



Rescue & Renew

Collection Focus Guide

Did you know...

Detoxification is a vital process that helps bring the appearance of vitality back to dull, lackluster-looking skin. In today's fast-paced world, daily skin aggressors like stress, pollution, sun exposure, and lack of quality sleep can have an effect on the look of your skin. To restore skin to its balanced look, it's important to follow a consistent self-care ritual and to regularly take the time to relax, restore and renew with detoxification.

Every day, skin is subject to oil, perspiration, debris, makeup, and environmental pollutants. These factors, combined with aging, health and diet, make skin look aged, feel rough, and become dehydrated. In addition, these factors can also act as a barrier to the skin, preventing it from effectively absorbing and benefitting from the very skincare products that are created to help minimize the appearance of aging.

Your skin is responsible for a quarter of the natural detoxification that your body does each day to keep itself healthy, both inside and out. With an effective detoxification, your skin should be healthy and appear vibrant, radiant and feel soft. Skin that appears dry, flaky or dull is in need of rejuvenation and additional detoxification by cleansing, exfoliating and masking.

The following content is provided for educational purposes only. It is not intended to be used to make health claims regarding our products.

Products such as cleansers, exfoliators and masks help detoxify the skin by cleaning pores, and removing

dead skin cells along with environmental build-up on the skin's surface. To help keep your mind and body looking and feeling its best:

- **Cleanse twice daily:** This helps remove surface impurities.
- **Practice skin brushing:** Similar to exfoliating, dry brushing helps stimulate the skin's surface and remove dead skin cells.
- **Relax with a self-massage:** Start with the feet and work your way up the body using light, upward strokes, to help release stress and restore positive energy.
- **Sweat:** Sweating can quickly and effectively discharge the body of toxins, so vigorous workouts and the use of steam rooms are effective for detoxifying skin.
- **Stay hydrated:** Drink at least 6–8 glasses of water daily. Hydrating helps your body flush out toxins and gives skin the appearance of a healthy glow.
- **Use masks:** Full-body or face masks draw out impurities from the skin's surface, helping prevent clogged pores and remove excess oils.
- **Stretch and move:** Walking, as well as activities like yoga, can help increase blood flow, promote relaxation and maintain a sense of harmony.

Detoxification with Nutrition

Taking time to care for yourself should not only be focused on the outer appearance but also on mind, body and spirit. Care should be given to what you consume, what you put on your skin and what you do to help relax your mind and detoxify your body from the stresses of daily lifestyle. Detoxification is about cleaning toxins from the body. The liver filters impurities from the blood and processes it for elimination through the kidney or the intestines. The lymphatic system also helps move the toxins through the body to be processed in the liver, which can help maintain optimal health.

Rescue & Renew Collection Story

Inspired by ancient Ayurvedic spa practices, this holistic approach to wellness focuses on the body's flow of energy for the ultimate in self-care. The ritual and products combined help detoxify the body by cleansing the skin's surface of impurities while also protecting the skin's moisture barrier. With the integration of botanical extracts, oils and minerals with aromatic features sourced from around the world, you'll emerge from this luxurious ritual with radiant, healthy-looking skin, while pure essential oils like grapefruit and juniper berry aromatically create a sense of harmony and vitality.

The collection is built on a foundation of botanical, sustainably sourced pure essential oils for aromatic purposes. Each oil is cold pressed or steam distilled directly from the leaf, peel, berry or root of the ingredient to help ensure that its value is preserved. Together, aroma and detoxification of the skin's surface can uplift your mood and appearance, helping you look and feel your absolute best every day.

Rescue & Renew products will support skin detoxification while Arbonne nutritional products can help to support natural elimination of toxins from the body.

- 7-Day Body Cleanse — Helps cleanse your body and system while supporting the gastrointestinal tract, assisting with the gentle elimination of toxins^o
- Digestion Plus — Supports healthy digestion with *Bacillus coagulans*, enzymes and botanicals^o
- Herbal Detox Tea — Supports the liver and kidneys, with 9 botanicals in a mild, caffeine-free formula^o

Key Botanicals in the collection include:

- Turmeric Extract — Helps to promote radiant-looking skin
- Dandelion Extract — Contributes to detoxifying effects that promote the appearance of overall skin health
- Ginger Root Extract — Helps counteract the look of dull, lackluster skin by enhancing the appearance of skin radiance

Products in the Rescue & Renew Collection include:

- Detox Soak
- Detox Face Mask
- Detox Scrub
- Detox Wash
- Detox Oil
- Detox Lotion
- Detox Gelée

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

DETOX SOAK

Features

- Helps to aid in the removal of surface impurities from the skin while providing a soothing and pampering experience
- Formulated with pure, aromatic essential oils
- Safe for all skin types including sensitive skin
- Gynecologic, allergy- and dermatologist-tested
- Vegan; certified gluten-free

Benefits

- Pure, aromatic essential oils from grapefruit, tangerine, lavender, juniper berry, ginger, orange, rosemary are known to create a sense of overall well-being
- Sea salt crystals, infused with essential oils, help cleanse and revitalize the appearance of skin



How to Use

Mix a palm sized amount into a warm bath. Soak for 10–20 minutes, relax, and then rinse.

