex enzymes and vitamins.  
**£28.25 | €37.10 | code: 36 60 Tablets**





**Forever Echinacea Supreme**

Echinacea, also known as the coneflower, is actually a herbaceous purple-pink flower from the daisy family, but *Forever Echinacea Supreme* contains a proprietary blend of the whole herb (purpurea) and the root (angustifolia), combined with goldenseal and grape seed extract for maximum benefit.  
*This product has since been discontinued.*



**Aloe Blossom Herbal Tea**

All that Christmas shopping, the potential awkward mistletoe moments and the idea of cooking for high-maintenance relatives is likely to induce a stress-laced holiday you can do without. Try this soothing and refreshing caffeine-free herbal tea to help promote inner calm and wellbeing. Naturally low in calories, this tea is delicious served warm or with ice as a refreshing alternative. Each pack contains twenty-five individually foil-wrapped sachets.  
**£12.63 | €16.03 | code: 200**  
**25 Teabags**



“The ideal choice when you’re needing a top up.”



**Fields of Greens**

Leafy green salads aren’t necessarily the most appealing choice when winter stews and Sunday roasts appear on our favourite menus, but neglecting your fresh, green foods is never a good idea when you’re trying to keep on top of your health. Although it won’t fill the void, *Fields of Greens* is high in fibre and so the ideal choice when you’re needing a top up.  
**£10.64 | €13.97 | code: 68 | 80 Tablets** | *N.B. Contains wheat.*



“This drink provides great nutritional support...”

**Forever Freedom**

Wake up and get your day moving with this refreshing orange-flavoured aloe gel. *Forever Freedom* is the perfect choice on a bitter winter morn as it contains all the benefits of our plain gel but with added glucosamine, chondroitin and MSM – popular with those who lead an active lifestyle.  
**£29.54 | €38.79 | code: 196 | 1 Litre** | *N.B. Contains shellfish: shrimp, crab, lobster.*



**Forever Immublend**

Supporting your body’s defence system is important all year round, but we often feel more fragile once the frost encroaches on our lawns. *Forever Immublend* is high in vitamin C, D and zinc, all of which contribute to a normal functioning immune system.  
**£17.66 | €22.10 | code: 355 | 60 Tablets**

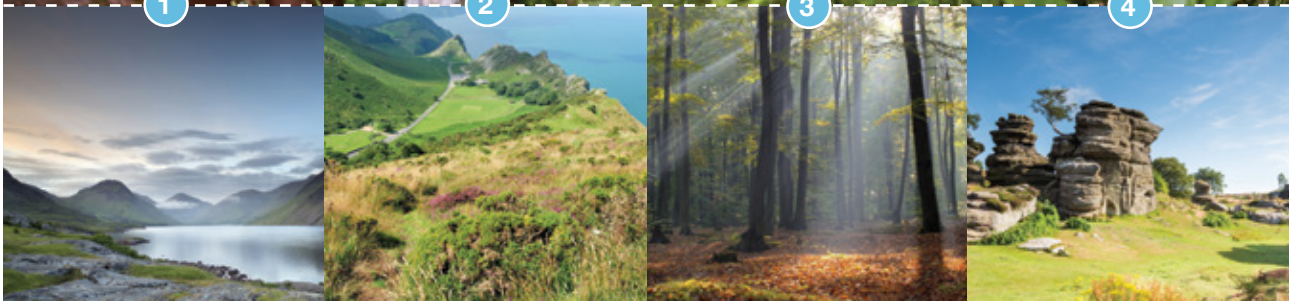


“Great way to provide children with the benefits of our Aloe Vera Gel...”

**Aloe Berry Nectar**

The fruity fresh taste of this apple and cranberry flavoured juice is a great way to provide children with the benefits of our *Aloe Vera Gel* in a flavour they’ll enjoy.  
**£21.62 | €28.43 | code: 34 | 1 Litre**

Pet-friendly winter walks



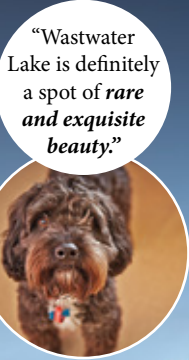
Feeling the crunch of the frost-infused grass beneath your feet, the fresh crisp air brushing against your face and the safe cocoon of your furs, knits and layers; these are just a few of the joys winter brings.

