

# aloe life

*Keep cool  
this summer*

MEET THE ALOE-RICH  
PRODUCTS YOU'LL  
NEED THIS SEASON

*Plus...*

SKINCARE THAT'S MADE FOR YOU  
EFFORTLESS EXERCISE  
WHY OUR ALOE IS ALL ABOUT QUALITY  
INSPIRING TRUE STORIES



FOREVER



# 40 YEARS FOREVER

For 40 years, Forever has demonstrated a commitment to searching all over the world to find the purest ingredients from nature and pair them with the latest scientific advancements for one purpose: to help you and your family look better and feel better.

The Aloe Vera Company

# What's inside?



## Wellbeing

### 6 HOW TO BECOME A HEALTHY LIVING HERO

Take on our tips for making simple changes that'll transform the way you view nutrition and exercise

### 20 THE POWER OF YOGA

Connect with your inner yogi/yogini and benefit from inner peace and improved wellbeing

### 29 SUMMER SOOTHERS

Keep cool this summer with aloe-rich products designed to soothe and protect

### 35 LOVE THE SKIN YOU'RE IN

Find out how to treat your complexion to what it needs by choosing skincare that's right for you

## Lifestyle

### 16 WHAT'S YOUR WORKOUT?

Discover what exercises will work for you next time you have a spare few minutes

### 18 SHAKE OF THE SEASON

Perform at your peak with this pre-workout shake recipe

### 46 SKINCARE TRIAL RESULTS

We reveal the results behind skincare that really works

### 58 FOREVER AND YOU

Our favourite social posts from Forever fans and advice to help you look and feel better

## Discover

### 14 POWERED BY ARGi+

Ben Cohen shares his thoughts on exercise and **Argi+**

### 26 BRUSH UP ON SPORTS AND FITNESS

Get your fitness facts straight and you'll transform your physique in no time

### 49 THE HEART OF THE MATTER

Inspirational true-life stories from Forever associates around the globe

### 54 ALOE AS NATURE INTENDED

We reveal our aloe's journey and how we don't compromise on quality and purity

# Calming. Cooling. Soothing.



ALOE VERA GELLY



Soothing Clear Gel

118 ml  
©2007

FOREVER

Look after your skin this summer with Aloe Vera Gelly. Thanks to its high aloe content, this topical gel is ideal for safely lubricating sensitive tissue and keeping you cool when you need it most.



Aloe Vera Gelly | code 61  
Please speak to a Forever Business Owner if you would like to place an order.

[foreverliving.com](http://foreverliving.com)

Forever is a member of the Direct Selling Association (DSA).

aloe life

Summer 2018

## Welcome to the summer issue of Aloe Life!

We're celebrating our 40th year with the launch of a newly formulated **Forever Aloe Vera Gel**. This drink was amazing before, a flagship product for the last four decades and a beverage that has literally impacted the lives of people all over the world, but now we can shout about it even louder as the new formula boasts an astounding 99.7% pure aloe vera in every drop! Find out more on page 54.

We are so proud of all our products and quality and purity continues to be an aspect of Forever we want to rave about, which is why we've identified the aloe-rich products you'll need this summer (page 29).

If getting beach body ready is what occupies your mind this season, you'll definitely want to find out how to become a healthy living hero (page 6). Our exercise quiz on page 16 will help you to identify what you need to do to keep in shape, and if yoga is your chosen venture, page 20 will help you master those moves! Don't forget to keep your nutrition in check pre and post-workout with **Argi+** and our shake of the season (page 18).

For anyone who is concerned with the state of their skin, our feature on page 35 will help you to determine the right skincare for your complexion, so now you can treat your skin to the products it needs in confidence. Plus, we've given you special insight into the results of our skincare trial (page 46) so that you can see for yourself just how impressive our skincare lines can be.

Finally, two incredible women share moving stories about how Forever has impacted their lives and the lives of those around them. For an inspiring read about people who live to give back to others, turn to page 49.

Have a great summer,

*Kate Ellice*

**KATE ELLICE HODGE**  
Editor

### LOVE ALOE LIFE?

We'd love to hear your thoughts, stories and ideas so please feel free to get in touch!

Email: [editorial@flpuk.net](mailto:editorial@flpuk.net) | Phone: 01926 626 630

**Forever Living Products (UK) Ltd**, Longbridge Manor, Warwick, CV34 6RB.  
Registration No: 2269910

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

/foreveruk | /foreverireland

/foreveruk | /foreverirelandHQ

/flpuktd | /flpireland

@officialforever | @flpireland

/foreveruk

/company/foreveruk  
/company/flpireland

If you'd like to find out more about Forever and its products, speak to the person who gave you this magazine or visit [foreverknowledge.info](http://foreverknowledge.info) or [foreverliving.com](http://foreverliving.com).

Photography by **Sander Jurkiewicz**  
and **Andy Kruczek**  
Designed by **Angela Keeler**

If you are suffering from any condition or taking medication, please speak to your doctor before using any of the products featured in this magazine.

# How to become a healthy living hero

**We all know that daily exercise is beneficial to your overall health, and in particular heart-health, but when you work a full-time office job, have kids to feed, chores to fulfil, a long commute and some hundred-and-one other things to do, finding the time and energy to hit the treadmill is far from appealing.**

If the 'I'm too busy' mentality takes precedence in your life, consider what will happen to your hectic schedule if your health takes a hit – your busy lifestyle demands optimum health! Thankfully, with just a few simple changes that can easily become

habits, exercise will soon become an integral part of your routine, minimising the risk of you developing serious health problems. Read on for advice and tips on how you can turn into the healthy living hero your family can depend upon for years to come...

## Find your 40

**According to Livestrong.com it's recommended that you try to exercise for 30-60 minutes a day, five times a week.**

**The 30-minute minimum may have some impact when it comes to weight loss, but for better fat-burn and a noticeable difference to your fitness, 40 minutes or longer is key.**

The good news is, this 40 minutes doesn't have to happen in one hit; multiple bursts of 10 or 20 minutes will have the same affect when it comes to your overall health.

This can make a tremendous difference to the way you view exercise, as breaking it down into manageable, realistic chunks also helps you to recognise that keeping fit doesn't have to be an all singing and dancing affair. We believe that anyone can find their 40, but if you're new to exercise, we'd encourage you to slowly build up to it through achievable bursts that barely make a dent in your day.

Too often people give up on exercise before they even get started – they just believe they have no time to spare – but what do you do while the laundry's in the machine, while the kettle's boiling, or while you are waiting for the microwave? Those few minutes are valuable moments that could be occupied by squats, lunges or planks, three exercises that can strengthen your muscles and tone your physique.

These kitchen workouts are excellent starts, but there are other everyday activities that could be paired with exercise, too.

Try reaching for your weights while you're watching TV, taking a walk on your lunch break, taking the stairs instead of the lift or parking farther away from your destination. It may even be worth considering getting up just 10 minutes earlier and using those gained minutes to practise some yoga, Pilates or toning exercises. If it is toning and muscle strengthening you want to introduce, try associating an exercise with an activity so that you remember to exercise every time that activity is fulfilled. For example, as soon as you've put the kids to bed you take a few minutes to fit in some squats, or whenever you cross a road you clench your buttocks! Start introducing exercises in this way and you'll find your 40 in no time.





# Top tips

- **Enjoy a post-workout snack** – don't obsess over the calories, you need a snack to refuel and recover
- **Perfect your technique** – incorrect exercises will be ineffective
- **Choose short-term goals** – long-term goals could cause you to feel overwhelmed
- **Find a friend** – working out with a mate can keep you in check, plus you can chat while you jog
- **Don't deny yourself indulgences** – going cold turkey will only lead to backsliding
- **Count your reps backwards** – you'll think about what you have left rather than what you've done
- **Start with the exercise you dislike** – avoidance probably highlights a weakness you need to combat
- **Drink a protein shake immediately after you exercise** – you're more likely to gain muscle
- **Wash your workout gear in a mesh bag** – you'll know where to find it and your partner won't complain about finding rogue sweaty socks
- **Keep a workout journal** – monitoring your progress will keep you motivated
- **Don't over train** – rest days give your body time to repair; this can make muscles stronger



# Choose the right workout

**You may not realise it, but there are in fact four different types of exercise: aerobic, strength, flexibility and balance.**

Aerobic exercises are all about endurance and lead to increased breathing and heart rate. A brisk walk, jogging, dancing, gardening, skipping, swimming and sports like tennis can all be classed as aerobic exercises. Such activities keep your circulation and lungs in check, helping to prevent illnesses such as heart disease.

Strength exercises refer to exercises you perform with weights, resistance bands or when using resistance machines at the gym. Exercises that require you to lift your own body weight, such as squats and press ups, also fall under this category.

Such exercises can help to strengthen your bones and muscles, and adults who are later on in life will find them particularly important as they carry out everyday tasks such as carrying the shopping or keeping one's balance.

Exercises that improve your flexibility are considered to be the least essential of the four, but if you do choose activities that improve your flexibility, you can also help to maintain a wide range of motion. Diseases like arthritis can limit one's range of motion so regularly stretching parts of the body or practising yoga can help to keep your body limber for longer.

Balance helps support agility and prevent injury, yet many of us still take our balance for granted. If you don't want to fall victim to, well, falling, then it's important to start integrating exercises that help to minimise risk. Standing on one foot and heel-to-toe walking are simple solutions, or, if you want something more intentional, you could try practising tai chi.

# Mind how you go

If squeezing in just 40 minutes of exercise for the physical health benefits doesn't get you up and moving, what about for the mental health benefits? Regular exercise can help to alleviate symptoms associated with depression, anxiety and ADHD, as well as helping to relieve stress, improve memory and boost your overall mood.

When you exercise, your brain releases endorphins, powerful chemicals that can uplift your mood and make you feel energised. As you exercise, try to tune into the sound and rhythm of your breathing and heartbeat, doing so will help you to focus on the activity rather than on the worries that usually plague your mind. This technique will also help you to improve your concentration, you'll feel more in control of situations and regular movement will also help your muscles to relax, relieving any unwanted tension caused by stress.

# Involve these exercise essentials

## APPROPRIATE FOOTWEAR

Any kind of exercise, but particularly aerobic exercises, demands decent trainers that prevent foot fatigue and injury. Most sports will have specially-designed footwear that offer optimum movement and support for that activity, so it's important to ensure you choose the right shoe for you before you get started.

## ALOE HEAT LOTION

This rich emollient lotion contains deep heating agents, making it the ideal massage companion for tired muscles. Its lubricating properties soothe aches and strains and the deep penetrating power of aloe vera offers just what your muscles require after a hard workout.

