

Thumbs Up for summer legs

Are your legs summer sleek for those weekends at the pool or for decent exposure at the mall? In following just a few simple steps you will be able to wear all your favourite outfits with total confidence and style.

Summer Smoothies: Get legs smooth and sexy by exfoliating lingering dry winter skin. This will also soften and prepare skin for a wax or shave. If you stick with the usual shaving routine moisturize immediately afterwards to prevent razor burn and bumps. Treat your body to a dry brushing with a loofah twice a week to stimulate circulation and reduce water retention. Make sure that you drink plenty of water to flush out toxins Apply the **Dr. Baumann Body Lotion Super (with Liposomes)** to improve the tone and texture of the skin. **All these actions will improve the “dreaded cellulite” And make it less obvious.**

Avoid sun rashes: by using **Bionome Sun care** and **After Sun products**, they contain skin friendly Zinc Oxide and Titanium Dioxide. Avoid all chemical sunscreens that may be damaging to your health and that of your families, friends and customers. Pay attention to dry patches on the legs by treating them with **Dr. Baumann Smoothing SPA Mineral Sea Peel Oil**.

Sun Protection

Reduce Sun Exposure: When the temperature of the legs rises, blood stagnates. Therefore avoid long sun exposures and saunas. After a tepid shower run some cold water over your legs. If you're at the pool dip your legs in the water frequently. Use skin moisturisers and body lotions to keep those beautiful legs moist and hydrated. Make sure that you moisturize your legs from top to toe after the shower and right before you hit the beach. Re-apply at night for some extra essential care.

Faux Tan: Everyone knows it gives the legs a slimmed down look so say goodbye to pasty white legs and say hello to **Dr. Baumann Self Tanning Lotion** or **SkinIdent Self Tanning** for a natural looking tan. Not an orange streak in sight.

Glitterati: Add some gold or silver glitter to your Body lotion from **Dr. Baumann Bionome Brilliant Powders** for night time glamour.

Eat your way to designer legs: A healthy and balanced diet keeps you from gaining weight and prevents your legs from swelling. For beautiful and soft legs, you should choose red fruits rich in antioxidants, Vitamin C in citrus fruits, tomatoes, parsley and watermelon. Vitamin C helps to increase circulation, prevents varicose veins from forming and keeps your legs swimsuit ready at all times, You should also eat seafood, and of course avoid excessive salt, sweets and the delicious cakes and fast foods that you love.



Green tea: You can take advantage of the hot days of summer and cool down with a cup of tasty green tea. Choose a genuine green tea, non-fermented, because it contains less caffeine but lots of antioxidants, great for boosting circulation. Green tea also improves digestion. Be aware that products containing caffeine are partly responsible for the formation of orange-peel-looking skin on your legs, known as cellulite.

Legs Up: Basic leg exercises such as squats lunges calf raises and step ups are excellent for firming and shaping summer legs.

Your personal guarantee from DR BAUMANN Bionome Cosmetics; A visibly more beautiful skin in just 3-5 weeks!

Irresistible offers from DR BAUMANN

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