

WELEDA



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YEARS OF CONNECTING  
PEOPLE WITH NATURE

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# WELEDA

Since  1921

## Sensitive Body Lotion

Calm and Quiet

*“ This ritual brings is ideal for those looking to escape and find calm in a quiet space. The nourishing plant oils of coconut and jojoba cocoon the body in kindness, calming and quietening sensitive skin, providing a sense of peace and stillness. Sensitive skin may be accompanied by a sensitive soul - be sure to find quiet moments in the day that are free from overstimulation, and enjoy the stillness. ”*

- Elizabeth King, Weleda Skincare Expert -

- When showering or bathing be aware: not too hot nor too long. Sensitive skin needs tender loving care, and hot water can be very drying.
- Dry your body using pressing and cocooning movements with your towel rather than vigorous rubbing.
- Apply the sensitive body lotion with long, peaceful, velvety strokes. Use the whole of your flat hand and always work in an upwards direction towards the heart. As you apply the lotion, notice how it relieves feelings of skin tightness.

- Try to be quiet in your thoughts and allow this moment to mindfully connect with your skin with a conscious touch.
- Let your skin feel soothed and comforted as it regains strength and reforms its protective boundary.

### SUSTAINABLE SOURCING

The **Weleda Sensitive Body Lotion** uses organic virgin coconut oil, chiefly sourced from Ghana, where it is harvested sustainably from the wild. Farming here has a very low intensity, with around 80 coconut trees per hectare compared to 150 trees on a commercial plantation, which encourages a rich biodiversity to flourish.