Breathing in the delicate splendour of this season is a must, and there’s no better way to witness such delights than at one of these four beauty spots. So brush off your walking boots and prepare yourself for a winter walk that’s suitable for all the family – especially the canine kind!



1 WASTWATER LAKE, LAKE DISTRICT

A stroll around a lake in the Lake District is not necessarily the most ground-breaking idea, but Wastwater Lake is definitely a spot of rare and exquisite beauty. This winter, choose a day where the air is fresh, sliced through by glorious winter-sun, and visit this crystal clear water lake for a peaceful (if pup allows), reflective and magnificent day.



“Wastwater Lake is definitely a spot of *rare and exquisite beauty.*”



2 LYNTON & LYNMOUTH, NORTH DEVON

Stunning scenery surrounds Lynton & Lynmouth, an Exmoor National Park situated on the North Devon coast. Its diverse landscape offers an assortment of walks meaning you can tailor your adventure to suit you. Explore the rough coastline, retreat to the quiet rivers or discover wooded valleys. Whatever you choose you're sure to be impressed by the idyllic countryside you'll discover. Just make sure you watch out for the wild goats that freely roam the paths!

4 BRIMHAM ROCKS, NORTH YORKSHIRE

If you like your walks to be rugged, full of dramatic scenery and intriguing natural countryside, then look no further than Brimham Rocks. This unique landscape offers obscure rock formations that will capture your imagination. Children will love exploring and guessing what creature each rock resembles whilst you stroll over the woodland, the moorland, and take in the fresh Yorkshire air.



“The wood is *rich with wildlife* that nests within its many streams and ponds.”

3 NYMANS WOOD, WEST SUSSEX

Introduce some history into your walk by exploring the woodland attached to Nymans Estate. This country mansion, well known for its world-inspired exotic garden, partly lays in ruin after a fire in 1947 left the home a gothic shell. The estate and garden itself make for a refreshing day out, but its surrounding woodland is also worth investigating. This ancient wood is rich with wildlife that nests within its many streams and ponds, under its exposed rocks and amongst the rare plants that flourish in its moist microclimate. Dogs are only welcome in the woodland area of Nymans so please take this into consideration before your trip.

“This unique landscape *offers obscure rock formations*”



Forever's Natural Spring Water is sourced deep within the caves of the Mendip Hills. Enriched by the rocks through which it travels, the Cheddar Natural Spring Water is filtered naturally through certified organic land.

£14.76 | code 265 | 12 bottles\*

\*Not available in Northern Ireland or Republic of Ireland.





# Pet-friendly products

*Forever's UK and Ireland Head Offices (Longbridge Manor and Magheramorne House) are both beautiful manor houses surrounded by wildlife.* We often enjoy watching squirrels and rabbits frolic across the lawn, and in Warwick we even have a family of ducks who waddle up to our office window each morning.

We really do love our four-legged friends (and the ducks of course), and the wellbeing of animals is enormously important to Forever, forming an integral part of the ethics that surround the company.

Rest assured that none of the products featured in this magazine, or in our product brochure, have been tested on animals. We are strongly against all forms of animal testing at every stage of production, and we do not make contracts with any other laboratories that conduct animal testing.

In fact, many of our products can actually benefit the health and wellbeing of members of the animal kingdom. Here are a few pet-friendly products that animal lovers everywhere should get their paws on...

**Aloe Veterinary Formula:**  
This easy-to-apply spray is ideal for soothing irritations, cleansing areas before applying dressings, or achieving a glossy and conditioned coat after bathing.

The gentle *Aloe Veterinary Formula* can be diluted to cleanse irritated eyes or to clean dirty ears. It can also be used as a soothing leg wash to provide protection after exercise.

**£15.40 | £20.23 | code: 30**



**Forever Bright Toothgel:**  
This gentle, non-fluoride formula contains only the highest quality ingredients, including aloe vera and bee propolis; ideal for keeping your pets teeth clean and their breath fresh.

**£5.98 | £7.82 | code: 28**



**Aloe Vera Gelly:**  
Essentially identical to the aloe vera's inner leaf, our 100% stabilised aloe vera gel lubricates sensitive tissue safely. This topical thick clear gel soothes scars and calms irritation.