## FOREVER MOVE

**Forever Move** features a proprietary blend of two powerful ingredients: natural eggshell membrane (NEM) and curcumin turmeric. These ingredients help deliver chondroitin, hyaluronic acid, glycosaminoglycans and key proteins like collagen to the body, and that's why it's perfect for active people and fitness fanatics!

## FOREVER FREEDOM

Forever's orange-flavoured aloe with added glucosamine, chondroitin and MSM is a no brainer for those who live active lifestyles. MSM is a key component of connective tissues and chondroitin is found naturally in the body in our cartilage and joints; both components are said to diminish with age. Forever's chondroitin, made from shellfish, is high quality sourced for easy digestion.

**Choosing to exercise is the first step on your journey to getting fit and healthy, so when it comes to step two – actually doing the exercise – it's important to ensure that you make the task an enjoyable one.**

There are many products out there that can support you before, during and after a workout, so we've compiled a list of exercise essentials that no workout should be without.

## ALOE MSM GEL

Soothe aching joints and muscles with this clear, non-staining gel. Stabilised aloe vera gel has been combined with MSM and other herbal extracts to give you the relief you need after a workout. Lignin, a component of the stabilised gel, gives **Aloe MSM Gel** the ability to penetrate deep into the skin.

## FITNESS TRACKER

This isn't strictly an essential, but it is an extremely useful gadget to have on your person. Fitness trackers monitor your steps, heart rate, steps climbed, sleep quality and other useful fitness metrics that can help to keep you motivated and goal-orientated.

## DUMBBELLS OR RESISTANCE BANDS

Up your strength training game by adding appropriately-sized dumbbells or resistance bands to your training. Resistance bands are great for those who want to workout whilst travelling as they're light and fold up easily, but dumbbells are arguably better for a more even workout that can be closely controlled.

**ARGI+**  
If you only choose one product to accompany you on your workout, make sure you choose **Argi+**. This wholesome berry-flavoured drink has been uniquely formulated for people with active lifestyles. Each sip provides protein and amino acid support (vitamin B6), vitamins B6 and B12 will contribute to normal red blood cell formation, and it also helps to maintain muscle function (vitamin D3) and energy (vitamins C, B6 and B12).

## EXERCISE MAT

Whether you're working out at home or the gym, you're going to want your own mat. Mats help to protect your knees and elbows, they protect your carpet from sweat, and you can ensure your personal mat is cleaned regularly to keep your workout hygienic.

### Featured products:

- Aloe Heat Lotion | code 64
  - Forever Move | code 551
  - Forever Freedom | code 196
  - Aloe MSM Gel | code 205
  - Argi+ | code 473
  - Argi+ Sports Bottle | code 10181
- To purchase featured products, contact your Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)



# Know your Nutrition

## The amazing Argi+



**There are so many amazing benefits in a glass of Argi+ – here are some of the key ones we want to shout about:**

### L-ARGININE

A popular amino acid and a building block for proteins – that’s why **Argi+** is so popular with active people.

### VITAMIN C

Contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth. Vitamin C also contributes to a normal energy-yielding metabolism, normal function of the immune system and the reduction of tiredness and fatigue.

### VITAMIN K

Contributes to normal blood-clotting and the maintenance of normal bones.

### VITAMIN D

Contributes to the maintenance of normal bones and muscle function.

### VITAMIN B6

Contributes to normal functioning of the nervous system and normal protein and glycogen metabolism.

### VITAMIN B12

Contributes to normal psychological function and normal red blood cell formation.

### ARGI+ ALSO...

- Contains folate (folic acid) which contributes to normal amino acid synthesis, normal blood formation and it plays a role in process of cell division.
- Contains wholesome dark berries including red grapes, blackberries, blackcurrants, blueberries, elderberries, raspberries and Morello cherries.
- **Argi+** comes in convenient stick sachets that can easily be thrown into the gym bag.

**The majority of nutrition experts would say that the main thing to remember when it comes to healthy eating is that you can eat anything in moderation as long as overall you are adopting a balanced diet that’s full of variety, colour and sensibly-sized portions.**

The foods we consume are the sources of vitamins, minerals and energy – three necessities that keep our bodies functioning, and a varied diet that taps into carbohydrates, healthy fats and proteins is what any adult requires to keep their health on track.

Despite what glossy mags and celebrity diets may claim, carbohydrates are not an enemy that deserve to be locked in the cupboard never to see the light of day. In fact, carbs are essential as they provide you with your primary source of energy. But, it’s also important to realise that not all carbs are created equal! The carbs you want to embrace are whole and unprocessed; these carbs retain the natural fibre that refined carbs remove. Vegetables, fruit, potatoes and whole grains are the carbs you need to learn to crave, leaving the white bread, white pasta, white rice, sugar-laced juices and pastries on the supermarket shelves where they belong.

Variety and colour is particularly important when it comes to learning to love vegetation, as this is the most effective way of consuming all the vitamins and minerals you require. Your diet should be full of colour and embracing the entire rainbow should become habitual in your daily routine. As a rough guide, yellow and orange fruit or veg tends to contain vitamins A and C, green veggies are high in vitamins B and E and purple produce is packed with vitamin K.

Including fat in your diet may seem contrary to you when fat is exactly what you are trying to lose or avoid gaining, but healthy fats are actually essential for heart-health, healthy skin and safe cholesterol levels.

Good fats can be found in nuts, seeds, avocados, olives and olive oil, salmon, some lean meats, eggs and dark chocolate – yes, chocolate (at least 70% cocoa)! Choose fats like this to help maintain good health and instead ditch food containing bad, saturated fats like cakes and biscuits, and processed foods like burgers, butter, cream and fatty meat.

If finding your 40 minutes of exercise is driven by a desire to build muscle or burn fat, the macronutrient you want to become most familiar with is definitely protein. Any fitness fanatic knows how essential protein is to their daily routine since protein contributes to a growth in and maintenance of muscle mass. Protein also contributes to the maintenance of normal bones, which is why consuming a diet containing high-protein foods perfectly complements a schedule that favours strength exercises. Protein before and after a workout is a great idea and beneficial when it comes to muscle repair, but it’s also sensible to start your day off with a high-protein breakfast. Seafood, white meat, lean beef, eggs, beans, soy and Greek yoghurt are all excellent sources of protein.



Discover

# Powered by Argi

"I don't like being a slave to the gym, but training first thing makes me feel good and sets me up for the rest of the day. It's important to find what works for you and stick with it. You don't need to commit to a year's gym membership – being active costs nothing and can easily become a part of your daily lifestyle. Whatever exercise you do choose, make sure you take a sachet of **Argi+** with you. I've definitely noticed a difference in my workout sessions since introducing this sports drink; thanks to its vitamin C and D content, my workout is far more productive."

– **Ben Cohen, former rugby star and Forever F.I.T. Ambassador**

Push yourself to the limit with a berry-flavoured sports drink that contains 5g of l-arginine, vitamin C to reduce fatigue and vitamin D to maintain normal muscle function – bring it on!



KEEP AN EYE OUT ON  
FOREVER'S FACEBOOK PAGE  
FOR EXERCISE VIDEOS AND  
TIPS FROM BEN COHEN, PLUS  
INCREDIBLE COMPETITIONS WITH  
SPORTS-RELATED PRIZES!

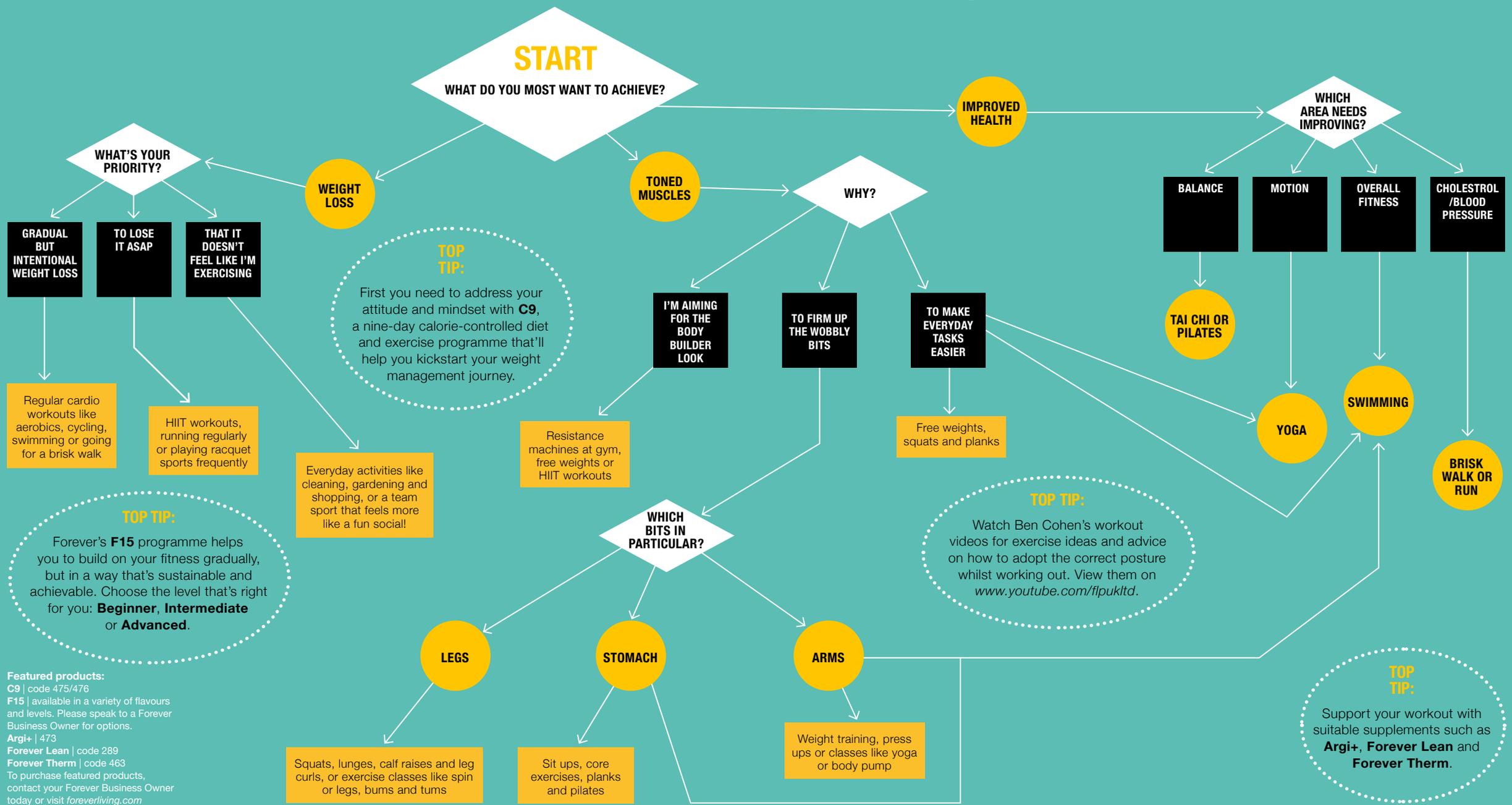
Argi+ | code 473  
Argi+ Sports Bottle | code 10181  
To purchase featured products,  
contact your Forever Business Owner  
today or visit [foreverliving.com](http://foreverliving.com)



#PoweredByArgi

# What's *your* workout?

Find out how to spend your 40 minutes with this quick quiz...



