



DR. BAUMANN[®]

Beauty Boost

Supplement your Beauty with Bionome Skincare and Healthy Nutrition. This winning combination will guarantee an improvement in the way your skin looks and ages.

Between Seasons is always an awkward place to be. Its sometimes sunny sometimes really cold as we wait for summer to settle in or winter to make its presence felt, depending on where we are on the globe but wherever we are a dreary looking skin is never an option.

Let's move away from summer or winter skin and consider skin conditions, your health and your peace of mind. Your skin condition means how your skin behaves in these transient seasons and how to treat it and yourselves at this time in order to look absolutely fabulous!

Your skin is constantly exposed to toxins and pollution and in a word life, whether through poor dietary habits and negative thought patterns or because of exposure to industrial waste, car exhaust fumes or incorrect skincare. You may not realise it, but your skin is always absorbing and releasing toxins. Constant exposure to internal and external stress and pollution can cause your skin to look dry and jaded. Have you noticed how tired and strained your eyes feel after a long stint at the computer, or how grey and dull your skin looks during the "in-between seasons"? The quality and tone of your skin gives you an indication of the state of your health.

Yoga is more than trendy

From a yogic perspective, good health starts within. All yogic practices help to keep your skin healthy and radiant. Yoga encourages you to be body aware, to be conscious of what is going on inside your body and to observe the external signs and systems of imbalance; for example, cracks, ravines, white furry coatings on your tongue indicate internal imbalances; or spots and pimples, cracked fingernails, dandruff, leg cramps, gassy stomach, excessive yawning, all these physical symptoms lead to you feeling below par, stressed and tired. Joining a Yoga class is a perfect solution to rebalance and renew yourself.

To boost and support your immune system, practice the following natural self care tips and see what a difference they make to the quality and health of your skin.



Feed your skin and starve your wrinkles

If it's true that you are what you eat wouldn't you want to be more beautiful by eating beauty boosting foods? Eating the right foods can help you reduce acne, reduce redness and inflammation, boost moisture levels in the skin and even reduce wrinkles. You need to eat foods that have a greater concentration of skin beautifying nutrients

Collagen Collapse

Grape seed extract stops enzymatic actions in the skin that lead to Collagen breakdown. Garlic contains lipoid acid which supports damaged collagen fibers.

Wheat Germ, legumes (lentils) peanuts, macadamia nuts all assist in the building of proteins in the body. Carotene from carrots is also an anti oxidant and the Vitamin C in orange juice is essential to change the amino acid proline into hydroxyl proline a form of collagen

Women are more prone to free radical damage so we need to be more aware.

Cherries and pomegranate – head the list, tomatoes, greens and asparagus are ideal.

Beauty and Dr Baumann Cosmetics

5 unique Multi Active Liposome's - Treat the skin throughout the epidermis by means of skin identical liposome's. Ceramides protect the skin from environmental damage ,balance the skins natural protective layer and prevent moisture loss from the skin.

The Sensitive and Intensive creams contain vegetable oils essential for a healthy protection against environmental damage and premature aging as they contain free radical defenders such as Vitamin E and C, hydrating skin identical Hyaluronic acid and Urea, Vitamin A to support cell renewal at the basal layer, Evening Primrose oil to repair a rough damaged skin (excellent anti aging ingredient) Jojoba oil to protect the skins surface and help to hold essential moisture in the skin. Part of these vegetable oils are extracted from the creams and carried by the Dr Baumann Multilayer liposome's to construct valuable components in order to support the building of a healthy skin. Macadamia nut oil and Vitamin C help to protect and build the skin.

Treating your skin with Dr Baumann skincare is treating your skin from within and protecting it on the surface. This is truly a BEAUTY BOOST

Your personal guarantee from Dr. Baumann Bionome Cosmetics; A visibly more beautiful skin in just 3-5 weeks!

Irresistible offers from Dr Baumann

WITH A PURCHASE OF:

Dr Baumann SPA Essential Care, 30ml, HIGHLY MOISTURIZING CREAMS for Oily, Normal or Dry Skin valued at R883 you will receive FREE OF CHARGE THE NEW SKINIDENT Facial Cleanser 75ml, valued at R179, PLUS, THE NEW SKINIDENT FACIAL TONIC SPECIAL 75ml valued at R228, PLUS 3 liposome samples (each 3ml, excluding liposome super cure) valued together at R60, all packed in a DR BAUMANN cosmetic toiletry textile bag valued at R80, You save (TOGETHER) R547 - this is a 62% discount. THIS IS THE PERFECT ALL IN ONE BEAUTY BOOST PACK. limited quantity left!!!

WITH A PURCHASE OF:

Dr Baumann INTENSIVE Color: Light moisturizing cream full size 30ml, valued at R549, you will receive FREE OF CHARGE THE DR BAUMANN HAND CREAM, full size 75ml, valued at R228. You save R228, - this is a 42% discount. This is the ideal FACE AND HANDS BEAUTY BOOST. limited quantity left!!!

WITH A PURCHASE OF:

Dr Baumann GREEN TEA FOOD SUPPLEMENT (140 pieces) valued at R1026, you will receive FREE OF CHARGE Dr Baumann NUTRITION Supplement (140 pieces) valued at R513, You save R513, - this is a 50% discount. This is the ideal nutrition combination for ANTI AGING EFFECTS. limited quantity left!!!

WITH A PURCHASE OF:

Dr Baumann NUTRITION Supplement (140 pieces) valued at R513, you will receive FREE OF CHARGE THE DR BAUMANN SPA LAVENDER BATH OIL, FULL SIZE 200ml, valued at R529, You save R529, - this is a 52% discount. This is the ideal inner treatment via GREEN TEA nutrition as well as a relaxing SPA home treatment. limited quantity left!!!

Available from 21 - 27 May or while stocks last

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