



30 DAYS TO HEALTHY- LOOKING SKIN

Arbonne Is Healthy Living
INSIDE AND OUT



THE ARBONNE ADVANTAGE

A holistic approach to healthy living, inside and out, with cleaner formulas for better skincare results and plant-powered nutrition.

From the beginning, Arbonne has developed **PURE** products with botanically based ingredients in **scientifically tested formulas**. We combine the best of science and nature to produce formulas that deliver incredible results.

The combination of Arbonne **skincare** and **nutrition** can truly transform you from the inside out, and most importantly, deliver noticeable **results** that you will want to share.

Arbonne **skincare** and **nutrition products** are:

- Made with botanically based ingredients
- Certified vegan*
- Certified gluten-free*
- Clinically tested

Arbonne **nutrition products** are:

- Plant-powered with standardized extracts
- Formulated with non-GMO ingredients
- Formulated without dairy, soy, nuts, common allergens, and artificial colors, flavors and sweeteners

*Some product certifications may vary



Our mission is to continually challenge our Ingredient Policy; and to innovate, ideate and introduce new products that remain at the cutting-edge of industry excellence.

HEALTHY AGING

The skin ages in two ways: **biological** or intrinsic aging, and **environmental** or extrinsic. A comprehensive skincare approach addresses both biological and environmental factors.

Healthy-Aging Skin Challenges*

- Production of collagen and elastin slows down a dramatic 65% between ages 20 and 80. Every year from age 20 on, collagen production slows by an additional 1%.
- Thickness of the skin decreases 6% every 10 years.
- The sun causes 90%–95% of the wrinkles, lines, as well as brown, red and white discoloration on our bodies.
- Cell turnover slows which can lead to dehydration and dryness.
- Repetitive movements, such as frowning, squinting, or cigarette smoking can form permanent wrinkles.
- Menopause can trigger a 30% reduction in collagen and a dramatic increase in dryness and dehydration.
- Gravity, along with a decrease in collagen and elastin production, causes skin to sag.
- Biological or hereditary factors account for 10% of skin's aging.
- Environmental factors such as smoking or second-hand smoke, excessive alcohol use, and poor nutrition can lead to visible signs of aging such as wrinkling, sagging, discoloration, pigmented skin spots, thinning skin, and spidery lines.
- Free radicals from UV exposure, pollution, smoking, stress, and normal metabolic processes can cause changes that lead to the degradation of skin's collagen and elastin.

ENVIRONMENTAL FACTORS START CHANGING THE SKIN BELOW THE SURFACE

What this means is that even before you can observe the signs of aging, changes are already starting to occur. This can be minimized with UVA / UVB protection every day along with a skincare regimen. Your skin's needs will vary as you age but the need for twice-daily, targeted care will always remain the same if you want to support healthy-aging and maintain healthy-looking skin.

Maintenance and protection are critical to healthy-aging, which means that you have and are able to maintain healthy-looking skin.

HEALTHY-LOOKING SKIN

We all want healthy-looking skin — but what does that mean? We've identified **6 key attributes** of skin that's healthy-looking in overall appearance:

- Radiance
- Firmness
- Hydration
- Reduction in the appearance of dark spots
- Smoothness
- Reduction in the look of fine lines and wrinkles

*American Academy of Dermatology

SKINCARE ADVANTAGE

Gold standard ingredients, balanced with the best botanical and scientific ingredients, deliver significant visible results.

YOUR TWICE-DAILY SKINCARE REGIMEN

Healthy-looking skin isn't an accident — it's a result of **understanding** your skin type and creating a **skincare** and **nutrition regimen** to meet your needs. Your Arbonne Independent Consultant can help you personalize a regimen for healthy-looking, beautiful skin and **overall wellness**.

It's as simple as **cleanse – treat – protect**

STEP 1: CLEANSE

Cleansing is the first step to healthy-looking skin. Gently cleanse your skin twice a day — morning and evening — to remove dead skin cells, makeup, oil and debris. When your skin is clean, it allows other skincare products to work better.

STEP 2: TREAT

Treatment comes in many forms, most commonly serum, eye cream and facial masks. Serums deliver targeted ingredients depending on needs, such as healthy-aging, or soothing. Serums also deliver key ingredients that help refresh, rejuvenate and renew skin's appearance.

