

# Bonita Botanicals

*Beauty and Wellness from the Inside and Out*

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BONITA BOTANICALS BEAUTY & WELLNESS

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## ANTI-AGING AND THE BENEFITS OF YOGA



Practicing Yoga can be beneficial to your entire body – internal and external. Your skin, heart and lungs all need flexibility and strength to remain youthful.

If our hearts pump blood at a slower pace this will mean less

oxygen will be delivered our cells. When we become less flexible gravity takes hold supplying that double chin, hunched shoulders and sometimes problems with muscles and joints, especially in our knees.

The philosophy of Yoga is to balance the body and mind and establish stability and relaxation.

It helps you become more sensitive and body conscious and rediscover what your body yearns Yoga releases tension and improves blood flow which will rejuvenate your appearance by delivering oxygen and regenerating cells.

Many look at Yoga while being practiced and think "is this really something I can do?" They see twisted figures and conclude they would be the one to end up in a knot; never say never.

Yoga is a routine where you can start off slow and work your way up to a comfortable regimen. Remember, if your body has had no type of exercise for any length of time you must ease into a routine. Everyone needs to work at his or her own pace and be comfortable. This is supposed to help you not hurt you.

Start now and Yoga could be your answer to age-old gravity!

**Special Points of Interest**

- Practicing Yoga can be beneficial to your entire body – internal and external. Your skin, heart and lungs all need flexibility and strength to remain youthful.
- Our anti-aging set was developed to halt premature aging and deliver all the ingredients you need to remain youthful with a healthy glow. Bonita Botanicals gives you a reason to say no to cosmetic surgery.

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# Spotlight Spotlight

## **Anti Aging Skin Care Set...Everything you need to halt premature aging**

Why continue to play the game of which one will work? Buy the full set of everything you need and stop the worrying. Our Anti Aging skin care set provides all the ingredients for healthy youthful skin

.. Wild Yam—great ingredient for sun damaged and aging skin. Contains natural estrogens to reduce the signs of wrinkles and fine lines. Has anti-inflammatory properties that are super absorbent and balances the hormones and helps with menopause.

.. Green Tea—reduces inflammation, balances hormonal activity and contains anti-bacterial properties to fight off organisms that come in contact with your skin.

.. White Tea—keeps your complexion clear while delivering potent antioxidants. White tea is a polyphenol and has the best properties to rejuvenate skin.

.. Mushroom extracts—evens skin tone and brightens your skin. A rich source of vitamins, minerals and enzymes that increase cell turnover and improves your skin layers hydration while reducing the appearance of fine lines.

.. Soy Protein—fights against dark circles and wrinkles. Soy is very beneficial to older women as it will help with skin discolorations and the breakdown of collagen, especially during the menopausal period.

.. Grape Seed Extract—natural plant substance full of antioxidants that fight against free radicals and promotes cell regeneration and circulation. More potent than vitamins C and E and acts as an antiinflammatory and anti-bacterial agent.

These are just a few of the ingredients the Anti Aging skin care set contains. The entire set was developed to halt premature aging and deliver all the ingredients you need to remain youthful with a healthy glow. Bonita Botanicals gives you a reason to say no to cosmetic surgery and instead show the real you, the Beautiful side of you.

## **[I Twitter You to a Challenge!](#)**

Bonita Botanicals has entered into a no-holds-bar challenge to the Ellen Show! Ellen wants to obtain 1 Million followers on twitter so we're following suit. Who can twitter the most people? We say among all of our worldwide fans we can give Ellen a run for her money and get more people to Twitter Bonita Botanicals.

Do You Twitter? [If you do, twitter us!](#)