

# Bonita Botanicals

*Beauty and Wellness from the Inside and Out*

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Bonita Botanicals Beauty & Wellness

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## Winter Face Savers to Combat Dry Skin

Winter weather can be unforgiving when it comes to our delicate skin. The low temperatures and dry air has us questioning which skincare elements will work best to keep our pride and joy hydrated and well nourished. I believe we've found the answer to help combat the winter woes.

**Shea Moisture Butter Cream** can answer the age-old question of "what really works to combat dry winter skin." You've heard of all the other moisturizers out there that claim overnight results and tend to glamorize their concoctions of synthetic goo. Simply stated – learn what's in your face food. A barrier is not a woman's only concern. What about an end-all moisturizer that firms, protects and hydrates without that sticky oily feeling? **Shea Moisture Butter Cream** is an outstanding revelation of blended beauty food and truly outperforms other claims.

Shea butter has always been known for its moisturizing benefits but did you know it also stimulates cell renewal and acts as a natural sun block? And now combined with our newest ingredient, Squaline that is derived from Olives, Bonita Botanicals presents you with a moisturizer that packs a punch!

This unique all-natural oil is specially formulated for normal to dry skin rendering the BEST protection against harsh weather and polluted environments. As a well known antioxidant this moisturizer will strengthen and support the skin layers with added protection from numerous other all natural ingredients like Grapeseed Oil, Jojoba Oil, Vitamin E, and Wild Yam.

Olives are rich in antioxidants and work as a natural healing component for the skin. As an added benefit - Rockefeller

University in NYC has researched the components of Olive Squaline for years, determining that the "high Squaline content is a major factor in the cancer risk-reducing effect." Shea Moisture Butter Cream provides several benefits to any skin type and its quickly becoming the moisturizer you can't do without.

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### Bonita's Five Minute Pick Me Up

Never underestimate the instant gratification five minutes can bring. Cleanse face with *Bonita's Wheat Protein Face Milk*; Apply *Revitalizing Mango Butter Masque* for 5 minutes; Rinse with warm water and complete with *Rejuvenating Avocado Moisturizing Cream*.

## Anatomy of a Clean Face

While some women prefer the grand pampering extras of a full fledged spa salon, others prefer the cozy at-home atmosphere. But which products will garner those sought after looks of a professional aesthetician? Is a facialist a necessity? No, not at all and you'll receive essentially the same basic treatments that you'll complete at home. Bonita Botanicals provides all the legwork for you; natural products and organic gems with a stress-relieving component, all in the comfort of your own home. But the biggest hurdle to overcome is knowing what to do and which are the best beneficial products to use. The anatomy of a clean face is the first step to pampering plus nurturing.

1. Secure your hair away from your face, remove any makeup, wet face and apply a light exfoliate to remove the top layer of dead skin cells. Any skin type will benefit from a light exfoliation. This also helps moisturizers and nutrients penetrate your skin more easily.
2. Gently rub exfoliate in a circular pattern. This quick massage will help stimulate oxygen to your skin cells. A quiet massage will also relieve stress and relax your facial muscles.
3. Steam your skin. Steam softens the skin and opens the pores. It also activates sweat glands, which will bring dirt and waste to the surface to be removed.
4. A good cleanser to wash away all the daily dirt and grime followed by a re-hydrating moisturizer.

Keep in mind; cleansers are also an essential factor in the battle against wrinkles. Choosing the right cleansers will help to make skin more receptive to moisturizers and anti-aging treatments. Bonita Botanicals chooses just the right ingredients for ultimate beauty. Omega 3 Hemp & Sweet Orange Face Wash, Wheat Protein Face Milk and Mango Butter Masque are just some of our favorites. At home facials work wonders for your skin. They cost next to nothing, never require an appointment and the relaxing benefit of being at home can save hundreds of dollars. Try our full range of products to fit within any lifestyle and liberate your skin!

### SPOTLIGHT ON THIS MONTHS FAB PRODUCTS

#### Omega 3 Hemp & Sweet Orange Face Wash

Skin Type: All

- **Hemp Oil** – Hemp is wonderful oil for dry or mature skin since it is said to help stimulate cell growth. Regular use may help slow down the effects of skin aging
- **Sweet Orange** – Sweet orange oil reduces puffiness and discourages dry, wrinkled skin. The peel is used as a natural exfoliate and both oil and peel stimulate circulation and clear blemishes.
- **White Willow** - A natural form of salicylic acid, a beta hydroxy acid widely uses as an exfoliate and to keep pores clean of debris

Tough on dirt and daily grime yet mild enough as a face wash for children. Hemp Oil contains natural vitamins, minerals, essential fatty acids and the benefits of Omega 3 and 6...typically available only from fish. This mild cleanser is formulated with mild vegetable based cleansers along with botanical extracts and a high level of aloe; which can assist in alleviating irritation and providing water-based moisture.

#### Shea Moisture Butter Cream

Skin Type: Dry/ Mature

- **Squaline** - Nutrient rich oil derived from olives. It is a natural bactericide and healer.
- **Shea Butter** - A skin protector, emollient. From the nut of the karate nut tree; a cellular renewal ingredient that has excellent nourishing and moisturizing benefits for the skin. It is known as a natural "sun block".

Vibrant Citrus sweet smells and reminiscent of orange peels. Tough on dirt and daily grime, yet mild enough as a face wash for children. Hemp Oil contains natural vitamins, minerals, essential fatty acids and the benefits of Omega 3 and 6...typically available only from fish. This mild cleanser is formulated with mild vegetable based cleansers along with botanical extracts and a high level of aloe; which can assist in alleviating irritation and providing water-based moisture.

**You'll notice softer skin and a lighter conscience with these bio-degradable and phosphate free products.**