Eye creams can reduce the appearance of puffiness, smooth the look of fine lines, brighten dark circles, and replenish moisture. The skin around the eyes is delicate and thin; it loses moisture rapidly, so it needs to be treated gently.

Facial masks offer targeted treatment options to help you address any skincare concerns. A mask can help hydrate, improve the appearance of pores, or remove excess oils and impurities to help improve skin's appearance.

STEP 3: PROTECT

Both hydration and protection are critical for a soft, smooth complexion, even for oily skin. Select the appropriate day and night moisturizers for your skin type.

- Day cream with SPF delivers hydration and other skincare benefits such as healthy-aging and oil absorption, as well as broad spectrum UVA/UVB protection.
- Night cream contains key ingredients at effective levels to support skin's natural nightly restorative process and provide moisture barrier protection during sleep.

WHAT ARE YOUR HEALTHY-AGING SKINCARE NEEDS?

Healthy-Aging



ARE YOU LOOKING TO ADDRESS THE APPEARANCE OF FINE LINES, WRINKLES, DRYNESS, AND LOSS OF RADIANCE?

The **RE9 Advanced** anti-aging collection is the solution for a more radiant, healthy-looking you.

The Arbonne Advantage

Cleaner formulas featuring gold standard ingredients deliver even better results, with clinically tested performance.

“Gold standard ingredients are those commonly used in dermatology skincare products to support the appearance of facial rejuvenation.”

Christopher Zachary, MD, MBBS FRCP

Arbonne Scientific Advisory Board

Healthy-Aging for Men



The **RE9 Advanced for Men** collection is the solution to address the unique needs of a man's skin, including healthy-aging and grooming.

The Arbonne Advantage

Next generation science and cleaner ingredients come together to produce powerful results for the unique needs of men's skin.

Sensitive Skin



ARE YOU MANAGING SENSITIVE SKIN THAT IS PRONE TO REDNESS, IRRITATION OR SENSITIVITY?

The **Calm** collection is your solution to help you make peace with your sensitive skin.

The Arbonne Advantage

Extra gentle, non comedogenic products free of color and fragrance work together to relieve skin sensitivity, dryness and tightness.

Acne-Prone Skin



ARE YOU TRYING TO CONTROL OR ELIMINATE PERSISTENT ACNE BREAKOUTS?

The **Clear Future** collection was developed as a complete system to clear up acne blemishes and help prevent new acne blemishes.

The Arbonne Advantage

An acne-fighting skincare regimen, powered by salicylic acid and efficacious botanicals combined with prebiotics, delivers skin that looks more even-toned and healthy without over-drying.

If your skincare needs fall in more than one category, start with the collection that most closely targets your skin and add additional products from other collections to specifically target your additional concerns.

RE9 ADVANCED®

For Healthy-Aging

DAILY REGIMEN

Smoothing Facial Cleanser: Rich, pearlescent cream formula gently washes away makeup and impurities to leave skin smooth and refreshed; ideal for healthy-aging.

Regenerating Toner: Prepare skin for the next step in your regimen with this non-drying, gentle mist toner.

Intensive Renewal Serum: Antioxidants, essential botanicals and peptides work synergistically with the formula to protect the skin's surface from future signs of aging and restore a youthful-looking glow.

- **Corrective Eye Cream:** Reduces the appearance of key signs of aging seen on the fragile skin around the eye, including puffiness, fine lines, deep wrinkles, and dark circles.
- **Lifting and Contouring Eye Cream:** Redensifies, lifts, tones, and firms the look of skin, resulting in the appearance of a tighter, more rejuvenated look of the skin around the eyes.
- **Restorative Cream Broad Spectrum SPF 20 Sunscreen:** Collagen-supporting ingredients along with botanicals moisturize while protecting skin from UVA/UVB rays and other environmental aging factors.
- **Extra Moisture Restorative Cream Broad Spectrum SPF 20 Sunscreen:** Ultra-hydrating cream moisturizes deeply while protecting skin from UVA/UVB rays and other environmental aging factors.
- **Restorative Cream (Non-SPF):** Multipurpose formula provides critical moisture to hydrate, smooth and firm skin's appearance while helping reduce the appearance of fine lines and wrinkles.
- **Lifting and Contouring Cream Broad Spectrum SPF 15 Sunscreen:** Targets skin elasticity for a firmer, more lifted appearance, and protects with a mineral physical sunscreen that provides UVA/UVB protection.

