

## EMPOWER & INDULGE



# A STEP-BY-STEP GUIDE

Welcome to a routine that goes beyond products and embraces your unique journey as a woman. We understand that at times, especially during your cycle, you may feel less than best – and that's completely normal. Let this routine be your sanctuary, where each step invites you to pause, reflect and indulge in the experience. By the end, you'll emerge feeling and looking truly radiant.

## STEP 1



### SET THE MOOD

Slip on your White Cotton Headband to keep your hair away from your face. Turn on your Wanderbliss Diffuser to create the perfect backdrop for relaxation.

## STEP 2

### NOURISH & BALANCE

Mix a few drops of Progenesis Phyto Plus with Young Living V-6® Enhanced Vegetable Oil Complex in your Silver Dropper Bottle. Apply and gently massage into your stomach, feet, or inner thighs to promote feelings of relaxation, harmony, and balance. Avoid applying to the same area two days in a row. Limit to two applications per day.



## STEP 3

### HYDRATE & FIRM



Massage Sandalwood Boswellia Firming Cream onto your face and neck, allowing its rich formula to deeply hydrate and tone. For extra moisture, add a couple of drops of Vanilla to your cream.

## STEP 4

### TONE & TIGHTEN

Using the Face Roller, gently glide over your face and neck to enhance absorption, and stimulate the skin surface for a fresh, glowing appearance. Repeat every day to notice a difference.



## STEP 5



### INDULGE IN COMFORT

Breathe in the warm, sweet aroma of Vanilla, letting it envelop you in calm and comfort. Apply a few drops to your wrists and neck to carry that soothing scent with you.

# WANT SMOOTHER SKIN IN JUST 4 WEEKS?

SANDALWOOD BOSWELLIA FIRMING CREAM IS YOUR ANSWER!



*Hydrating shea  
butter & sodium  
hyaluronate*



*Paracress  
flower & edelweiss  
cell culture*



*Sea fennel retinol  
alternative*



*Swiss  
fermented  
grape extract*



*Skin-tightening  
Peruvian carob*



*Nine skin-loving  
essential oils*



## CONFIDENCE IN EVERY APPLICATION

### **Confidence in your skin**

Unlock radiant, smooth-and-supple-looking skin effortlessly.

### **Confidence in your choices**

Embrace uncompromised beauty with our vegan-friendly, cruelty-free formula.

### **Confidence in nature**

Premium ingredients straight from nature deliver results in just four weeks!



## Progescence Phyto Plus

Progescence Phyto Plus was thoughtfully designed for women, featuring wild yam extract and a blend of Frankincense, Bergamot, and Peppermint essential oils. This calming aroma promotes relaxation, balance, and harmony, while the formula helps to nourish the skin for a clear, radiant-looking complexion.



## Vanilla

Vanilla oleoresin offers a warm, sweet aroma that evokes comfort and nostalgia. Sourced from Madagascar, this premium vanilla is carefully extracted using a unique method that preserves its rich, classic scent. When applied topically, it creates a calming, warm atmosphere.



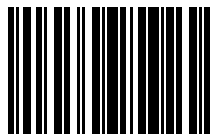
## WanderBliss Diffuser

Embrace wanderlust with our WanderBliss Diffuser in a calming sage green hue. Symbolising nature and growth, sage evokes a sense of tranquillity and connection to the earth. Its portable design allows you to easily move it from room to room or on your travels, bringing soothing serenity wherever you go.



## Young Living V-6®

Young Living V-6® Enhanced Vegetable Oil Complex is an odourless, colourless carrier oil that moisturises and nourishes dry skin. Perfect for diluting essential oils, creating custom massage blends, or DIY recipes, Young Living V-6® is a versatile, non-greasy, and fast-absorbing option for all your skincare needs.



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