**£12.73 | £16.72 | code: 61**



**Forever Aloe Vera Gel:**  
This pure stabilised aloe vera gel is as close to the natural plant juice as possible. This rich source of nutrients provides the perfect supplement to a balanced diet. Suitable for all animals, the liquids are readily absorbed into normal feeds. The *Aloe Berry Nectar* can also be used as an alternative.

**£21.62 | £28.43 | code: 15**

All these products are available to buy via your Forever Business Owner.  
If your pet is suffering from any condition or taking medication, please speak to your vet before using these products.

# Be your own boss

*Chloe Edwards was unhappy at work so she decided to make a decision that completely changed her life...*



**Chloe Edwards**  
Forever Business Owner

For the past nine years I had been working as a qualified PE teacher, and so when I first learnt about Forever's business opportunity I only saw it as a means of extra income – I certainly hadn't considered it as a career. However, two months after signing up – once I'd carried out some heavy research and retailing – I found myself hooked.

Forever came along at the right time as I'd been unhappy teaching for a while. Although I adored being with the children, a few years ago the stress of the job caused me to fall ill. I was experiencing severe facial pain and was prescribed heavy medication, but there was never really a clear diagnosis – this only caused further anxiety.

Within weeks of starting Forever my symptoms had subsided, and I'm certain this was due to the positive environment that my Forever colleagues had introduced. At that point my enthusiasm for my business grew ten-fold, and in February 2015, voluntary redundancy was offered to the body of staff; I enquired, and to my delight it was approved. ▶



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





*"I actually left teaching in September and it's exciting to think I can now focus on Forever full time."*



► I actually left teaching in September and it's exciting to think I can now focus on Forever full time. I've been fortunate as my family and friends have been incredible and extremely supportive, encouraging me throughout. Not one of them has questioned my decision as they can see the happiness it has brought to me and my life.

As well as receiving support from those closest to me, Forever also offers incredible trainings and events. It's been extremely comforting to know I have access to all the tools necessary to build the business I plan to. Forever is also very good at recognising hard work; I know a lot of employers aren't great at making staff feel appreciated, but Forever does – and does it perfectly.

I very quickly fell in love with the company when I saw how my business could flourish. I had to work hard, but I started to recruit others and I loved sharing the opportunity. Being able to incorporate what I do with Forever into my everyday life is fantastic. I can be out for a meal and enjoy the service received when a simple compliment to the staff turns into the perfect opportunity to share the business. For me, 'work' is not at home, which I love. If I want to, I can go to London for the week and meet up with people, which is a great way to expand my team. I just enjoy being able to decide where my 'office' is every day. Plus, if you use the products daily anyway, it's so natural to talk about and recommend them; that way it never feels like you're 'selling' at all.

I now have an amazing team that consists of both existing and new friends, and I am so grateful for how they are all helping me with my journey. But I also ensure I coach and support them to enjoy their own journeys. This is so important: by helping my team achieve their dreams and goals, I can in turn achieve mine.

No matter what your current situation is, Forever is an incredible company that can work around you. It has allowed me to design a life I love and it's only getting better. I now travel more, see my family and friends more, and I can build a life I feel excited to eventually bring up a family in. If you can invest some hard work, enthusiasm and time into your business, the sky is the limit as to what type of life you can create and what goals you can achieve. What are you waiting for?

# Why FOREVER?

**"For over thirty-five years, Forever has provided ordinary people with an extraordinary business."**

*For over thirty-five years, Forever has provided ordinary people with an extraordinary business: one with real potential, uncapped earnings and proven results. But why is Forever such an effective and viable network marketing solution?*

Forever's products relate to health, nutrition, weight management, sports, skincare, beauty, and even animal care – the market opportunities really are endless – and spreading the message that a healthy and wealthy lifestyle is obtainable is more accessible than you may think.

As a network marketing company and member of the Direct Selling Association (DSA), Forever offers those with an entrepreneurial spirit an opportunity to develop a stable and successful business from anywhere in the world. But within a competitive industry, what makes Forever the network marketing company?