**Featured products:**  
**C9** | code 475/476  
**F15** | available in a variety of flavours and levels. Please speak to a Forever Business Owner for options.  
**Argi+** | 473  
**Forever Lean** | code 289  
**Forever Therm** | code 463  
 To purchase featured products, contact your Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)

# Shake of the season

Do you drag yourself to the gym after work running on nothing but that limp salad or ham sarnie you wolfed down for lunch? Or perhaps you venture in first thing powered solely by the fumes of last night's dinner?

Ignoring your nutritional needs pre-workout means that you're poorly preparing your body for exercise, and this means you won't perform at your peak when it comes to hitting the treadmill and weights. So, if you're a fan of the post-work or early morning gym session, make sure you treat your body with respect by fuelling up with this pre-workout shake thirty minutes to one hour before you go...



*1 scoop  
Forever Lite Ultra*

Each scoop is packed with protein – protein contributes to a growth in muscle mass

*125ml  
orange juice*

Thiamine contributes to the normal function of the heart



*Several slices  
of mango*

Vitamin C contributes to maintain the normal function of the immune system during and after physical exercise

*Handful  
of oats*

Carbohydrates contribute to the maintenance of normal brain function



*Handful of  
strawberries*

Magnesium contributes to normal muscle function

*2 tbsp Forever  
Bee Honey*

A great sugar alternative that's naturally nutritious and pure in taste



*1 banana*

Potassium contributes to the maintenance of normal blood pressure



Featured products:  
Forever Lite Ultra | code 470 (vanilla), 471 (chocolate)  
Forever Bee Honey | code 207  
To purchase featured products, contact your Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)

# The power of yoga

Yoga is a spiritual discipline that seeks wholeness and the unity of body, mind and spirit; it's believed to have originated in Ancient India and to have been practised for thousands of years. Its goal, traditionally, was for one to find harmony with the universe, but over time yoga has broken into Western culture and in the 20th Century it became a popular form of physical exercise.

Today yoga classes exist in most towns across the UK and its popularity continues to rise amongst those concerned with physical and mental health and wellbeing, a trend that is unsurprising when you consider the vast benefits that are attached to the sport.

## The benefits

Practitioners of yoga – dubbed a Yogi (male) or Yogini (female) – are likely to experience numerous benefits as they master poses, breathing techniques and balancing exercises that are said to enhance one's 'flow'. These are just a handful of areas where you may notice an improvement in your performance or health:



### FLEXIBILITY

If like me even touching your toes is a challenge too far, yoga is probably going to benefit you greatly. Your first class may fill you with dread and slight embarrassment, but after several sessions you will begin to notice that your limbs have limbered, and the stretch isn't as far as it first seemed. Yoga is brilliant at improving your flexibility and better flexibility leads to superior posture which means fewer aches and pains all over!



### MUSCLE STRENGTH AND TONE

Strong muscles tend to be followed by a toned physique so it's no wonder that this is a highly desirable outcome of yoga, but it's not just about appearances: strength can also better assist you later on in life, helping you to carry out menial tasks. Strong muscles also help to prevent falls, so yoga is brilliant for keeping your balance in check – something you won't take for granted when you reach those mature years.

### MENTAL WELLBEING

It's unsurprising that one's mental wellbeing should improve when yoga results in improved sleep quality, high quality air intake and time to focus on what matters most. Regular meditation is believed to help combat depression and taking time to realign yourself with the universe can slow frustrations like fear or anger, emotions that can lead to stress, while an awakened spiritual connection can lead to a sense of fulfilment and purpose that may have been absent before.



### CARDIO HEALTH

Traditionally it's aerobic exercises that increase your heart rate and lowers your risk of heart-related illnesses, but elements of yoga can be aerobic if performed with vigour. Blood flow increases thanks to repetitive motion and stretches, but yoga is also believed to positively impact your resting heart rate through movements that allow you to de-stress.



### IMPROVED VITALITY

Without energy we are pretty useless but hectic lives and high demands can cause fatigue and weariness that impacts daily choices in a negative way. Yoga claims to have a positive impact on energy levels, and one reason is because it relies upon breathing techniques that in turn bring a sense of calm that can help you to align focus. The ancient practice encourages you to breathe through your nose rather than your mouth, and this means you received filtered and warmed air instead of cold dry air that can trigger asthma attacks. Once you've got your breathing under control, you may also find that your sleep quality improves, and better sleep means you'll feel more rested and less tired.



# The poses

Now you know all the amazing benefits, I'm sure you are itching to get started and master the art of yoga. Here are five beginner poses that will have you looking like a yoga-pro in no time at all...

"Remember you can't pour from an empty glass: to give yourself to others, your family and your friends, you must take care of yourself first. Doing yoga will give your body, mind and spirit everything you need to keep on going!"

- Kristina Rihanoff



## THE MOUNTAIN (TADASANA)

This seemingly simple pose is the backbone of all standing poses in yoga so it's essential that you take this one seriously, and no matter what anyone tries to tell you, the mountain pose is so much more than just standing!



## THE CHAIR (UTKATASANA)

This standing pose is great for toning thighs and cardio as it's certain to get your heart pumping.

Need help performing these poses? Keep an eye on our Facebook page for videos featuring Forever Ambassador and yoga enthusiast Kristina Rihanoff.

## THE TRIANGLE (UTTHITA TRIKONASANA)

Treat your hamstrings to a deep stretch and you'll soon be the proud owner of toned legs and excellent stability.



## THE DOWNWARD DOG (ADHO MUKHA SVANASANA)

Give your whole body a well-deserved stretch with this energising pose that builds the core strength that your entire body craves.



## THE TREE (VRIKSASANA)

This classic balance pose will help to improve your concentration and focus your mind, as well as giving you impeccable balance.



"I have been practising yoga for seventeen years now and I do about twenty minutes of yoga daily, especially before dance shows. Yoga gives my body all the flexibility and stamina I need for dancing. I love the silence and focus of the yoga classes as it gives me time for myself. Yoga is an active meditation and it gives me time with myself to honour my body."

- Kristina Rihanoff



# The nutrition

If you are serious about yoga and keen to adopt the lifestyle as well as the poses, you'll probably want to start considering adapting your diet to reflect your newly found yogi/yogini ways.

In Ancient yogic philosophy, nature is perceived to have three qualities: raja, tama and sattva. Raja is anything considered fast, hot and spicy, tama is bland, slow and lethargic items and sattva is anything that's considered as pure or able to bring harmony. Most things contain elements of all three qualities but there is usually one dominant quality, and anyone who is following a yogic lifestyle should lean towards all things sattva. In terms of

diet, sattvic food refers to nutritional items that enable one to function at their optimum levels. This means healthy foods that are considered to have a high source of vitamins and minerals are standard when it comes to sattvic living. A vegetarian and organic diet consisting of foods such as fresh fruit and veg, legumes, nuts and seeds, honey and herbal tea, milk, butter, cheese and wholemeal bread is the norm.

## KRISTINA'S TIPS

- Find a class with a teacher you connect with
- Don't exercise on a full stomach
- Don't push your body too hard and never compare yourself to others – everyone is at a different stage
- Remember to breathe throughout and to learn about breathing exercises as they will be very helpful on and off the mat
- Practise whenever you can. Home practice can be very rewarding but definitely study the poses you want to do so that you don't injure yourself
- Wear comfortable clothes
- Stay positive, even if you feel that your practice wasn't as good as you had hoped for. We all have difficult days, but the main thing is you made it to class – that's already good enough!



## Forever Freedom

All the goodness of the original aloe with added glucosamine, chondroitin and MSM – this means this gel is perfect for those who care about digestion and immunity as well as keeping up an active lifestyle. Get up and get your day moving with this refreshing orange-flavoured drinking gel and your yoga session will run super smooth every time!



## Forever Move

Yoga poses may be great for improving motion and flexibility, but there is nothing wrong with seeking a little help from **Forever Move**. This supplement features a proprietary blend of two powerful ingredients: natural eggshell membrane and curcumin turmeric. The natural eggshell membrane (NEM) delivers chondroitin, hyaluronic acid and key proteins like collagen to the body, while curcumin turmeric is a popular spice amongst active people.

Featured products:  
Forever Freedom | code 196  
Forever Move | code 551

To purchase featured products,  
contact your Forever Business Owner  
today or visit [foreverliving.com](http://foreverliving.com)

# THE ONLY

# BAD WORKOUT

# IS THE ONE YOU DIDN'T DO

- ANONYMOUS

# Brush up on FITNESS

ONLY **28-34%**

OF ADULTS AGED 65-74 ARE PHYSICALLY ACTIVE

(Source: CDC)

**30 MINUTES**  
OF VACUUMING COULD BURN

**119**  
CALORIES

(Source: Shape)

THE COST TO THE NHS OF PHYSICAL INACTIVITY IN ENGLAND IS CONSERVATIVELY ESTIMATED AT

**£0.9 BILLION**

(Source: Sustrans)

## YOUR BIOLOGICAL AGE WILL BE HIGHER THAN YOUR CHRONOLOGICAL AGE IF YOU DON'T EXERCISE

(Source: ABC health and wellbeing)

EXERCISE CAN HELP ALLEVIATE SYMPTOMS OF A LOW MOOD BY AS MUCH AS

**47%**

(Source: John Ratey)



LISTENING TO MUSIC CAN HELP IMPROVE YOUR PERFORMANCE BY

**15%**

(Source: Costas Karageorghis et al.)

