

WELEDA



YEARS OF CONNECTING
PEOPLE WITH NATURE



WELEDA

Since  1921

Almond

Gentle and soothing almond to calm the skin

This cocooning care ritual supports the skin and gently helps it regain its strength and protective boundary.

If you have sensitive skin, it's especially important to remember that when showering or bathing the water should not be too hot and the shower should not be for too long.

Use the softness of your hands, together with gentle **Almond Sensitive Skin Body Wash** to cleanse, being careful not to rub hard and irritate the skin.

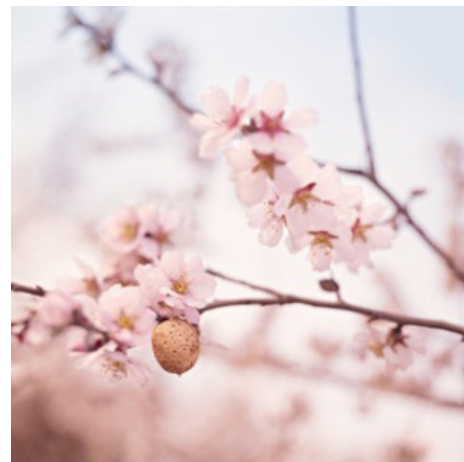
After showering, pat yourself dry with a soft, clean towel and follow with the application of a protective layer of **Almond Sensitive Skin Body Lotion** using long, gliding movements always moving in an upward direction towards the heart.

When you have finished your body massage, take a moment to connect with and thank your hard-working hands, with a mindful massage using **Almond Sensitive Skin Hand Cream**. Find your favourite chair, make sure devices are switched off and your room is in natural light, or is dimly lit.

1. Squeeze a little **Almond Sensitive Skin Hand Cream** into the palm of your hand and bring your palms together in a sweeping motion to evenly spread the cream across the inside of

both hands

2. Glide one hand over the top of the other hand and with the heel of the hand, finish the stroke with a purposeful stretch. Repeat three times
3. Beginning with your little finger, use your thumb pad to circle around the knuckle above the finger. Gently slide down the sides of the finger, pausing between the joints with a rhythmic pinching motion. Breathe in as you gently squeeze, and out as you release. Glide off at the end of the fingertip and continue along the rest of your fingers including thumb
4. Massage the inside of the palm, using your knuckles in a circular motion. Be sure to cover the entire area, paying particular attention to the heel of the hand and pads just at the base of the fingers
5. Make a fist and start at the heel of the hand and consciously glide upwards through the palm and all the way up to your fingertips. Repeat three times
6. Finally, wrap your hands in a warm towel and sit peacefully. This is the perfect moment for a mindful meditation. You can also imagine a beautiful inner light streaming from the centre of the chest, towards the shoulders and gently down the back of the arms to fingertips. Imagine the stream radiating out to all those who are close. And then with a renewed stream, direct it back through the fingertips all the way up the inside of the arms returning to your inner core



To access your bespoke Weleda bathroom playlist, please go onto your Spotify App, click the search icon and finally, click the camera icon on the top right.

