

# Bonita Botanicals

*Beauty and Wellness from the Inside and Out*

NEWSLETTER 8, Vol 1

BONITA BOTANICALS BEAUTY & WELLNESS

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## The Man's Upkeep – How to Get More from doing Less

Beauty basics are for everyone! Ladies did we forget to inform our men of the new rules and guidelines? We've paid so much attention to our looks and new accomplishments in our anti-aging regimens that we didn't let the men in on how to revamp and maintain their beauty and wellness. Well, it's never too late to start so everyone within an earshot shout this out to the man next to you – invest in your looks!

First of all, if it isn't organic and doesn't say Bonita toss it. Hey I tell it like it is and Bonita Botanicals provides pure and natural ingredients that soothe and celebrate the skin's true beauty.

Next, simplify your skin care regimen and use the products that you need the most. We tend to binge spend as soon as we enter a store. We buy several items that smell good; several items that look good but what about the items we really *Need*? What do you need to focus on? Cleanse, Replenish, Moisturize and Protect. Those are the four items that will keep your skin youthful.

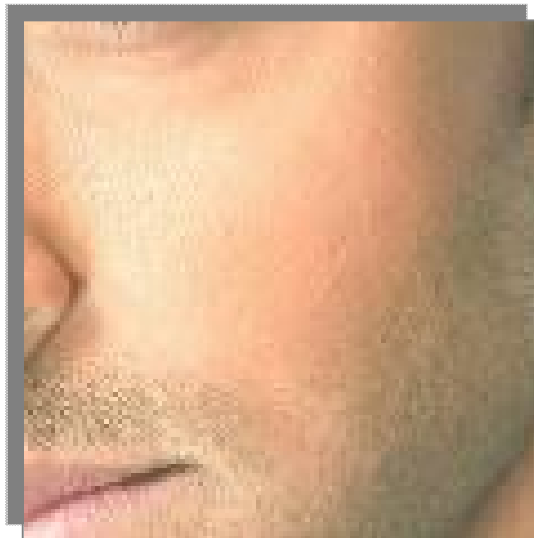
***Everyone always wants a solution without any commitment...***

What is the most important item to use for good skin? It's difficult to choose the one item that will save your good looks. Take a look outside your window and see everything your skin must put up with everyday; bad air quality, smoke, dirt and grime, and many other pollutants that interfere with your skin's normal abilities. When you don't utilize a complete skin care regimen you're gambling and taking a risk. Ask yourself what results do you want and what is important to you?

Is your hair most important and you want to retain the healthy hair line you've grown to love? Do you notice a change in your complexion and you want that vibrant healthy glow many have complimented you on? How about freckles and fine lines that have begun to show?

You see, everyone has a different emphasis on their looks but what's amazing is all of those things can be counteracted with a few simple strategies. Organic products that contain a balanced list of ingredients that are specifically targeted to help you remain looking great is the regimen you need.

So narrowing down the most "important" product is difficult because you really need a complete system to stabilize your skin. Sun screen will definitely slow down your clock and minimize fine lines and freckles but it won't do much if you moisturize with a chemically-infused product that does damage deep below the surface. Get the point?



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# The Art of Manscaping

Forget everything you knew about grooming because Manscaping is your guide to Sexy, Incredible and Contagious! – no, not the bad contagious but the good side of everything you want to catch.

Grooming use to be about smelling clean with a hint of masculinity, a good shape up with a trendy casual look wrapped up with a winning personality; providing a lady flowers, dinner and a smile but that only scratched the surface. Eyebrows, nose hair, back hair, ear hair and all points south need a good mowing to tame those bad boys and let's not forget skin care, hair care and the vibe that begins from the inside.

You want to feel confident, powerful and age-proof your looks but you haven't mastered the rules of maintenance? Well, life can become a constant celebration once you embrace your Manscaping mantra but very few men are taking this art seriously. Just think how much better life could feel if you looked fabulous?

When you look good you have an air of confidence and it shows. This all begins with a technique called Manscaping – a complete overhaul to your appearance.

Many men are unable to plan a good skin care regimen simply because they use the wrong products. The biggest difference between commercial and organic is the wasteful ingredients including those chemical compounds used to make the product. Commercial products dry out your skin, leaving you feeling itchy with taut skin. Then you feel the need to moisturize but what you fail to realize is that you keep utilizing this same routine that goes no where? So how do you combat this on-going cycle? A balanced regimen of organic products that feed your skin natural supplements.

Cleanse – organic products do not contain sulfates and will not leave your skin feeling dry and taut.

Tone – Many people opt to forego a toner but an organic toner refreshes the skin and removes any excess dirt the cleanser could not get to. It also delivers nutrients to balance the skin.

Moisturizer – This will help keep your skin plump, vibrant and feeling soft to the touch. Botanicals and minerals help slow your clock and keep the fine lines, wrinkles and freckles at bay. This is one of the secret weapons to aging gracefully.

Sun Screen – you'll probably find that your moisturizer has a sun block in it already but never forget your sun screen. This is the number 1 cause for deep lines, wrinkles, and dry skin. You could stop 50% of those deep lines from creeping up just by using a daily sun screen.

A good skin care regimen is your first line of defense in Manscaping but it's only the beginning. Inspect every inch from head to toe. What can you improve to pull your look together? Perhaps a different hair cut, get the eyebrows waxed a bit or is there any ear hair sticking out?

Women look you, we definitely do and we perform our own little inspection. You're either below average, average, above average or we're hanging on your every word.

No one is saying to completely change who you are but there comes a time in our lives when we need more. We want to re-invent and celebrate our lives. Looking good is part of that concept.

So if you're part werewolf perhaps you should check out taming that hair with some removal techniques. A little bit goes a long way.

*Coming Soon..*  
*Coming, Soon..*

We're having a Facelift! A brand new look is coming in the next few weeks and we'd love to have you celebrate with us. Visit our website and let us know what you need more of. More solutions, More beauty trends...Just More!