

Hello Spring – Hello Beautiful Legs

ANNAS BEAUTY LETTER - MAY



Hello beautiful ladies,
I hope you enjoy my read
– lets get ready for summer!

Anna

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Your legs are no less notable than any other part of your body.

They carry you throughout the day and therefore, it is important to take special care of them.

Besides having a regular pedicure once a month is very important to maintain your legs to ensure they continue to look beautiful.



„Maintaining beautiful legs is easier than having perfect legs. So, let's concentrate on how to get them beautiful in the first place!“

Anna

A well known topic when it comes to legs is Cellulite.

Cellulite has become known as the confidence killer, for obvious reasons.

Most sources agree that the dimpled appearance of cellulite occurs due to problems & imbalances in the connective tissue and collective fat in a person's body.

Additionally, there are many theories about what may cause this imbalance:

Hormones, diet, lifestyle, lack of exercise, toxins such as alcohol and nicotine, genetics and of course stress - all play a role, but are not absolutes. Poor circulation may also lead to fluid retention.

While those who are overweight tend to have a higher chance of acquiring cellulite, many slender women complain of it as well. Essentially, the problem worsens with age as skin loses its ability to hold fat down smoothly.

This consequently leads to the important question, *WHAT CAN WE DO?*

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EXFOLIATION

Exfoliate once a week in the shower with

SPA LE PEELING

or before showering with

LOTION DESINCRUSTANTE.

I recommend:

apply LOTION DESINCRUSTANTE with a cotton pad.

Make long sweeps, noting to avoid back and forth scrubbing and circular motions. Start applying around your ankles and

travel up to your legs, towards your heart. Move up the legs on both sides, then work from the arms toward your chest.

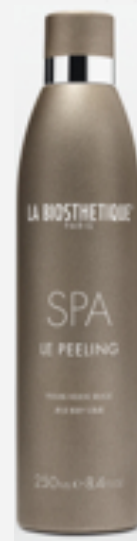
Skin will be stimulated and invigorated. As a result, this technique will promote tighter skin, cell renewal, rid bumps, encourage the prevention of ingrown hair, stimulate blood flow and ultimately, encourage positive penetration of the body moisturizer.

DETOX

Detox baths can be very relaxing and can help eliminate the toxin build-up within skin and fat tissue, which leads to the formation cellulite. VISAROME INTOXINE activates the removal of waste substances from the cells' metabolism processes, aids blood circulation and breaks down deposits caused by toxins.

The skin becomes smoother, more even, clear and fresh.

Add 1-2 pipettes to the bath water and relax in it for approx. 10-20 minutes. Breathe in deeply and enjoy the stimulating power of essential oil aroma.



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HYDRATION

Moisturising creams for the body are essential for combating dry skin. They help restore the hydrolipidic film and thus, leave the skin beautifully smooth and silky soft. These creams should be applied daily, particularly after a shower.

TRAITEMENT SILHOUETTE *can do even more!*

It firms the cell cohesion of the tissue and regenerates the body cells. The skin is much better protected against stress and is more resistant. Indian Forskolin is a plant based ingredient which boost the detoxification process, activates blood circulation and flushes out fluid blackages via lymphatic vessels.

One of man's oldest stimulants, caffeine, is the main active ingredient of coffee, tea, guarana and kola nut. The natural caffeine used in TRAITEMENT SILHOUETTE activates the fat splitting cells, reduces the volume of fat cells and flushes it out through the bloodstream. These creams should be applied daily, particularly after a shower.

Additionally, you can also add on 3-5 drops of VISAROME INTOXINE into the cream to have even a stronger effect. The visible result is the reduction of cellulite on the affected regions of the body. The skin surface becomes smoother and more even again, the body silhouette is refined, firmer and hydrated.



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Are your legs ready for shorts, skirts and beautiful summer dresses? Now is the time to give your legs an upgrade.

Let me know your feedback and give me a call if you have questions.

Till next time,

Anna

anna@keybeautysystemswest.com

403 836 4205

June Preview

It's all about our feminin curves – stay tuned!