Night Repair Cream: Ultra-hydrating cream works overnight to deliver soft, supple skin by replenishing moisture and providing essential nourishment while you sleep.



TARGETED CARE



Cellular Renewal Mask: Gently exfoliates to minimize the look of pores while improving skin radiance, tone and texture.

Age-Defying Neck Cream: Visibly tones and tightens the neck and décolleté, smoothing the appearance of fine lines and wrinkles.

Instant Lift Gel: Works instantly to make skin feel firm and look lifted.



BODY CARE

Retexturizing Serum in Lotion: Offers gentle exfoliation of the skin's surface along with hydration to remedy the appearance of dryness and flakiness, leaving skin soft and touchably smooth.

Firming Body Cream: Supports collagen and promotes the appearance of firmer, smoother skin.



RE9 ADVANCED®

CLINICAL RESULTS

It's time to uncover a more radiant, younger-looking you. Our premium healthy-aging skincare line integrates beneficial **scientific ingredients** and **botanicals** to deliver **clinically tested**, unbiased, totally **visible results**. So read on — the outcome speaks for itself.



BEFORE



AFTER

Image taken 30 days after use of the new RE9 Advanced Collection



BEFORE



AFTER

Image taken 30 days after use of the new RE9 Advanced Collection



RE9 Advanced Corrective Eye Cream and Intensive Renewal Serum

After 3 days

79% of subjects had improvement in radiance.

After 30 days

79% showed improvement in crow's feet.

93% had improvement in skin smoothness.

96% showed improvement in skin firmness.

100% had improvement in skin elasticity.

Clinical study of 28 participants using the RE9 Advanced Corrective Eye Cream and Intensive Renewal Serum. Results compared to baseline.

RE9 ADVANCED.® FOR MEN

For Healthy-Aging



DAILY REGIMEN

Micro-Exfoliating Cleanser: Invigorating formula cleanses, soothes and exfoliates to help prepare skin for shaving and prevent ingrown hairs in one easy step.

Eye Repair Cream: Specially formulated to hydrate skin around the eyes, reducing the appearance of fine lines, wrinkles and crow's feet while providing soothing hydration to reduce puffiness, along with brightening to help reduce the appearance of dark circles.

Anti-Aging Moisturizer Broad Spectrum SPF 15 Sunscreen: Refreshing, lightweight, hydrating formula easily absorbs for maximum daily skin protection combined with healthy-aging care.

Shave Cream: Luxurious, hydrating formula softens facial hair and conditions skin for a close, smooth comfortable shave with less irritation.

After-Shave Soothing Lotion: Lightweight lotion absorbs quickly to comfort skin, leaving it feeling soft and smooth.



ARBONNE INTELLIGENCE® GENIUS ULTRA®



THE **ARBONNE** ADVANTAGE

Only Arbonne offers a skincare tool that utilizes safe, effective ultrasound technology together with our skincare products to significantly improve your results, backed by clinically measured improvements.

Got A Minute?

By pairing the Genius Ultra with your favorite Arbonne products and using it for just a few minutes a day, you'll start to see results — after just one use.



Maxine, Arbonne Client

RE9 Advanced Lifting and Contouring Eye Cream used for one minute with the Genius Ultra. Waited minutes between before and after.

When you use Genius Ultra as a part of your twice-daily Arbonne skincare regimen, the results get even more amazing. Visit geniusultra.arbonne.com for more results photos and information.

The choice is simple: If you want even better, faster results from your Arbonne® skincare, you need to start using the Genius Ultra right away!

ARBONNE INTELLIGENCE®

For Targeted Care

Genius Nightly Resurfacing Pads & Solution:

Gently exfoliates to promote cellular turnover at the skin's surface and brightens to help significantly reduce the appearance of fine lines and dark spots with our proprietary retinoid solution. Can be used before any of our serums, for maximum benefit.

