

**WELEDA**



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**YEARS OF CONNECTING  
PEOPLE WITH NATURE**

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# WELEDA

Since  1921

## Citrus Refreshing Body Lotion

### Refresh and Awaken

*“ This citrus ritual is perfect for the morning, giving you an extra boost of get-up-and-go with the refreshing zesty, fragrance of lemon. The addition of the bright scent of litsea cubeba, rounded off with subtle green notes from petitgrain awaken your senses and prepare you for the day ahead”*

- Elizabeth King, Weleda Skincare Expert -

- Best applied after bathing or showering with your favourite skin and nature-friendly body wash, when your skin is warm and more receptive.
- Squeeze a small amount of the body lotion into the palm of your hands and spread over your palms and fingers.
- Bring your palms to your face, close your eyes, and take a deep breath in. Feel your lungs expand as you inhale the enlivening fragrance.
- Take your right hand and begin at your left shoulder, apply your lotion with a long sweeping half-moon shaped stroke across

your décolletage ending at your right shoulder. Now using your left hand, stroke back towards your left shoulder. Repeat these alternating strokes five times.

- Take a little more lotion and stroke up the inside of the arm and on down the outside of the arm.
- Apply the lotion with easy, gliding strokes, up the back of the legs, then the sides and finally the front. Remember to include the tops of your feet.
- Complete your ritual with a balancing stretch with your arms reaching upwards and outwards and your feet apart so your legs mirror your arms above. Hold for the count of seven seconds, enjoying the grounded feeling of feet firmly planted, then release, bringing legs together and arms relaxed at your side.

#### SUSTAINABLE SOURCING

The **Weleda Citrus Refreshing Body Lotion** contains organic shea butter sourced from long-term suppliers. The fruit is collected sustainably from the wild in Burkina Faso in Western Africa from a cooperative of female growers and shea gatherers.

