

WELEDA



---

YEARS OF CONNECTING  
PEOPLE WITH NATURE

---



# WELEDA

Since 1921

## Sea Buckthorn Revitalising Body Lotion

### Nourish and Revitalise

*"This revitalising ritual brings a sense of warmth and nourishment to increase vitality and put a spring back in your step. The Weleda Revitalising Body Lotion is packed full of sea buckthorn, a shrub whose berries have long been recognised for their high vitamin and antioxidant properties. This ritual brings out the sparkling fresh scent of grapefruit, mingled with notes of sun-ripened sweet mandarin. These fruity notes are balanced with warm, woody sandalwood – bringing vitality, and evoking a feeling of wellbeing"*

- Elizabeth King, Weleda Skincare Expert -

- Keep your shower short and purposeful and be kind to your skin when drying, as dry skin needs a gentle, smoothing touch.
- Begin by targeting skin that is most in need of revitalisation, applying your body lotion to these dry areas first, and enjoying the sensation of intensive nourishment with every stroke.
- Awaken your skin's circulation using sweeping,

circular movements up your limbs, working neither too fast nor too slow. In a clockwise direction, move in large circles over your tummy and follow with a relaxing stroke down sides of the back.

- Notice the soft sheen of the lotion on your skin, and the lingering scent of summer.
- Conclude your ritual with three invigorating shoulder rolls moving in a backwards direction; then lift your shoulders bringing them up to your ears and hold for the count of five, breathing in the wonderful fragrance, and release.

#### SUSTAINABLE SOURCING

The **Weleda Sea Buckthorn Revitalising Body Lotion** contains sesame seed oil sourced from our long-term farming project near Tomatlan in Mexico. Since 2004, Weleda has partnered with this project, to secure a fair income for 330 small scale farmers across 3,000 hectares of certified organic farmland. The sesame pods are harvested in December and sun-dried before the tiny seeds are pressed and refined.