Nourishing Facial Oil: Fast-absorbing and non-greasy, instantly replenishes the skin with essential moisture while working to repair the appearance of fine lines and wrinkles.

Lip Treatment: Targeted formula helps soften the appearance of fine lines on the lips and contours, helping lips feel replenished, hydrated and moisturized. Also enhances the appearance of lip volume and multitasks as a primer for lipstick or gloss.

Rejuvenating Cream: Botanical emollients deeply moisturize, soothe and soften the entire body. Ideal for dry, dehydrated-looking skin.



ARBONNE INTELLIGENCE®

GENIUS NIGHTLY RESURFACING PADS & SOLUTION



Our nightly skin resurfacing pads with a “fresh pour” active solution deliver the ingredients in their most active form to remove the dead, rough layer of skin. Help maximize absorption of the products in your nightly skincare regimen.

CLINICAL RESULTS

In 2 weeks

100% showed improvement in the appearance of skin moisture, firmness and elasticity.*

82% said they loved how the treatment was less irritating than a chemical peel or exfoliating scrub.**

In 8 weeks*

100% showed improvement in the appearance of depth and width of wrinkles and fine lines.*

80% showed significant improvement in skin clarity and blotchiness.*

82% said after using this product, they found their skin to be softer and smoother.**

*Based on a clinical instrumental study of 50 subjects

**Based on a 4-week consumer perception study

“Topical retinols, which are vitamin A derivatives, have been an important part of anti-aging skincare for many years. They are the one thing that have been proven to support collagen remodeling long term, leading to a decrease in the appearance of fine lines and wrinkles, as well as helping with acne, brown spots, and overall skin texture. When used correctly, topical retinols can lead to an overall radiance of the skin and more youthful appearance.”



Dr. Naissan Wesley
M.D., F.A.C.M.S. CV and
Arbonne Dermatology Advisor

CALM

For Sensitive Skin

DAILY REGIMEN

Gentle Daily Cleanser: Extra-gentle, sulfate-free cleanser gently washes away makeup, excess oil and dirt without irritating or over-drying skin; ideal for sensitive skin.

Soothing Facial Serum: Lightweight soothing treatment locks in moisture to leave skin feeling hydrated and supple.

Soothing Eye Gel: Reduces the appearance of puffiness with gentle hydration applied with a cooling roller ball.

Gentle Daily Moisturizer: Soothing, refreshing, hydrating moisture relief for tight, dry, uncomfortable skin.



CLEAR FUTURE®

For Acne

DAILY REGIMEN

Deep Pore Acne Cleanser: Gentle cleanser removes excess oil and reduces shine without stripping skin of natural moisture, leaving it feeling soft. Salicylic acid reduces the number of acne blemishes, while sage extract soothes and conditions, creating a more even-toned complexion.

Corrective Acne Treatment Pads: Exfoliate dead skin cells and wipe away surface bacteria to clear up acne blemishes, diminish pore size and reduce excess oil.

Mattifying Acne Treatment Lotion: Salicylic acid dries and clears acne blemishes, joining forces with a lightweight, non-oily lotion to add moisture without shine, absorbing oil while soothing and preventing dryness.

Intensive Acne Spot Treatment: Fast-acting formula penetrates pores to dry up acne blemishes, resulting in improved appearance of skin tone.

Soothing Overnight Mask: Lightweight mask calms, soothes and hydrates skin, and even minimizes redness.



RESCUE & RENEW

For Detoxifying Self-Care

TARGETED CARE

Detox Face Mask: Oil-pulling technology helps unclog pores by drawing out impurities, dirt and oils from the surface of the skin helping the skin appear brighter and promoting the look of smoother, softer, refreshed skin.

BODY CARE

Detox Bath Soak: Quick-dissolving sea salt crystals help remove surface impurities and cleanse the skin, while turmeric root extract helps boost radiance.

Detox Scrub: Gently sloughs away dry, dead surface skin cells and impurities while cleansing pores of excess oil to reveal radiant, brighter-looking skin.

Detox Wash: Invigorating body cleanser infused with grapefruit and orange essential oils helps improve the look of skin tone with hydration and skin conditioning.

