

Regenerating Skin Elasticity

Ritual with Regenerating Pomegranate Body Butter



A self-care body firming ritual with Weleda's **Regenerating Body Butter** to actively enhance skin regeneration and improve skin tone and elasticity. Follow this step by step guide, letting the sublimely pampering fragrance of fruity orange, warm mango-like davana and velvety-balsamic vanilla envelop you, encouraging your inspiration and creatively to unfold.

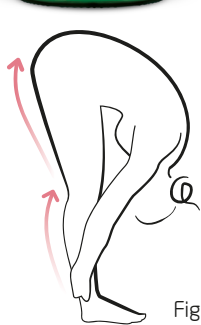


Fig 1

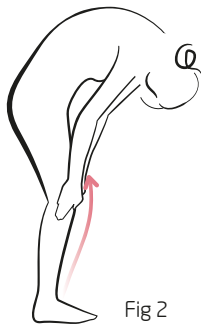


Fig 2

1. Scoop some **Body Butter** into your hands, warming it between your palms, and taking a moment to feel the connection of your feet to the floor. Bending down towards your toes, keeping knees soft, place your hands as low down the backs of your legs as possible. Slowly begin to unfurl your spine into the upright position, aware of each vertebra in your spine, while gliding your hands upwards to your hips. **Fig 1**

Repeat the whole movement, this time stroking up the front of the legs. **Fig 2**

2. Place one hand on the outside and the other on the inside of your thigh, just above your knee. Using a circular motion, move your hands up the sides of your inner and outer thigh with the emphasis placed on lifting the skin tissue up from beneath and letting go and releasing as you move round. **Fig 3**

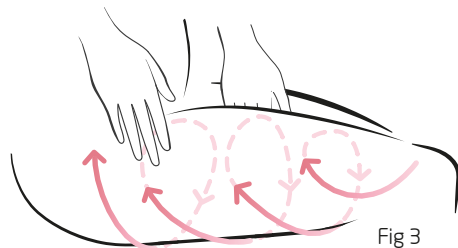


Fig 3

3. Reach for some more **Body Butter**, and circle clockwise over the tummy.

4. Support the regeneration of the delicate tissue around the breasts with figure of eight movements. **Fig 4**

5. Smooth the **Body Butter** up your lower arm, continuing with circular movements along the outside of the upper arm ending with three scooping circles around the shoulder. **Fig 5**



Fig 5

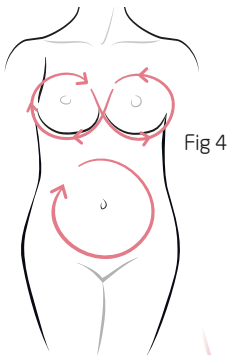


Fig 4

6. Reaching as far up your back as possible, firmly stroke down either side of your spine.

7. Finish with circles over your lower back. **Fig 6**

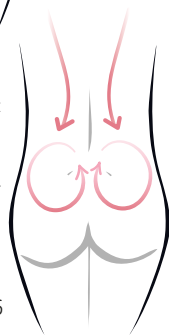




Fig 6

Top Tips

1. Finish your warm shower with a cool rinse, concentrating the cool water particularly along the limbs working upwards towards the heart.
2. Add body brushing three times a week over the areas needing more firming attention.
3. For best results, apply your **Regenerating Body Butter** twice daily.

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