

# WELEDA



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YEARS OF CONNECTING  
PEOPLE WITH NATURE

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Since  1921

## Wild Rose Harmonising Body Lotion

### Harmonise and Balance

*"This ritual helps to harmonise and balance the body. The delicate fragrance of Rosa damascena brings a sense of luxury to the senses, while the rich notes of geranium and ylang ylang add depth and balance. This beautiful, petal-soft Harmonising Body lotion evokes a sense of peace and harmony as you take a moment to balance and pamper yourself."*

- Elizabeth King, Weleda Skincare Expert -

- Emerge from a warm therapeutic bath soak.
- Gently dry yourself with mindful movements using your towel to form a gentle massage.
- Squeeze a little **Harmonising Body Lotion** into the palm of your hand, place hands together and spread the lotion over the inside of both hands, including your fingers.
- Begin at the centre of your chest (décolletage), and stroke outwards towards your shoulder, scooping up and around your shoulder and

back to your breastbone. Repeat on the other side, in a flowing figure of eight movement.

- With a relaxed hand, envelop your arm as you stroke upwards from the back of your hand to your shoulder.
- Apply your rose body lotion using long rhythmical sweeping movements up your legs.
- Take a moment to be still, to feel centred, shoulders relaxed and arms at your sides. While the gentle fragrance evokes feelings of harmony, become aware of the space between your shoulder blades (your wings) and the warmth and openness of your chest (your heart).

#### SUSTAINABLE SOURCING

The **Weleda Wild Rose Harmonising Body Lotion** is made from rose oil sourced from wild rosehips sustainably harvested in the foothills of the Andes, without the need for large scale machinery. The fragrant essential oil is from organic Damask roses grown by our long-term fair-trade project in Isparta, Turkey, involving 300 small scale farmers.

