

WELEDA



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YEARS OF CONNECTING  
PEOPLE WITH NATURE

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# WELEDA

Since  1921

## Citrus

Awaken your senses

The morning citrus ritual lifts your spirits, awakens your senses and prepares you for the day ahead.

Close your bathroom door, lay a flannel flat in the shower tray directly under the shower head and pour a capful of **Citrus Refreshing Bath Milk** onto it.

Turn on the shower and as the zesty scent fills your bathroom, give yourself a facial rinse with cool water.

In the shower, take a few deep breaths and consciously draw the sun-filled light of the lemons deep within you, sending it all the way up to your head and down to your toes.

After cleansing with your favourite skin-and-nature-friendly body wash, add a few drops of **Citrus Refreshing Bath Milk** to a dampened sponge and using circular movements in an upwards direction, give your arms and upper thighs a massage.

If you have a handheld shower head and are feeling brave, support your lymphatic system and switch on the cold tap. Direct the flow of the cool water first up the back of thighs, then the front and inside. Continue with your arms, directing the stream from the palms all the way up the inside of arms and then down the back of arms.

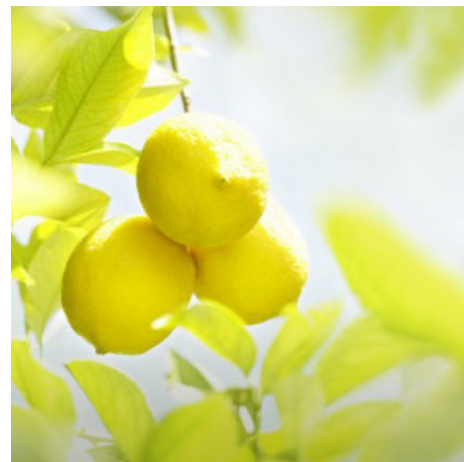
After your shower, apply **Citrus Refreshing Body Oil** to the limbs, particularly the areas you have

activated in the shower. Include chest and solar plexus and finally, reaching as far up as you can, stroke firmly down the sides of your back.

**Citrus Hydrating Body Lotion**, applied all over the body, completes the ritual with its extra boost of get-up-and-go, the bright scent of lemon leaves you feeling invigorated and skin feeling soft and supple.

Get the most out of your **Citrus Refreshing Bath Milk**:

1. In your bath – three to four capfuls for a reviving soak
2. In your shower – as described in ritual above
3. Refreshing room spray – two capfuls to 200ml filtered water
4. Foot bath – on a hot day, cool off in a 10-minute footbath with 2 capfuls of bath milk in a basin of water (a moderate temperature to suit your cooling needs)
5. Face compress – add half a capful of bath milk in your face cleansing water to refresh dull and tired looking skin. Soak compress and apply to face, holding for several seconds. Continue with cleansing and use your citrus-water to rinse. Complete with a cool facial splash
6. Refreshed laundry - pour a capful in the conditioner drawer of your washing machine and enjoy the wonderful, scented result.



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.

