

WELEDA



YEARS OF CONNECTING
PEOPLE WITH NATURE



WELEDA

Since 1921

Pomegranate Regenerating Body Lotion

Nurture and Regenerate

"This nurturing and regenerating ritual helps to increase microcirculation as well as improving skin elasticity, while stimulating and invigorating the senses. The brilliantly jewelled pomegranate brings a sense of the exotic to our daily life and its renowned anti-inflammatory properties help to bring a sense of comfort. The inclusion of the fresh and fruity notes of orange and the tropical mango-like scent of davana inspire the senses, while the warm, velvety-balsamic touch of vanilla adds depth and sweetness."

- Elizabeth King, Weleda Skincare Expert -

- Finish your warm shower with a cool rinse, concentrating the cool water particularly along the limbs, working upwards towards the heart.
- Apply the **Regenerating Body Lotion** all over your body paying particular attention to areas where skin is beginning to lose elasticity and suppleness, such as breast and tummy areas, inside of the upper arms and upper thighs.
- Enjoy a gentle stretch while applying the body lotion:

- Place your right arm over your head and let your hand rest gently over your left ear.
- With your left hand apply the body lotion to the inside of your upper right arm and continue down the side of the body as far down as you can reach.
- Repeat on the other side.
- Stand with your feet apart (A-shape). Bend gently over to the left, reaching down the outside of your leg as far as possible. Glide up the back of the leg spreading the body lotion all the way up, finishing with a circular movement over the hip. Repeat on the other side.
- Finally, bending forward towards your toes, slowly unfurl your spine and run your hands up the front of the legs. Remember to keep your knees soft throughout this stretch.

SUSTAINABLE SOURCING

The Weleda Pomegranate Regenerating Body Lotion uses cold-pressed pomegranate seed oil from long-term fair trade farming partners in Turkey's Karahacılı valley. The crop is hand picked just after dawn, carefully and laboriously, to ensure the best quality of fruit. To produce just 1kg of the precious oil requires 500kg of pomegranates.