DETOX FACE MASK

Features

- Oil-pulling technology helps to unclog pores by drawing out impurities, dirt and oils from the surface of the skin
- Visibly draws out excess sebum without stripping the skin, helping pores appear smaller through cleansing
- Helps skin appear brighter and promotes the look of smoother, softer, and refreshed-looking skin
- Leaves the complexion looking cleansed and renewed
- Safe for all skin types including sensitive skin
- Dermatologist-tested
- Vegan; certified gluten-free

Benefits

- French pink clay acts like a magnet to attract surface dirt and impurities; cleansing and gently exfoliating skin
- Rosemary oil hydrates; helping to maintain the look of skin clarity
- 5 self-neutralizing acids — mandelic acid, phytic acid, lactic acid, salicylic acid and azelaic acids — help clarify, refine and brighten the appearance of skin tone

How to Use

Apply a thin layer to a clean face, avoiding the eye area. After fifteen minutes, or once mask appears dry, wash off thoroughly with lukewarm water and pat dry. Slight transient tingling or redness may be experienced and is normal for a mask of this type. Use 1–2 times per week.



DETOX SCRUB

Features

- Polishes away dry, dead surface cells and surface impurities caused by exposure to environmental aggressors
- Cleanses to combat the daily wear and tear of environmental exposure and pollution by effectively clearing pores of excess oil, dead skin, and buildup
- Helps improve the appearance of radiant, brightened skin
- Hydrates to promote the appearance of softer and smoother skin, leaving skin feeling touchably soft
- Formulated with pure, aromatic essential oils
- Safe for all skin types including sensitive skin
- Dermatologist-tested
- Vegan; certified gluten-free

Benefits

- Pure, aromatic essential oils from grapefruit and orange are known to create a sense of energy and increased invigoration
- Vitamin E, with antioxidant properties, helps protect skin's moisture barrier
- Avocado oil, with moisturizing properties, helps protect the skin's natural moisture barrier from water loss
- Coriander seed oil, with antioxidants, soothes skin
- Passion fruit seed oil moisturizes skin



How to Use

In the bath or shower, apply to wet skin or on dry skin for a deeper clean. Apply liberally and rub in a gentle, circular motion paying particular attention to dry, rough areas. Rinse thoroughly.

DETOX WASH

Features

- Promotes detoxification of the skin through removal of surface impurities
- Cleans oil, dirt and other impurities from the skin to help revive lackluster-looking skin
- Helps improve the look of skin's clarity and brightness
- Hydrates and replenishes moisture content to help skin look softer and smoother
- Formulated with pure, aromatic essential oils
- Safe for all skin types including sensitive skin
- Dermatologist-tested
- Vegan; certified gluten-free

Benefits

- Pure, aromatic essential oils from grapefruit and orange are known to create a sense of energy and increased invigoration
- Alfalfa and chicory extracts help improve the appearance of skin tone and smoothness
- Mineral salt helps balance the skin's appearance, revealing a smoother, brighter surface

How to Use

Apply a small amount onto hands or washcloth. Work into a foaming lather over the entire body. Rinse thoroughly.



DETOX OIL

Features

- Moisturizes to promote skin elasticity, helping dimpled skin appear smooth and toned
- Helps to promote the appearance of healthy, radiant skin
- Delivers hydration and helps skin to retain moisture
- Improves the appearance of dull, lackluster and tired-looking skin, helping skin look softer and smoother
- Stimulates the skin's surface with massage
- Formulated with pure, aromatic essential oils
- Safe for all skin types including sensitive skin
- Non-comedogenic
- Dermatologist-tested
- Vegan; certified gluten-free

Benefits

- Pure, aromatic essential oils from orange, lavender, anise, and bergamot are known to create a sense of calm and relaxation
- Vitamin E, with antioxidant properties, helps protect skin's moisture barrier
- Grape seed and sesame oils moisturize to support collagen, helping to promote firmer-looking skin
- Argan oil, with antioxidants, vitamin E, and essential fatty acids, moisturizes and conditions skin



How to Use

Apply directly to skin or to hands and then massage in. Absorbs best when skin is slightly damp after bathing.