OFFICE WORKERS BURN **25 MORE CALORIES**

(Source: John Porcari and Reem Ekhwan)

ON CASUAL-CLOTHING DAYS THAN WHEN THEY WEAR REGULAR OFFICE ATTIRE



**REFERENCES:**

Shape: [www.shape.com](http://www.shape.com)  
 CDC: Centers for Disease Control and Prevention, CDC Behavioral Risk Factor Surveillance Survey. Available at: <http://www.cdc.gov/bfss/>  
 Sustrans: <https://www.sustrans.org.uk/policy-evidence/the-impact-of-our-work/related-academic-research-and-statistics/physical-activity/#cmsanchor10>  
 ABC health and wellbeing: <http://www.abc.net.au/health/features/stories/2015/05/26/4242783.htm>

John Ratey: Author of Spark: The Revolutionary New Science of Exercise and the Brain.  
 Costas Karageorghis et al.: "The BASES Expert Statement on the Use of Music in Exercise." British Association of Sport and Exercise Sciences.  
 John Porcari and Reem Ekhwan: "Do You Do 10K a Day?" American Council on Exercise, Fitness Matters, 2007, 12 (4).

## Move Forever

Forever Move combines two powerful and patented ingredients: natural eggshell membrane (NEM) and curcumin turmeric (Biocurc), a prized Asian root popular with people who lead active lives. These burnt-orange softgels are perfect for people who lead busy and active lifestyles, sport and fitness enthusiasts, maturing adults and those who work strenuous jobs.

Forever Move | code 551

NB: Contains eggshell, soy and fish  
 Please speak to a Forever Business Owner if you would like to place an order.

[www.foreverliving.com](http://www.foreverliving.com)



Forever is a member of the Direct Selling Association (DSA).

Say hello to  
silky smooth skin



This luxurious foaming gel with multiple moisturisers conditions skin and leaves it feeling smooth, moisturised and refreshed.



FOREVER

Aloe Shave | code 515  
Please speak to a Forever Business Owner  
if you would like to place an order.

[www.foreverliving.com](http://www.foreverliving.com)

Forever is a member of the Direct  
Selling Association (DSA).

# Summer soothers

Wellbeing

Aloe vera is packed with goodness which is why it has formed the foundation of Forever's product line. Nobody knows aloe as well as us. Unlike other brands on the market, we do not scrimp on how much aloe – and we mean high quality inner leaf aloe gel – we use in our products.

Our drinking gel and founding product, **Forever Aloe Vera Gel** was the first product to receive the International Aloe Science Council's (IASC) seal of approval for consistency and purity, and its new formula proudly contains 99.7% pure aloe vera!

As well as offering nutritional benefits, aloe is also an effective ingredient in topical products. When used topically, aloe can provide cooling relief throughout the summer months, soothing and protecting throughout the season.

To help equip you with the aloe you need this summer, we've selected some core products that have been packed with a high percentage of aloe so that you can get the most out of every use. Read on to find out how you can keep cool this summer with aloe-rich products...



# Thirst quenching goodness

Due to its high aloe percentage and the aseptic process it goes through, Forever Aloe Vera Gel is incredibly close to the pure inner leaf gel found in the actual plant. This means it is packed with properties and nutrients that have literally impacted the lives of millions of people.



*Tropical Sunshine*

*Pomegranate Power*

We recommend you have a shot of aloe daily, but if the original gel isn't quite to your taste, try fruity alternatives like Forever Aloe Peaches or Forever Aloe Berry Nectar. These two Forever drinks use inner leaf aloe gel that's rich in nutrients and packed with cleansing and purifying properties, which means both flavours are great for skin, digestion and overall wellbeing.

- 25ml Forever Aloe Berry Nectar
- 25ml Forever Aloe Peaches
- 150ml peach juice
- 30ml orange juice
- 20ml grenadine

Fancy something a little more than a shot? There's nothing better than a tall, icy and refreshing beverage on a warm summer's day, so why don't you try this delicious aloe-infused mocktail? A wonderful way to include aloe in your diet, plus it's perfect for sipping in the sun while you catch some rays!

- 30ml Forever Pomesteen Power
- 200ml Argi+
- Splash of grenadine
- Sprig of thyme

Perhaps a berry-flavoured drink that combats fatigue is more your scene? Then why don't you boost your vitamin C levels with this powerful mocktail? This potent vitamin does so much for your body so it's important you get your daily dose somehow, and this pretty and refreshing beverage offers the perfect solution on a balmy summer's eve.



Summer 2018

## Forget the flakes

You may find it concerning to learn that 20%\* of people still fail to protect their skin from harmful UV rays, and this statistic is actually at risk of increasing. Many still choose to wear a factor that's too low, while others don't put sunscreen on frequently enough.

This approach to sun protection only exposes your skin to risks such as premature ageing, dark spots or other unimaginable consequences. It is therefore important to apply SPF cream in the morning, before you even set foot outside, as this allows the cream time to soak in and provide you with optimum protection. If you first apply cream while sitting in the sun, you're guaranteed to miss spots, particularly near the edge of clothing!

To avoid looking like a lobster, ensure you apply your sunscreen before you dress, and carry it with you when out and about. If you are planning to be out in the sun all day, then it's also worth popping a **Forever Sun Lips** in your bag as its SPF 30 formula is ideal for smaller areas such as lips, ears and toes.

Layering on protective creams during the day is brilliant, but it's important not to neglect your skin after sundown. Banish dry and flaky skin by smothering yourself with a good quality after-sun lotion that locks in moisture and nourishes beyond the surface. Forever's **Aloe Lotion** works as an excellent after-sun and contains jojoba oil, vitamin E, collagen, elastin and 66% pure aloe gel. Added apricot kernel oil also helps to create a lightweight barrier to provide further protection.

\*Statistic based on YouGov survey commissioned by Cancer Research UK

# Keep your cool



It's easy to get carried away when the sun pokes its head out from behind the clouds, and often skin that's not used to being exposed will catch too many rays, leaving it damaged, burnt, red and flaky.

This isn't a great look if you were aiming for sunkissed or tanned to perfection, but thankfully the cooling properties of **Aloe Vera Gelly** can help save the day.

It's no secret that the role of aloe throughout history has seen the plant associated with the treatment of sunburn. Many households kept a live aloe, dubbed the 'burn plant', for first-aid use, but now you can get the soothing properties of aloe in a handy tube. With a formula that boasts 84% pure aloe vera gel, **Aloe Vera Gelly** is a rich lubricant that's essentially identical to aloe vera's inner leaf. This means the gel can soothe and calm sensitive tissue and irritation safely.

# Tame your mane



Forgetting to protect your hair as the seasons evolve is easily done, but managing your mane in the summer months should not be something you leave to chance.

Often sand, sea and chlorine accompany the warmer weather which means it's more than just the sun that can damage your hair. **Aloe First**, a uniquely formulated spray that combines bee propolis with 80% pure aloe vera, is just the product you need to breathe life back into your hair.

Its combination of aloe and herbs provides a naturally soothing, pH-balanced result that is easy to apply to even sensitive skin, and the bee propolis increases the natural skin-soothing and cleansing properties of the aloe vera gel. Not only will this spray soothe and protect your hair from the damaging effects of the sun, its powerful formula also doubles up as an effective after-sun that can calm minor irritations and soothe skin if sunburnt.

# Let's get leggy



The warm weather presents a great opportunity to brave cute shorts and pretty skirts, but that also means revealing your legs to the world! If you're one for keeping yours tucked under sweaty fabrics or floor-length maxi dresses, it's time for you to reach for **Aloe Shave**.

This luxurious foaming gel leaves skin feeling cool and revitalised thanks to its rich aloe content and multiple moisturisers. Simply rub the gel onto wet skin until it produces a lather, shave carefully and rinse.

You'll be proud to have smooth legs follow you wherever you go once you embrace this soothing and invigorating experience, and if you finish off your new summer-look by slathering your legs in **Aloe Propolis Creme**, you'll want to keep them on show all summer long!

Follow this aloe-infused guide and you'll enjoy soaking up the summer months in great style and health.

- Featured products:**  
 Forever Aloe Vera Gel | code 715  
 Forever Aloe Berry Nectar | code 734  
 Forever Aloe Peaches | code 777  
 Forever Sun Lips | code 462  
 Aloe Lotion | code 62  
 Aloe Vera Gelly | code 61  
 Aloe First | code 40  
 Aloe Shave | code 515  
 Aloe Propolis Creme | code 51  
 To purchase featured products, contact your Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)

*Natural ingredients -  
Dramatic results*



New Sonya Precision Liquid Eyeliner leaves you with impressive definition, without compromising on quality ingredients. For eye-catching results and formulas that respect the delicate eye area, treat your eyes to Sonya.

Sonya Precision Liquid Eyeliner | code 569  
Please speak to a Forever Business Owner if you would like to place an order.

[foreverliving.com](http://foreverliving.com)



FOREVER

Forever is a member of the Direct Selling Association (DSA).

*Love  
the skin  
you're in*

Every single person in this world is unique, and along with many other beautiful differences that make you YOU, skin type is another factor that is part of your personal make-up. Like with most things, it's important to understand your body so that you can provide it with the care it requires in order to be happy, healthy and keep you looking your best.

There are four main skin types: normal, dry, oily and combination. The most effective way of identifying yours is to study the appearance of the skin on your face a couple of hours after it has been washed. Please note, however, that in order for this to work properly, skin must be free from product. If you have dry skin, you may notice rough or flaky patches. If you have oily skin, you'll notice shiny patches across your forehead, nose and chin (t-zone). And if you have combination skin, you'll notice characteristics of both dry and oily skin. If you are fortunate enough to have normal skin, your skin will remain balanced and dry patches or excess shine aren't even on your radar!

The good news is that, whatever your skin type, Forever has skincare products that have been designed to give you radiant skin. Read on to discover the differences between our skincare products so that you can give your skin the love it deserves.



**Featured products:**

Infinite by Forever Advanced Skincare System | code 553  
Hydrating Cleanser | code 554  
Firming Complex | code 556  
Firming Serum | code 555  
Restoring Crème | code 558  
Sonya Daily Skincare | code 609  
Refreshing Gel Cleanser | code 605  
Refining Gel Mask | code 607  
Illuminating Gel | code 606  
Soothing Gel Moisturizer | code 608

Awakening Eye Cream | code 561  
Balancing Toner | code 560  
Protecting Day Lotion | code 557  
Smoothing Exfoliator | code 559  
Aloe Shave | code 515  
Gentleman's Pride | code 70  
Aloe Lotion | code 62  
To purchase featured products, contact your Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)

# Infinite by Forever

**Infinite by Forever, Forever's advanced skincare collection is suitable for all skin types, but particularly dry skin.**

If you are over the age of 25, it is time to start thinking about using products that have been designed to slow or minimise the appearance of ageing. If, however, ageing skin is far from your mind but you consider your complexion to be dry, we would still recommend that you embrace the moisture-rich properties of **Infinite by Forever**.



