

# The beauty of the bath

There's something about water that's inherently soothing. You can literally feel the stress and worry floating away during those few moments of all-too-rare personal time in your morning shower or evening bath.

Harsh, detergent-based soaps and bubble baths can have drying effects on the skin, so base your bathing routine on the Weleda Bath Milk range, which combines the purest natural ingredients and organic oils to delight your body, soul and senses – whatever your mood.

- Lavender Relaxing Bath Milk is the ideal way to unravel wound up tension and soothe your spirit at the end of a long day. Its calming fragrance helps to relax the body and mind and promotes a peaceful night's sleep.
- Aromatic Pine Reviving Bath Milk has a warming effect on the muscles and a regenerating effect on the soul and spirit. Perfect on a cold winter's night and to ease breathing during colds and flu.
- Rosemary is traditionally regarded as an energising and mentally stimulating herb. Rosemary Invigorating Bath Milk drives away feelings of tiredness and leaves you feeling revitalised, so it's the perfect start to your day whether used in the shower or bath.
- Lemon oil naturally regulates the skin's pH balance, tightening and toning skin while it purifies and cleanses, leaving your skin smooth, soft and revived. Citrus Refreshing Bath Milk is uplifting, especially after exercise.
- For the ultimate in luxury and romance, add the delicate aroma of wild rose to your bathtub or spa. The unique combination of rosehip, jojoba and olive oils in Wild Rose Cream Bath leaves skin feeling supple and satiny smooth, supports skin elasticity and helps repair damaged, dry skin.

## WIN a WELEDA FAVOURITES pack

For your chance to win one of five Weleda favourites packs, valued at over \$150, simply read the Weleda quality information below and answer the questions.

The first five correct entries drawn on 8 June 2010 will receive a Weleda Favourites pack containing: Arnica Massage Oil 100ml, Everon Lip Balm 4.8g, Foot Balm 75ml, Organic Blackthorn Elixir 100ml, Salt Toothpaste 75ml, Citrus Creamy Body Wash 200ml, Sea Buckthorn Hand Cream 50ml and Skin Food 75ml



### Questions:

1. Does Weleda use any synthetic fragrances in their products?  
Yes / No
2. Where are the organic and biodynamic Weleda gardens?
3. Does Weleda maintain strict quality control procedures during and after production?  
Yes / No

Visit [www.foreverybody.com.au](http://www.foreverybody.com.au) and select either the Australian or New Zealand for *Every Body* magazine (depending on where you live) to enter the Weleda Favourites Competition. Entries close 31 May 2010. Winners will be notified via email.



## PURE WELEDA QUALITY

### Pure cultivation

We use only the purest materials – grown biodynamically, organically and naturally – in our own gardens in Europe and New Zealand and through our unique partnerships with farmers throughout the world.

### Pure ingredients

Weleda body and facial care products are formulated naturally, without the use of synthetic fragrances, colours and preservatives. We do not test our body care products on animals and formulations are free of genetically modified organisms.

### Pure processing

After harvesting, we process and combine raw materials according to holistic criteria, with slow and careful hand processing, so that we can maintain the vital essences of the plants as much as possible.

### Pure cooperation and fair trade

Weleda participates in cultivation projects to support the sustainable development and recovery of the living organisms of the earth.

### Pure quality

Weleda's quality control procedures include careful scrutiny of all raw materials in order to maintain strict standards. Regular inspections also take place during and after production to guarantee our customers the highest quality formulations.