Detox Oil: Supports skin firmness and tone with extra nourishment from hydration.

Detox Lotion: Helps improve the appearance of dull, tired-looking skin, leaving it looking soft and smooth.

Detox Gelée: Cooling gel helps soothe tired muscles, as well as provide hydration.



HEALTHY-LOOKING SKIN FROM WITHIN

When you feel good you look good, especially when you **combine** exceptional **skincare** and **nutrition**. Your body works as a system where every function is connected. Diet and nutrition play a large role in how you feel on the **inside** and how you look on the **outside**.

The skin is the body's largest organ and also the largest organ of detoxification. It's important to support skin with a skincare regimen and also to incorporate proper diet and supplements to help support skin with nourishment from within. A healthy digestive system helps ensure you are absorbing nutrients effectively, which helps nourish the skin from the inside out.

NUTRITION SUPPORTS HEALTHY-LOOKING SKIN

- **Boost good bacteria with probiotics:** The digestive system naturally has billions of bacteria, like the skin. Digestive health can be supported by promoting growth of good bacteria, along with lowering the amount of harmful bacteria. Probiotics provide strains of good bacteria to help replenish and support the digestive tract. These good bacteria help support the immune system from the inside out.
- **Optimize digestion:** The body's overall health is connected to how foods are digested.
- **Supplement your diet with digestive enzymes:** This helps the body process foods more effectively and the digestive system function optimally. Digestive enzyme levels decline with age, so a supplement can be necessary to support good function.
- **Get plenty of nutritious fiber:** Fiber helps keep things moving in the digestive tract and promote healthy gastrointestinal functioning. The average American only consumes about half of the 28 grams of fiber recommended daily.
- **Add healthy fats to your diet:** Research demonstrates most people aren't consuming the needed levels of essential fatty acids, such as omega-3.
 - Minimize trans fats and saturated fats that could contribute to an unhealthy vascular system, which may impact other parts of the body, such as the skin.
 - Include plenty of healthy fats such as olive oil, coconut oil, avocados, nuts, omega-3-rich seeds, and fatty fish such as salmon, tuna or white fish.
 - Take an omega-3 supplement to help balance essential fatty acid levels in your diet.



NUTRITION ADVANTAGE

Plant-powered, **nutrient rich products** that are cleaner for better results, following a **strict ingredient policy** that is always **gluten-free, vegan** and formulated **without GMO** ingredients.

Digestion Plus: Supports digestive health with a blend of prebiotics, *Bacillus coagulans*, and enzymes.⁰

Daily Fiber Boost: Delivers 12 g of fiber per serving to support good digestive health.⁰

Herbal Detox Tea: Delicious herbal tea helps support the liver and kidneys.⁰

Protein Shake Mix: Delicious plant-based protein shakes, in Chocolate or Vanilla, contain 20 g of plant protein, as well as vitamins, minerals, flax seed, and a unique botanical blend.

Energy Fizz Sticks: Support energy with vitamins and botanicals, available in Citrus or Pomegranate.⁰

Greens Balance: Offers prebiotic fiber, a variety of phytonutrients and antioxidants to help support a healthy digestive system.⁰

Omega-3 Plus: Delivers effective daily levels of omega-3 fatty acids from flaxseed oil ALA as well as algae-derived DHA.⁰

For more healthy lifestyle and nutrition tips, ask your Independent Consultant about the 30 Days to Healthy Living and Beyond Guide.