**STABLE AND SUSTAINABLE**

Forever has witnessed uninterrupted growth over the last thirty-five years and the business just keeps growing and growing. The opportunity has withstood economic turmoil, recession, and has provided all of its Business

**WE ARE FOREVER**

**WE ARE FOREVER**

**WE ARE FOREVER**



Trading in over 150 countries



Structured marketing plan

Owners with constant financial security and peace of mind. Privately-owned, cash-rich and debt-free, Forever continues to trade and develop in over 150 countries worldwide.

### ■ CREDIBILITY

Spanning across five continents, Forever is a substantial business on a global scale. They are members of the DSA and the Forever UK Head Office are Investors in People (IIP) Gold and Champion Award winners. Forever's significant accreditation is a sheer testament to its commitment to excellence and its strong business network. Forever also prides itself on being against animal testing and for producing products that are endorsed by the Islamic Society, that are halal certified, kosher certified, gluten-free, vegan and vegetarian. For a full list of products that fall under each certification, please visit [foreverknowledge.info](http://foreverknowledge.info).







Thorough quality testing

**EXCELLENT PRODUCTS;  
EXCELLENT MARKET  
OPPORTUNITIES**

Quality is at the heart of Forever's manufacturing process; they are the world leader in the growing, processing and distribution of aloe vera, and from plant to product, the most ethical and environmental techniques are employed. In fact, Forever is so confident in the quality of the products that a sixty-day money-back guarantee is offered to dissatisfied customers.

Since the product range is so diverse, Forever is not limited to a niche market. The sheer breadth and number of Forever products allows its Business Owners to approach and select the markets they choose, taking advantage of booming sectors like the lucrative health market and the weight management industry.

**UNIQUE BUSINESS  
OPPORTUNITY**

Forever allows you to take control of your career and financial situation. The business opportunity is an effective, trustworthy and solid alternative to the competitive nine-to-five rat race. By building a team and doing a small amount of monthly activity, Forever will pay you a generous, sustainable income.

The Forever Marketing Plan is known to be second to none: it offers uncapped earning potential,



Achievable incentives



Diverse product range



Global travel



Recognition



Range of support materials

incentives – including cash bonuses and global travel – and long-term financial gains; its simplicity and sophistication allows you to take control. It's simple; work the plan, see the results.

**HASSLE-FREE**

It's easy to start a Forever business. Unlike many other network marketing companies, there's no annual fee, and no small print that will have you running for the hills. Below are just a few of the reasons why becoming a Forever Business Owner is an opportunity worth investing in.

*You get:*

- A personal coach and mentor
- An extensive range of support materials
- Specialist trainings
- A free licence to trade internationally

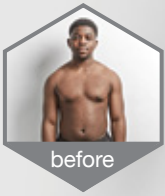
*The opportunity for:*

- Genuine uncapped income potential
- Global travel
- Bonus and reward programmes
- Working flexible hours that you choose
- Working from home and being your own boss
- Receiving recognition for your hard work

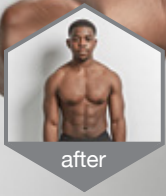
*And:*

- Anyone – of any age\*, employment status, location or educational level – can join

**F.I.T.™**  
Look Better. Feel Better.



before



after

**RON**  
F.I.T. challenge winner

**C9**

**STEP ONE:**

Kick-start your transformation with our nine day dietary supplement pack.

9 days

**F1**

**STEP TWO:**

Create good habits for life. A thirty day regime designed to change the way you think about food and fitness for good.

30 days

**F2**

**STEP THREE:**

Tone and transform. A thirty day regime designed to strengthen and tone, helping you achieve the optimum transformation.

30 days



**C9:** £108.95 | €145.18  
code: 475 (van') / 476 (choc')



**F.I.T.1:** £220.76 | €287.54  
code: 479 (van') / 480 (choc')



**F.I.T.2:** £220.76 | €287.54  
code: 491 (van') / 492 (choc')

To those who are yet to discover how great a venture Forever is, what are you waiting for?  
Speak to the person who gave you this magazine and transform your life today.

\*Must be over eighteen

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



# 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!*

Forever Living Products  
(UK) Ltd  
Longbridge Manor  
Longbridge  
Warwick  
CV34 6RB

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



Forever Business Owner:

code: 01452



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