

Relaxing “me” time meaning simply pampering yourself is likely to do you a world of good and helps to lift your spirits as you step rather reluctantly into winter. So, visit your local beauty salon/SPA to help ease you into winter.

It is well known that SPA and beauty treatments are generally great stress “treaters” and a source of “good feelings” in the pursuit of wellness.

You may feel that you really don’t have the time to visit a SPA/beauty salon right now but this is the moment when this time out could do you the most good.

A pre winter **DR BAUMANN Fruit Acid (AHA) Peel** or **Mineral Sea Peel** is a must to slough off the “need to loose” end of summer skin along with a moisture “top up” treatment for face and body. Massage stress away with luxuriant relaxing essential oils and you will feel more than ready to take on the winter weather.

It is a medical certainty that excessive stress can lead to a number of illnesses and a professional massage for the face or body in combination with a great treatment with healthy skin compatible skincare is a truly magical experience and the results can be remarkable. Various massages can offer benefits that go way beyond stress management including an improved blood circulation or in the case of a facial; an improved micro-circulation resulting in a healthier, glowing, more youthful looking skin. It’s a fun experience with great health benefits-**Can it get any better than that?**

You will also need expert advice on how to adjust your skincare to suit your skins winter needs. Banish red faces, chapped lips, dry skin and bodies and get through the winter cold in style.

The key to beat a flaky skin and have that healthy lustre is of course to **hydrate and protect**. Great suggestions are to add the **DR BAUMANN Liposome MultiActive Ceramid**. It is a perfect winter barrier against natural moisture loss and increases the skins moisture content by **100% in just 7 days**.

Add the DR BAUMANN Hyaluronic Acid ampoule for a double effect. To help support the skins natural surface defence add a **DR BAUMANN Lecithin ampoule** with Macadamia nut oil. For a more mature skin combine the **DR BAUMANN Evening Primrose Oil** with the Lecithin ampoule as they are anti aging, strengthen the skins natural protective barrier, smooth and sooth rough dry winter skin and repair the skin at the cellular level. **DR BAUMANN SENSITIVE or INTENSIVE creams** are a must. Made of skin **compatible vegetable oils** they give your skin all the winter protection it needs naturally.



Looking at Lips

Lips become extremely fragile in cold weather so make sure that you have some lip balm (FREE OF MINERAL OIL) handy as products with mineral oils appear to work at first but actually dry out your lips even more.

DR BAUMANN Lipstick Factor7 rich in **skin compatible** vegetable Macadamia Nut Oil, Vitamin E and Titanium Dioxide gives you perfect protection and your lips remain soft and smoothly kissable all winter long. The UV protection makes it a must for winter sport and other outdoor activities.

Be sure to take a lot of duvet time as nothing is as good for your skin as a good nights sleep!

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

<http://www.point-of-skin.com/POScosumer-treatment-cataloguePHP/pageflip.html>

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 INTENSIVE WELLNESS SPOIL & PROTECTION BEAUTY PACK**. Limited quantity left!!!

Spoil your skin with A **RICH CONCENTRATION OF SHEA BUTTER** and Jojoba oils **INTENSIVE CREAM** - **WITH A PURCHASE OF:**
DR BAUMANN CREAM INTENSIVE Color Light: full size, 30 ml, valued at R549, you will receive **FREE OF CHARGE THE DR BAUMANN CLEANSING MILK, 75ml**, valued at R133, **PLUS, a DR BAUMANN CLEANSING GEL for Every Type of Skin, 75ml**, valued at R133, you save **(together) R266** - this is a 48% discount. This is the **FANTASTIC INTENSIVE WELLNESS BEAUTY PACK**. Limited quantity left!!!

WITH A PURCHASE OF:
DR BAUMANN LIPOSOME MULTI ACTIVE Ceramid for Dry and Very Dry Skin, full size 30ml, valued at R855, you will receive **FREE OF CHARGE THE NEW SKINIDENT Facial Cleanser 75ml**, valued at R179, you save R179 - this is a 21% discount. This is the **FANTASTIC moisturizing WINTER WELLNESS BEAUTY PACK** for cold weather. We promise a 97% increase of moist within 1 day - guaranteed! Limited quantity left!!!

WINTER WELLNESS TOTAL BODY SPOIL - WITH A PURCHASE OF:
SKINIDENT BODY LOTION, full size 200ml, valued at R529, you will receive **FREE OF CHARGE THE DR DR BAUMANN SPA ORANGE BODY TONIC**, full size 200ml, valued at R513, you save R513 - this is **OVER a 90% discount**. This is the **PERFECT WINTER WELLNESS TOTAL BODY SPOIL BEAUTY PACK**. Limited quantity left!!!

Available from 18 - 24 June or while stocks last