**1. HYDRATING CLEANSER:**  
This mild, milky cleanser is full of potent, naturally-derived ingredients like apple extract, apple amino acid and cocoa fatty acids that increase skin hydration and gently wash away dirt and oil without drying. These ingredients are hypoallergenic, and the formula has no artificial fragrance added which means it's kind to even sensitive skin. Its age-minimising recipe also assists your skin's barrier function to fight against tightness and dryness, and thanks to bountiful amounts of linoleic acid and vitamin E, the cleanser can support skin lipids and help break down dirt and debris to leave skin feeling hydrated, soft and clean. **Hydrating Cleanser** is definitely an excellent choice when it comes to laying a strong foundation for the rest of your routine.

**2. FIRMING COMPLEX:**  
Focus on nutrient skincare with **Firming Complex**, Forever's first exclusive beauty supplement. This supplement is an inner-conditioning complex that helps target the appearance of premature ageing and it's been specially formulated to assist beauty from within. We've combined vitamin C to help with healthy collagen formation in the skin, biotin to maintain healthy hair and skin and we've even added extra marine collagen. Collagen is an amino acid-packed protein which occurs naturally in the body to give structure and tone to connective tissues. Added French melon also provides the skin with the antioxidant properties it craves. **Firming Complex** works together with **Firming Serum** and other topical products in the **Infinite by Forever** line to assemble the ultimate weapon against skin that appears dull, sallow and tired. Take two tablets daily and for best results, consume in the morning.

**3. FIRMING SERUM:**  
Target the signs of ageing with an advanced serum that complements the natural processes of skin to increase firmness and reduce the appearance of fine lines and wrinkles. This scientifically-advanced formula boosts the power of aloe with trifluoroacetyl tripeptide-2, an ingredient known to combat progerin, a harmful protein that increases as you age and wreaks havoc on your skin. This three-amino acid peptide is paired with hydrolysed sodium hyaluronate, a natural humectant that supports moisture and skin conditioners, yeast extract to help support collagen and reduce the appearance of uneven skin tone, and whey protein to improve skin's overall look and feel. With powerful natural ingredients and our patented aloe, this cutting-edge serum works as a rich moisturiser that makes skin feel smooth and firm, and your complexion appear visibly younger.

**4. RESTORING CRÈME:**  
With over fifteen skin-conditioning ingredients, **Restoring Crème** absorbs fast to leave skin feeling moisturised and smooth. This impressive cream combines skin science and aloe with powerful antioxidant botanicals including acai and pomegranate, and vitamin B3, which helps even out skin tone and texture. Ingredients such as squalane, jojoba esters, glycolipids and beeswax show significant moisturising properties and help this cream sweep effortlessly across your skin. An anti-ageing essential oil blend of lavender, petitgrain, basil, eucalyptus, lime and orange peel support aloe to replenish and rejuvenate parched skin. As the final very important step in the **Infinite by Forever** routine, **Restoring Crème** seals in all of the powerful benefits your skin has just received so you can start slowing the sands of time. Use daily to reinforce the skin's natural barrier, replenish parched skin and further reduce the appearance of ageing.

This revolutionary skincare range introduces remarkable formulas and natural ingredients that work together to restore the skin's moisture balance, stimulate healthy collagen levels and reduce the appearance of fine lines and wrinkles.



# Sonya Daily Skincare

If combination, oily or normal describes your complexion, look no further than the Sonya Daily Skincare.

This range boasts a high concentration of aloe and a hydra-infused system that gently targets skin to improve its overall look and feel. **Sonya Daily Skincare** has been formulated specifically for combination skin, which is prone to fluctuate between oily and dry. The gel-based formulas have been designed to control shine while also delivering moisture to where it's needed most.



## 1. REFRESHING GEL CLEANSER:

Ditch traditional soap-based cleansers in favour of an impressive face wash that doesn't strip skin. **Refreshing Gel Cleanser** uses a gel delivery system that's been infused with aloe and powerful botanicals to gently cleanse and condition your face while it washes away dirt and debris.

You'll notice from the moment the cooling gel touches your skin that this isn't your high bubble, leave-your-skin-tight type of experience. Instead, you'll embrace a gentle and soothing experience that combines cleansing agents with moisturising agents like cold pressed baobab oil – prized for its unsaturated fatty acids. Acacia concinna fruit extract is found in the tropical jungles of Asia and this natural cleanser helps remove dead cell build-up, dirt and makeup for a thorough, but soft cleansing experience. **Refreshing Gel Cleanser** also contains rich antioxidants like apple amino acids and hydroxyacetophenone, which support combination skin.



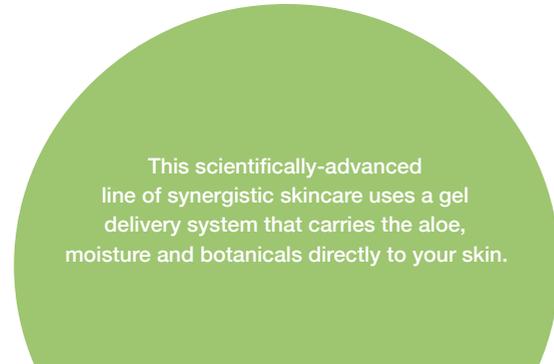
## 2. REFINING GEL MASK:

We've all heard the phrase, 'I need my beauty sleep', but did you know that you can achieve this fresh-faced look by using a face mask?

This brand-new product helps promote healthy skin tone by nourishing your skin while you sleep. Simply apply a generous amount over your entire face before bedtime and leave on overnight. By leveraging the natural functions of the body while you sleep, this mask helps to support balance by controlling oil and brightening the appearance of skin. To make the most of your shut eye, we infused this gel with a bounty of botanicals, including carrot seed oil, basil oil, artemisia pallens flower oil and soybean oil. The cool gel of the mask will absorb quickly into your skin so that you benefit from the moisturising properties of our rich, stabilised aloe vera gel, as well as moisturisers like apple fruit extract, clover flower extract, sasa quelpaertensis (Korean bamboo) extract, and liquorice root, a plant which provides antioxidant support. This high-quality blend moisturises your skin while you sleep, without leaving skin greasy. Rinse thoroughly in the morning to reveal a balanced complexion.

## 3. ILLUMINATING GEL:

Younger skin has a natural radiance and light to it that seems to dim as you age, but now **Illuminating Gel** can help restore your skin to its natural brilliance. Thanks to encapsulated peptides in a quick absorbing gel, this product's formula can help deliver the latest technology to your skin. A unique blend of green and brown algae, known for helping to even skin tone and soften age spots, has been paired with liposomes and red clover flower extract to help reduce the appearance of large pores. **Illuminating Gel** is unlike anything available on the market thanks to its unique infusion of Asian botanicals that are known for their ability to even and brighten overall skin tone, leaving skin soft, smooth and radiant.



This scientifically-advanced line of synergistic skincare uses a gel delivery system that carries the aloe, moisture and botanicals directly to your skin.

## 4. SOOTHING GEL MOISTURIZER:

It may look like a lotion, but this gel-based formula melts into your skin. Filled with botanicals and lush active ingredients, this gel-lotion breaks down until it's completely absorbed, leaving behind a moist and dewy complexion.

This unique moisturiser dissipates into a hydra-infused carrier that doesn't leave a residue, helping your skin look and feel plump from the abundance of natural ingredients. Plant extracts and oils including apple fruit extract, pomegranate fruit extract, fig fruit extract, mulberry fruit extract, ginkgo biloba extract, jojoba esters and olive oil help skin feel hydrated and supple. Beta-glucan extracted from mushrooms has been added to soothe and even skin tone. We also added anti-ageing ingredients like linoleic acid and hydrolysed collagen, scientifically advanced to go into the skin where it needs it most. To finish the formula, we infused it with orange and mandarin peel oil, roman camomile and geranium oil, and bergamot fruit oil to leave skin feeling refreshed.



# Skincare for targeted results

Now that you've established your skin type and which skincare collection is right for you, you may still notice that your skin requires additional support.

If you have a recurring skin complaint that you want to combat, supplementing your skincare with extra products from Forever is the solution you've been waiting for. Each one of these products has been formulated to address common skin-related issues but the unique formulas complement the ingredients found within both **Infinite by Forever** and **Sonya Daily Skincare** perfectly.



## UNEVEN SKIN TONE?

If you're plagued by an uneven complexion and large pores, **Balancing Toner** is likely to be the skincare component you've been searching for.

Sometimes a cleanser just isn't enough to remove all the dirt and debris, particularly if you wear waterproof or good quality makeup, so adding a toner to your skincare routine is a brilliant way of ensuring all impurities have been washed away. Forever's **Balancing Toner** goes that step further by minimising the appearance of pores and by adding extra hydration between cleansing and moisturising. Its unique blend of seaweed extract and sodium hyaluronate moisturise and soften skin to keep it looking youthful, while cucumber extract soothes and provides additional hydration. Cucumber also helps to improve tone thanks to its ligans, which target texture and puffiness. Added white tea extract is a rich antioxidant that works with the high concentration of aloe to balance the fluctuations of the skin.

It's easy to love the skin you're in when you choose quality products that deliver the skincare experience your complexion craves. It's time to listen to your skin – treat it to advanced aloe products by Forever!

## PUFFY EYES?

If puffy eyes, dark circles or lines around the eye area is what gives away your age, you'll definitely want to reach for Forever's **Awakening Eye Cream**. **Awakening Eye Cream** combines patented ingredients with peptide technology to improve and smooth the sensitive eye area, visibly reducing the appearance of lines, wrinkles and dark circles. By utilising a unique collagen that penetrates skin, this gentle cream can aid skin hydration and firmness. Healthy collagen can also improve skin smoothness, resulting in plumper, firmer skin around the eye area.

**Awakening Eye Cream** contains many unique ingredients, including butylene glycol, which has been shown to reduce the appearance of eye puffiness and dark circles. Another cutting-edge ingredient, albizia julibrissin bark extract with darutoside, supports the appearance of sagging skin on the upper eyelid. With this, we're able to address both the upper eye lid and delicate skin around the eye, creating a total eye perking experience. This advanced eye cream also blurs the look of crow's feet by strengthening the surface structure and restricting water loss, so instead of dry and puffy, eyes appear more rested, alert and rejuvenated.