DETOX LOTION

Features

- Improves the appearance of dull, lackluster, tired-looking skin
- Promotes smooth-looking skin through moisturization
- Provides immediate hydration while also replenishing skin's natural moisture barrier
- Formulated with pure, aromatic essential oils
- Safe for all skin types including sensitive skin
- Dermatologist-tested
- Vegan; certified gluten-free

Benefits

- Pure, aromatic essential oils from orange, lavender, anise and bergamot oil are known to create a sense of calm and relaxation
- Alfalfa and chicory extracts help improve the appearance of skin tone and smoothness
- Shea butter, a body conditioner, helps moisturize dry skin
- Vitamin B5, a humectant, emollient and moisturizer, helps skin look soft and smooth

How to Use

Apply liberally to hands and body.



DETOX GELÉE

Features

- Hydrates, cools, and refreshes the skin
- Moisturizes to promote skin elasticity, helping dimpled skin appear smooth and soft
- Provides immediate hydration while also replenishing skin's natural moisture barrier
- Formulated with pure, aromatic essential oils
- Safe for all skin types including sensitive skin
- Dermatologist-tested
- Vegan; certified gluten-free

Benefits

- Pure, aromatic essential oils from orange, lavender, grapefruit, and tangerine are known to create a sense of relaxation
- Shea butter, a body conditioner, helps moisturize dry skin
- Caffeine, with antioxidant properties, brightens the look of skin
- Green algae replenishes the skin's natural lipid barrier with moisturization to hydrate, lubricate, protect from dryness and nourish the look of skin for a soft, smooth, healthy glow
- Vitamin E helps skin retain moisture and moisturizes dry skin
- Malachite extract acts as an antioxidant, supports formula's moisturizing benefits by protecting skin against environmental dryness



How to Use

Apply regularly morning and evening or after sports, exercise, or sun exposure. Massage in light, upward circular movements.

Personalizing Your Ritual

Here are some recommendations to help you personalize your detoxifying spa experience for yourself and your Clients.

Setting the stage for a restorative ritual

- **Set your intention.** Do a little stretching and take a deep breath before you even turn on the water. Set your mind to get ready to relax while you sip a cup of Herbal Detox Tea.
- **Soak and enjoy.** Fill the tub. Relax in the tub for as long as you can. While you're soaking, you can apply the mask and perform acupressure by massaging your pulse points on your face and head.
- **Shower and Rinse.** Shower with the body wash followed by the scrub to cleanse the body and stimulate blood flow to the skin's surface.
- **Step out restored.** At the end of your shower, finish with a blast of colder water to stimulate your circulation. Step out of the shower and apply body oil, massaging the areas in need of more attention. Before you dry off, apply the lotion and/or gelée.

At Home — Full Detox Ritual

- Herbal Detox Tea — Starting your ritual with a hot cup of tea will help put you into a state of relaxation and warm your body in preparation for your detoxification treatments
- Dry brush — Brushing your skin before soaking will help remove impurities from the skin's surface
- Soak — Warm water and soothing minerals will help your relaxation experience continue while you support detoxification
- Face Mask — Draws excess sebum from the skin
- Scrub — Whether you stay in the tub or transition to use this in the shower, the scrub will help remove any surface impurities and dead skin cells
- Wash — Cleanses the body of any surface sebum, dirt or pollutants
- Oil — Immediately after bath or shower, protect the skin's moisture by generously massaging oil all over the body
- Lotion or Gelée — Before dressing, finish your spa ritual by supporting ongoing skin hydration

At Home — Quick Daily Shower Detox Ritual

- Scrub — Helps remove any surface impurities and dead skin cells
- Wash — Cleanses the body of any surface sebum, dirt or pollutants
- Lotion or Gelée — Before dressing, finish your spa ritual by supporting ongoing skin hydration

At Home — Bathing Detox Ritual

- Soak — Warm water and soothing minerals will help your relaxation experience continue while you support detoxification
- Face Mask — Draws excess sebum from the skin
- Lotion or Gelée — Before dressing, finish your spa ritual by supporting ongoing skin hydration

At a Presentation

- Herbal Detox Tea — Serve tea to put the group in the mood for a spa experience
- Aroma — Allow everyone to explore the products' essential oil scents
- Soak — Offer foot bath or hand soak experiences
- Face Mask — Show the mask on hands or nose
- Scrub — Try the scrub on hands, arms or feet
- Wash — Experience this product, then rinse off the mask
- Lotion, Gelée and/or Oil — Finish off your Presentation. Gelée can be used to rub into shoulder or neck muscles, lotion can be used on hands, and oil can be used on arms or legs if you want to let participants experience all of the products.