⁰These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

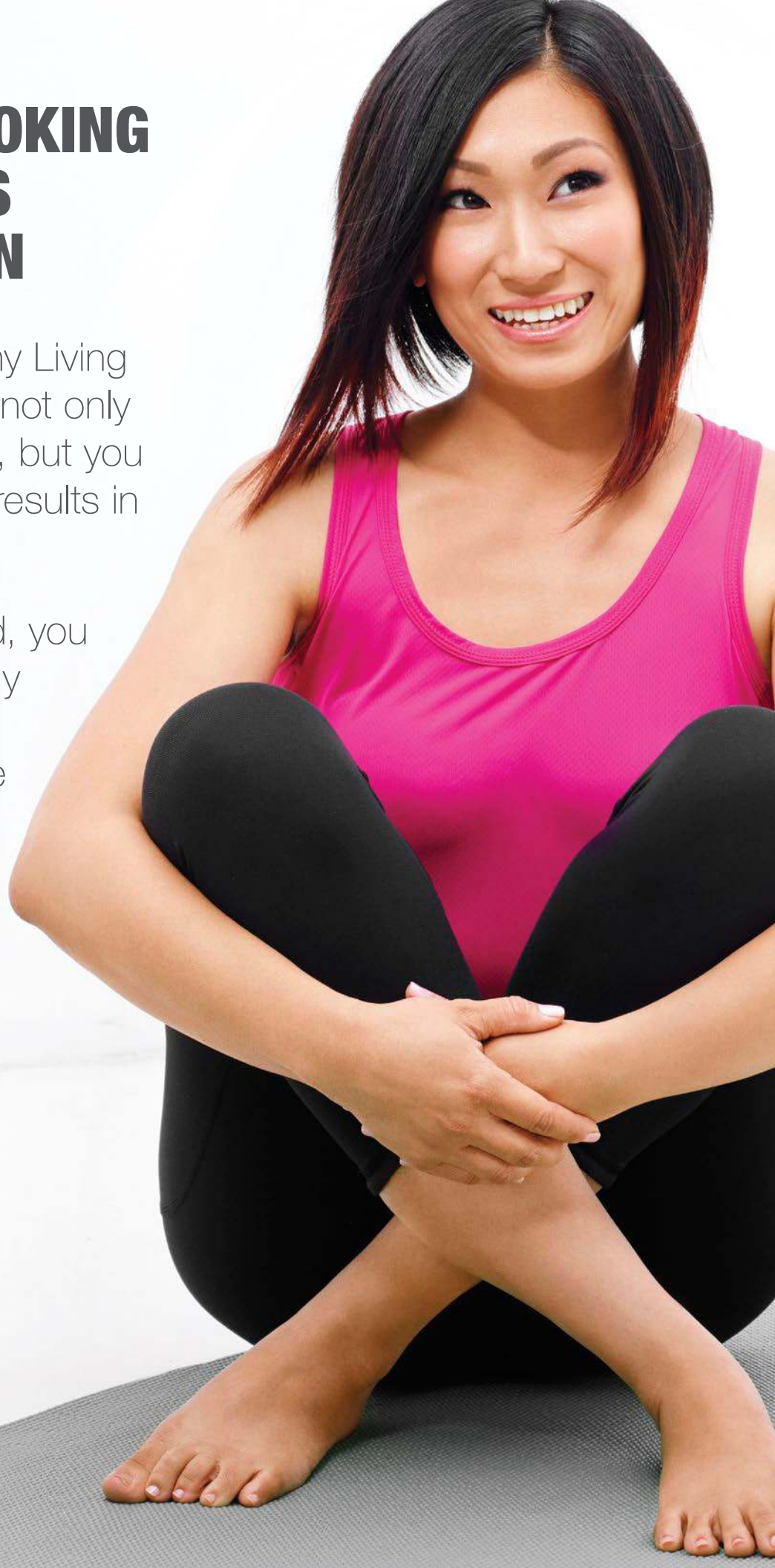
HEALTHY-LOOKING SKIN STARTS FROM WITHIN

Following the Healthy Living nutrition program is not only great for your inside, but you should start to see results in your skin as well.

When you feel good, you look good, especially when you combine exceptional skincare and nutrition.



Jenn Chen Townsley
Arbonne Independent Consultant
Executive Regional Vice President



YOUR PERSONALIZED HEALTHY-LOOKING SKIN AND WELLNESS REGIMEN

Which one is right for you?

Ask your
Independent
Consultant how
to get the best
savings by purchasing
the **RE9 Advanced**
Healthy-Aging ASVP!



RE9 Advanced.



RE9 Advanced for Men



Calm



Clear Future.

Targeted Solutions

Face and Neck:

Body:

Nutrition Supplements:



pure safe beneficial.



2018R02 01
©2018 ARBONNE INTERNATIONAL, LLC
ALL RIGHTS RESERVED. | ARBONNE.COM