## FLAKY SKIN?

Did you know that your body gets rid of around 40,000 old skin cells every single day? Even with a consistent cleansing routine, your skin sometimes needs help sloughing off these dead skin cells, otherwise your complexion can look flaky, dull and tired. Exfoliated skin will also better absorb any topical application that follows, which is why it's important to exfoliate around 2-3 times per week. Now, thanks to Forever's **Smoothing Exfoliator**, you can help your skin look brighter by getting rid of the old without stressing the soft, newer skin underneath. Instead of using harsh chemicals, harmful plastic microbeads or sharp fragments, this kind exfoliator utilises natural ingredients with unique functions to give a complete cleansing experience.

Jjoba beads gently roll across skin to remove debris; sustainably sourced bamboo powder sweeps the skin to remove dead skin cells without scratching the skin's surface; extracts of bromelain, obtained from pineapple, assists in destroying the keratin of dead cells so that they can be removed more easily; papain, from papaya, assists in refreshing the skin and is a rich source of vitamins C, A, E and pantothenic acid; and lemon essential oil is a rich moisturiser that instantly starts hydrating the younger skin underneath. These ingredients have also been paired with antioxidants like grape juice extract, to deliver the most effective exfoliating experience you've ever had.

## SUN-EXPOSED SKIN?

If you've been blessed with a fair complexion, you enjoy the outdoors or you wish to protect your face from harmful UV rays, you'll love Forever's **Protecting Day Lotion**. This everyday lotion with mineral sunscreen is perfect for defending skin from dark spots caused by sun ageing.

Start your day off right by arming your face against environmental aggressors. Thanks to added SPF 20, this lotion nourishes skin by surrounding it in a veil of moisture, plus its aloe, mushroom extract and skin conditioning ingredients provide skin with incredible moisturising power. This lotion is also loaded with powerful fruit and herbal extracts. The crambe plant, which is native to the Mediterranean region, has an unusually high amount of fatty acids found in its oil which is believed to improve skin's tone and texture, while watermelon extract contains antioxidant properties. Finally, anastatica hierochuntica, or the Jerusalem Resurrection Plant, has an astounding ability to survive lengthy periods of arid, dry climates before resurrecting itself with hydration – a quality we were able to capture in this day cream's rare formula.

**Protecting Day Lotion** is also perfect for those with delicate or sensitive skin. Thanks to natural mineral sunscreens, titanium dioxide, zinc oxide and a unique dispersion system, this face cream gently blends into skin to soothe and protect.

# Skincare for men

Men should never shy away from daily skincare, as like women, their skin is susceptible to age spots, blemishes and uneven skin tone that deserves to be kept under control. Your skin's health should be considered just as important as your health in other areas, so perhaps it's time to put aside any reservations you have about skincare and give regular cleansing and moisturising a go.

The **Hydrating Cleanser** and **Refreshing Gel Cleanser** are both excellent cleansing solutions for men, and the decision on the one you use should be determined by your skin type and whether you have ageing skin. Try the quick quiz on page 44 to determine whether **Infinite by Forever** or **Sonya Daily Skincare** is the product line for you.

Once you've chosen which skincare collection you're going to follow, it's time to start using the products daily so that you instill a habit. Always start with the cleanser, cleansing morning and evening, then follow through with the rest of the products. If you have facial hair you'd like to keep

trim, you have the added luxury of treating your skin to an additional step that's going to help keep your skin happy, even after it's been subjected to a razor! **Aloe Shave** is a luxurious foaming gel that contains multiple moisturisers to leave your skin super smooth and refreshed. Thanks to coconut oil and aloe vera, this shaving gel will become your razor's favourite companion, giving your chin a soothing and invigorating shave that's perfect every time.

Once you've cleaned up your chin it's time to move on to the other products in the range, but remember that **Infinite by Forever** and **Sonya Daily Skincare** can be supplemented by additional products if desired.



## DON'T FORGET FATHER'S DAY

Why don't you treat your dad to some of these amazing products this Father's Day?

(17TH JUNE 2018)



**Gentleman's Pride** is a great moisturiser to use each morning as it doubles up as an aftershave balm that's extremely soothing on freshly shaven and sensitive skin. Feel the icy exhilaration of this unique blend of lubricants and moisturisers combined with pure, stabilised aloe vera gel. With conditioning agents like camomile and rosemary, this popular aftershave will leave behind a fresh and clean masculine fragrance that'll last all day long.

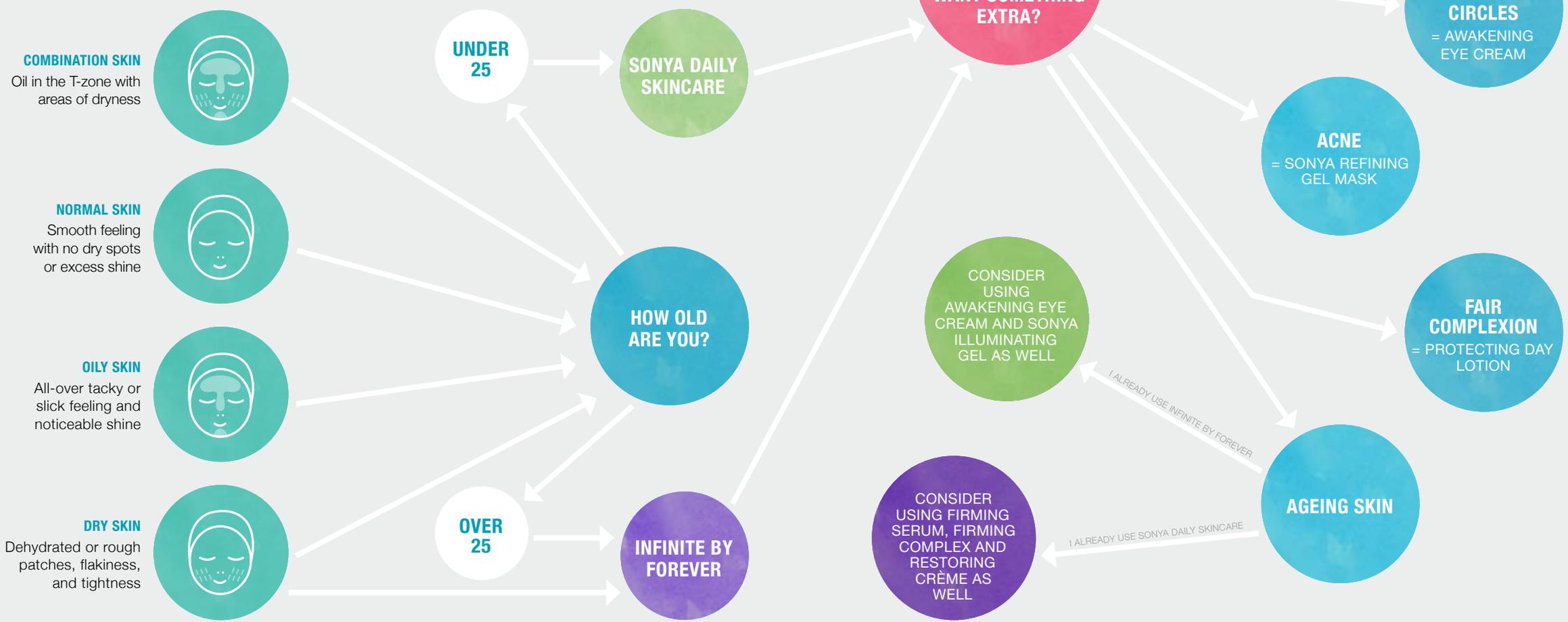
Ideally you should aim to moisturise twice a day after cleansing but obviously an aftershave balm isn't the best moisturiser just before bed. Instead we'd recommend you give **Aloe Lotion** a go. This lightweight cream contains jojoba oil, vitamin E, collagen, elastin and 66% pure aloe gel. Collagen and elastin are perfect for ageing skin and

thirsty skin will love the high aloe content captured in its humble tube. Added apricot kernel oil also helps to create a fine barrier to provide further skin-protection.

Whatever products you choose, consistency is key. Establishing a regular routine is necessary for long term skin-health so try to stick to your skincare schedule daily for noticeable results that last the test of time.

# Find the skincare that's right for you

Keeping your skin healthy has never been easier thanks to Forever's advanced aloe skincare products and ranges that can be tailored to fit your complexion. Use this diagram to determine a personalised routine that's right for you and you'll love the skin you're in each and every day.



# Skincare Trial Results

Infinite by Forever

We decided to put **Infinite by Forever's** anti-ageing properties to the test, so during March, a cohort of Forever customers aged over thirty were invited to trial the **Hydrating Cleanser, Firming Serum, Restoring Crème** and **Firming Complex** for a period of thirty days.

The hardest part for many was the seven-day 'wash out' period ahead of the trial where we asked participants to refrain from using any skincare products. We also asked that they keep makeup to a minimum and preferably foundation-free. For many this was bordering on traumatic, especially as we asked them to come to Forever's Head Office for the pre-trial photoshoot completely bare-faced! A huge thanks to everyone who went outside their comfort zone and fully embraced the trial.

Once the seven-days were complete, participants started to use the cleanser, serum and cream twice a day, also taking two of the supplement tablets daily. At the end of the thirty days, everyone was invited back to Head Office for their post-trial photos as well as a 'thank you' pamper including canapés and bubbles, a massage, makeup and lifestyle photoshoot.

Participants completed a survey post-trial and the results\* have proved impressive with 82% saying they saw a marked improvement in their skin's smoothness, 77% reported an increase in skin brightness and 64% said their skin was firmer. More than half said that they had seen



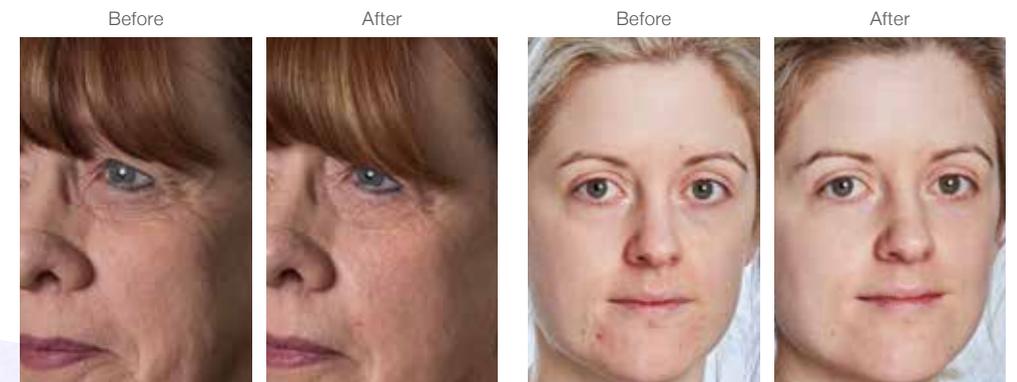
improvements in the appearance of dark spots and uneven skin tone.

We also had some great feedback: Jade said, "I love the products, they feel so light and are absorbed so easily leaving my skin feeling moisturised. Following the trial my skin feels amazing and it looks so much brighter since using the products."

Jan added, "My skin feels amazing and it's so much smoother than before – that's a big improvement in my book!"

Why don't you put **Infinite by Forever** to the test? For more information on this wonderful skincare range, turn to page 36 or speak to a Forever Business Owner today.

\*Statistics correct at time of print



**Featured products:**  
Infinite by Forever Advanced Skincare System | code 553

Hydrating Cleanser | code 554  
Firming Complex | code 556  
Firming Serum | code 555

Restoring Crème | code 558  
To purchase featured products, contact your

Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)

# WHY FOREVER?

Join a company that's

THE LARGEST GROWER,  
MANUFACTURER AND  
DISTRIBUTOR OF  
**ALOE VERA**



ETHICAL  
AND ANIMAL  
FRIENDLY



GLOBAL AND  
OPERATING  
IN OVER  
**150**  
COUNTRIES



CASH RICH AND  
DEBT FREE

ACTIVE IN WORKING WITH  
CHARITIES THAT HELP TO  
COMBAT POVERTY



FOUNDED ON  
FAMILY VALUES  
WITH A PASSION  
FOR PEOPLE



PROUD TO OFFER HIGH  
QUALITY PRODUCTS

KOSHER, HALAL  
AND ISLAMIC  
SOCIETY  
CERTIFIED



VERTICALLY  
INTEGRATED

OFFERING AN OPPORTUNITY  
THAT GIVES YOU...

CONTROL OF YOUR  
INCOME AND CAREER



BONUS AND REWARD  
PROGRAMMES



TRAINING AND SUPPORT

AN INCOME STREAM  
THAT'S UNCAPPED



FLEXIBILITY AND  
TIME FREEDOM



FOREVER

# THE HEART OF THE MATTER.

When Forever started 40 years ago, it was with the idea of people helping each other and sharing in each other's successes. As we've grown beyond our wildest expectations, we've seen the impact that can be had when millions of individuals around the world act as one. We've seen first-hand how people can create a ripple effect when they take the opportunity to reach out and make a difference.

Monika Kele from Romania and Margaret Nong from South Africa may live on different continents, but Forever has still managed to enrich both their situations in incredible ways. At Forever, we often say, "the power of Forever is the power of love" and these stories exemplify that message. Turn over to find out how...

The following stories represent a mere fraction of the people who have had their lives changed by our amazing products, our powerful business opportunity and the dedicated and compassionate people we are proud to have as part of our company.

**"THE POWER  
OF FOREVER  
IS THE POWER  
OF LOVE"**

**THE GREATEST STORY OF ALL: YOURS.**

If you have been impacted by our products, company or by a Forever Business Owner, share your story on social using **#My40Story**.

# WRITING A VERSE FOR ANOTHER VOICE.

When your own dream is deferred, you have two choices: let outside forces continue to hold you down or fight like crazy to get back up the mountain. **Those who choose to fight may even discover their dreams manifested in someone else, and suddenly life takes on an even greater purpose.**

Monika Kele watches from the wings as her younger sister, Brigitta, takes center stage at the New York Metropolitan Opera. The voice that comes out of the classically-trained soprano is enthralling, and it's no surprise that it's earned Brigitta ovations from captivated crowds at the most prestigious theatres around the world.

When Monika sees Brigitta perform, she's reminded of the talent and drive that spurred her sister onto greatness. She also knows the one thing her sister had that she didn't, the thing she worked so hard to provide even as her own dreams of opera stardom were put on hold: opportunity.

Monika grew up in the small town of Oradea, Romania, as one of five children. The Kele kids didn't have much, but they did have a piano in the house and Monika took to it almost as soon as she could talk. Her passion for music was evident from the early days and she was naturally gifted to the point where a career in music seemed like destiny.

Shortly after graduating high school, Monika fulfilled another destiny first – getting married, becoming a mother of three and dedicating her life to her young family. Still, the fire for singing burned brightly as ever and Monika followed her heart to a performing arts university in Romania.

As a student, she excelled. But the financial difficulties her family faced at home made continuing her studies impossible. After just a year in the programme, Monika had to leave her dream behind – temporarily, she thought. Unfortunately, the painful realities of her life would push her hopes further into the rear view mirror.

After returning home, Monika found that she had to quickly become the sole breadwinner in her household. Her husband was wrapped up in studies of his own and didn't have the time – nor, it would seem, the desire – to be as supportive as he needed to be. Monika liked her job as a cantor in a local church and worked extremely hard preparing the children's choir every week, but no cantor in the world can take care of a family by themselves. And Monika was feeling increasingly alone.

The beleaguered single mother had already tried several MLM companies by the time she walked into her first Forever meeting in 1998. This time though, the minor chords of her life turned major in an instant. She found herself surrounded by positivity and enveloped in an atmosphere of support and trust. As she listened to stories that day, she was amazed at how similar they sounded to her own. Maybe, she believed, their successes could be her own too.

Monika's first encounter with Forever brought out a version of her she thought she'd never get to live in again. She was speaking with joy and gratitude, opening up with strangers in a way she hadn't in years. With her newfound enthusiasm, Monika quickly built her team and started travelling to Budapest twice a week to buy products. Even countless hours spent on tedious customs forms felt like a delight compared to where she'd been just months earlier.

Forever represented a rebirth for Monika. Her rapid ascension in the company afforded her the freedom and stability to try again at her big music dreams if she wanted to. Instead, she realised that she had been given so much, so that she could give back to others.

Monika soon earned enough to fully support her children, her parents and her brothers, fulfilling a promise to never let her family down just as Forever had stuck by her side.

And then there was Brigitta, the soprano star. She was still in her twenties when Monika built her Forever business, and the older sister by twelve years was not about to see another opera dream go unrealised.

Not only did Monika encourage Brigitta to follow her own path, she also paved that path with a new house, a new piano and tuition money to study – and complete – her music education.



Fast forward a few years, and the scene playing out at the Met in New York is one that repeats itself all over the world: an older sister beaming as a destiny is realised in the most perfect of ways.

Today, all eyes are on Brigitta. But if anyone from the audience would turn and look at Monika, they would see what strength truly looks like. The gushing smile and relentless optimism are displays of power over a personal hell and signs of victory against depression and abandonment. She's exactly where she wants to be.

**“THE GUSHING SMILE AND RELENTLESS OPTIMISM ARE DISPLAYS OF POWER OVER A PERSONAL HELL AND SIGNS OF VICTORY AGAINST DEPRESSION AND ABANDONMENT.”**

# HOPE LIVES IN MANY PLACES.

**You may set out to solve one problem only to discover an entire system that needs overhaul.**

Matching your means to your desires can become a challenge at that point, but making the courageous choice to continue giving back will bring more goodness into your life and the lives of others.

As far as Margaret Nong was concerned, the public health crisis in South Africa had a marketing problem. Government-made commercials depicted macabre scenes of coffins being lowered into the ground; and while it was true that AIDS was a killer, there was a mis-education being spread that this disease was only affecting the elderly or the infirm.

That was the state of HIV and AIDS awareness in the early 1990s. People knew it as a death sentence and so very little was being done to provide care for those stricken with the disease. Even less help was offered to the families, especially children, of the thousands of mothers who had HIV.

Margaret had a primary school teaching background but was working as a bank teller in 1994 when she came across a two week HIV training course in her hometown of Pretoria. The sign for the course said For Traditional Healers Only, but Margaret believed this was something the entire community needed to know about.

After receiving an education herself, Margaret realised that no one was in a better position to take up the charge for AIDS awareness than she was. She immediately quit her job at the bank and decided to start her own NGO in Pretoria.

In her time spent educating in schools, shopping centres and other gathering spots in the community, Margaret quickly came to understand the real depth of the problem. There wasn't an organisation in South Africa that was offering home based care for AIDS, cancer or tuberculosis, further perpetuating the stigma associated with those affected. Margaret's NGO focused heavily on family support and teaching young people how to cope with the situation they found themselves in.

Schools often called Margaret to tell her that straight-A students were now struggling and withdrawn, many of them refusing to talk to teachers about what was going on. Margaret, who was also training to be a counsellor at the time, listened as kids opened up about their mothers' illnesses and about how they had gone a week without eating. When she visited these homes she would find shrinking, bed-ridden mothers surrounded by neglect.

Margaret's own awareness of the problem's scope escalated along with HIV's prominence in the community. Those who were taken to hospice to receive care had to go to the one facility in Pretoria and often died far away from their families. Plugging one hole in the dam sprouted new leaks, but Margaret was determined to stem the tide.

In 2005, Margaret petitioned the government once again, this time for a new hospice she named the Place For Peace. She also started an orphanage that could accommodate children whose parents were spending their days in hospice care. Even then, these solutions revealed brand new problems. Home break-ins became a major issue with no one in the house during the day. Kids were still undernourished and struggling in class. The bus system didn't have an orphanage to school transfer service. The list went on.

**"THE HOSPICE TRANSFORMED FROM A PLACE SICK PEOPLE WERE SENT TO LIVE OUT THEIR FINAL DAYS TO A PLACE WHERE FAMILY MEMBERS HAD HOPE OF BRINGING LOVED ONES BACK HOME LATER."**

But who better to solve these problems than Margaret?

The next initiative was a drop-in center where children could go in the morning, get their school uniform, have a real breakfast and shuttle off to school. After school, they could go back to the centre, have their uniform cleaned and get help with homework before going home. It was also a place where Margaret helped mothers write living wills and provided food and basic supplies from local stores for weekends and holidays.

South Africa and the entire region learned more about terminal illnesses as the years passed, but that didn't make running the hospice any easier. An influx in the foreign population in the 90s crowded the facility and even made the issue of proper burials problematic. Once again, Margaret fought for the dignity of every individual in her care and worked with the government and local religious figures to ensure everyone was treated with respect.



Patients in the hospice began paying basic attention to their own health for the first time and getting the support they needed from staff. Gradually, two out of ten became eight of ten. The Place For Peace transformed from a place sick people were sent to live out their final days to a place where family members had hope of bringing loved ones back home later. Margaret was even making house calls to give products away for free if the situation called for it. Giving back had been its own reward for almost 20 years, and having access to Forever's network and products didn't change that one bit.

Once Margaret went to her first success day in the nearby town of Alberton in 2010, she saw how taking on the business would be the final piece of her mission. She always trusted that by enabling members of her community to have a better life, the money would come – and here was her opportunity.

Today, every institution Margaret opened is working better than ever. The South African government took over the home-based care programme from the NGO, and the

orphanage and hospice are now run by the city. Margaret continues impacting lives through all of her organisations by raising money for food, stationery and supplies for the orphanage and delivering groceries and donating Forever products to the hospice.

Despite all that she had done and was doing for the community, Margaret still felt like she was falling short. She estimated that only two in ten people who passed through the Place For Peace were returning home to be with their families; the rest passed away in her hospice. She prayed every night for a way to turn those numbers around, to give a better life to more people.

Her prayers were answered in late 2009. A friend of Margaret's grandchild presented the opportunity of Forever, and when Margaret read about the health benefits of aloe vera she again took it upon herself to learn everything she could. She wanted to get her hands on as much product as she could, not caring so much about the business aspect at the time. And what Margaret wants, Margaret gets.

Through it all, Margaret stayed where she feels most comfortable: out of the spotlight. That became a little more difficult after Margaret was named to the prestigious Forever Global Leadership Team in 2018, an honour well-deserved for someone who works so tirelessly from the heart to do what she believes she was ordained to do.

The magnitude of the problem facing her community was almost incalculable at first, but who better to take on the challenge of lifting up an entire population than Margaret?



Discover

**Aloe**  
*as nature intended*

**Natural produce, sustainably sourced meat and Fairtrade products have increased in demand over recent years, so it's unsurprising to see companies trend towards a farm-to-table explanation for the origin of a product's ingredients.**

People want to know – and deserve to know – where their food and drink comes from, which is why Forever Living is proud to say that a plant-to-product philosophy is the way that we've always done business, not because it's 'cool', but because one of our core principles is a belief in doing things right.

We are a vertically integrated company, and this means we not only own the manufacturing and distribution operations, but also the physical ground where our aloe grows. We are so confident in our process and the quality products that it produces, that we consider ourselves 'The Aloe Vera Company', and after reading more about this process and the purity of our produce, we think you will too!

# From plant...

From the moment our aloe is rooted in the ground, we ensure every single plant is carefully nurtured to ensure the thick, green leaves grow plump and strong. Once the lower leaves reach maturity, after about a year, we harvest each one by hand. Only the leaves that have reached full maturity are harvested to ensure we can extract the largest amount of pure aloe vera gel.



After removal from the plant, each leaf is transported to our onsite processing station for washing and filleting. We wash each leaf twice before filleting it by hand; hand filleting ensures that the rind is fully removed and only the nutritious inner leaf gel is left. Next the aloe vera gel passes through several quality check stations and any anomalies are removed before it travels to the aseptic tank for processing. This whole process is completed within six hours of harvesting to ensure all of the aloe's beneficial properties remain intact.

During the aseptic process the aloe is flash heated to lock in the benefits and freshness, while safely reducing bad bacteria without the need for preservatives. This process ensures the final product tastes as fresh and is as nutritious as possible. The pure aloe gel is then bulk packed into large totes for transportation to one of our manufacturing facilities.



# To product...

Over eight million gallons of aloe vera gel passes from our plantations to our manufacturing facilities each year. Aloe Vera of America, located in Dallas, Texas, is the manufacturing hub for our entire aloe operation around the world. This state of the art facility boasts the latest in manufacturing technology, product labs, and product research and development.



Once our bulk gel reaches the manufacturer, additional ingredients are added as required by our proprietary formulas. With 99.7% inner leaf gel, **Forever Aloe Vera Gel** is as close to cutting open a fresh aloe vera leaf as you can get! Other formulas include **Forever Aloe Berry Nectar** and **Forever Aloe Peaches** which are flavoured with fruit juices and concentrates for a fruity, delicious taste.

The product is tested to make sure it meets all product specifications and is then flash heated a second time. This ensures that any of the added ingredients haven't introduced anything into the formula that could compromise its quality or integrity. From here the formula heads to the packaging line.

Each Tetra Pak package is flat until filled with Forever's aloe vera drinks. This sterile packaging is moulded and crimped into the Tetra Pak shape as it's filled; once full the cap is added in a vacuum sealed sterile chamber. Final quality inspections are performed, and our aloe drinks are released for shipment with all the goodness sealed inside.



# To you...

Regional distribution centres at Aloe Vera of America and Forever Direct in the Netherlands supply Forever products to over 158 countries around the world. Owning our own distribution has allowed us to control lead times, reduce cost and assure our stringent quality standards are upheld throughout our distribution channels. These facilities provide bulk replenishment to smaller distribution globally, and

now ship directly to customers in twelve countries! A complex system of cutting edge technology ensures that each product you order is carefully packaged together in the most efficient way, guided by our exemplary teams who take pride in being part of this significant supply chain. Once filled, each package is carefully reviewed for accuracy and sealed with care to make sure that it arrives safely to your door.

Our 'from plant, to product, to you' philosophy ensures that we can control the cost, and most importantly the quality of our products at every step of the process, and this means that you can feel confident in knowing that you are getting the very best product – from plant, to product, to you.



#### Featured products:

- Forever Aloe Vera Gel | code 715
- Forever Aloe Berry Nectar | code 734
- Forever Aloe Peaches | code 777

To purchase featured products, contact your Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)

# Forever and YOU

Forever loves snooping on social media to see whether you've tagged us in posts, and we also love answering your questions. Follow this top advice and prepare to embrace every minute of the great outdoors this summer...



**Q:** I love jogging around my local park, especially in the summer, but since entering my 50s i have found it a lot harder. What do you recommend?

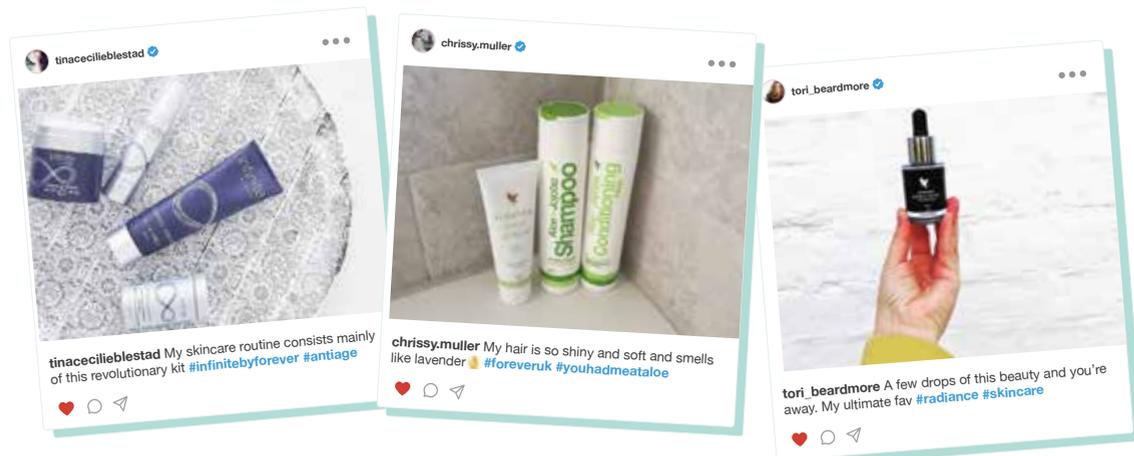
**A:** As you age, regular exercise can take its toll on your joints and energy levels, but actually, frequent exercise is even more important as it'll help keep you fitter, healthier and active for longer. If you need additional support, try adding supplements to your diet as you're bound to notice a difference. We recommend **Argi+** as added vitamin C is what you need to help contribute to the reduction of fatigue, while its vitamin D content will help maintain normal muscle function. We also recommend you try **Forever Move**. This impressive supplement combines natural eggshell membrane (NEM) with turmeric – two ingredients that sports and fitness enthusiasts rave about. Why don't you see what difference it makes for you?



**Q:** Will shaving my legs make my tan fade faster?

**A:** You may be surprised to learn that this concern is actually a longstanding myth and old wives' tale. In fact, frequent shaving can emphasise your tan since the very act of shaving removes dead skin cells to reveal fresh and glowing skin. With every shave you'll reveal a sunkissed glow that's the envy of many, but it's also important to ensure you embrace skincare that is going to treat your skin kindly. Never ever dry shave as your skin requires a protective barrier to minimise risk of nicks and cuts, and, since shaving can result in dry skin, you'll want to use a shaving foam that's rich in moisturisers. **Aloe Shave** is definitely the shaving foam you want by your side this summer as it's guaranteed to leave your skin pampered, protected and moisturised, with a beautifully close shave.

We'd love to hear your tips, answer your questions and share your posts. Please email [editorial@flpuk.net](mailto:editorial@flpuk.net) for your chance to feature in the next issue.



Featured products:  
 Infinite by Forever | code 553  
 Forever Aloe Scrub | code 238  
 Aloe-Jobba Shampoo | code 521  
 Aloe-Jobba Conditioning Rinse | code 522  
 Forever Alpha-E Factor | code 187  
 Argi+ | code 473  
 Forever Move | code 551  
 Aloe Shave | code 515

To purchase featured products, contact your Forever Business Owner today or visit [foreverliving.com](http://foreverliving.com)

# Fitness is on the move.

**F.I.T.**<sup>™</sup>  
 Look Better. Feel Better.

Keep track of your progress wherever you go with the Forever F.I.T. app.



FOREVER

Download today from Google Play or the App Store.

Forever is a member of the Direct Selling Association (DSA).

# Pure. Natural. Nutritious.



These cleansing and purifying aloe drinks are high in antioxidant vitamin C, which contributes to the protection of cells from oxidative stress, to the normal function of the immune system and to a normal energy-yielding metabolism. Available in a variety of flavours and with brand new packaging, Forever's aloe gels are a powerful choice.

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

[www.foreverliving.com](http://www.foreverliving.com)

Facebook: [ForeverUK](#) | [/foreverireland](#) | [@OfficialForever](#)  
Twitter: [@OfficialForever](#)  
Instagram: [@flpireland](#) | [/ForeverUK](#) | [/foreverirelandHQ](#)

Forever Business Owner: [\[Link\]](#)



code: 01458