

LOOK MADE IN THE UK

10 YEARS YOUNGER WITH 100%

NATURAL VITAL OILS

RESTORING

NATURAL

ELEMENTS

PURE & NATUROPATHIC

ANTIOXIDANTS

AROMATHERAPY

BESPOKE PRODUCTS NO ANIMAL PRODUCTS

PLANT EXTRACTS

SIMPLY NATURAL

FEED YOUR SKIN

A DAILY DOSE OF HEALTHY FRUIT & VEGETABLES

100% BOTANICAL PLANT

UNADULTERATED INGREDIENTS

NO CHEMICAL IRRITANTS

NATURAL



THERAPEUTICS

SKINCARE FOR PROBLEM SKIN

ECZEMA, PSORIASIS AND DERMATITIS

ROSACEA, SPOTS & ACNE

ORGANIC

INGREDIENTS

MAKING YOUR SKIN STRONG & HEALTHY

EFFECTIVE AND EASY TO USE

## Essentially Yours

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## Why Us?

**When we first started researching & developing 100% Natural skincare over 15 years ago, what we did not realise at the time was that we were not only pioneering products without harsh chemicals but also developing products which were and still are to this day market leading.**

Over the years we have received feedback from hundreds of professional Beauty Therapists and Spa owners, they say that our products offer the best in anti-ageing skincare that they have used. In addition skin problem sufferers of Eczema, Rosacea & Spots tell us that even after years of having various forms of medical treatment it was not until they found and used our ranges that they have had amazing results.

Since those early days we have been the first brand to develop skincare ranges to be completely allergen free. We have been one of the first to address the main source of damage to collagen working against UVA/ free radicals and most recently we have included ingredients which were described in major scientific circles as:

**“The biggest advance in anti ageing & skin healing for centuries”.**

**“Essentially Yours are leaders in setting the bar for the best performance skincare ranges available”**

We offer a free skin clinic with advice from our Dermatology specialists via email or telephone.

Our products are suitable for Vegan, Vegetarian, & Halal, they contain NO animal products or alcohols and we don't use raw materials ( i.e. before the product is made) which are tested on animals so you can be sure that we are ethical from start to finish.

Our products do not contain nut ingredients. We use limited outer packaging which does not leak into the product itself and is fully recyclable. Our ingredients are all plant derived and water soluble; they break up easily and are kinder to the environment. We do NOT use oils which are causing destruction of the habitat of animals such as the Orangutan.

## Anti-Ageing Everyday Skincare Routine

### Step 1

Use either the Face wash or Cleanser to clean the skin day & night, helping to remove make-up and ingrained dirt/pollution. We recommend you use the revolutionary Konjac sponge with your face wash/cleanser at least once per week to exfoliate the skin and keep it clear and in tip top condition. Remember you do not need any separate eye-makeup removers as our All skin Types Face Wash & Cleanser are both fantastic for removing eye-makeup and are gentle enough for use around the eyes.

### Step 2

Tone – A blend to refresh & moisturise the skin. Apply a pump of the toner to an organic cotton pad and sweep over face and neck. This completes the cleansing process and leaves your skin feeling fresh helps to tighten larger pores and prepares your skin for moisturising.

### Step 3

Apply a small amount of your chosen Natural Elements Facial Oil to the face, neck & décolletage whilst the skin is still slightly damp from your toner, you can massage any excess oil into the back of hands. After cleansing the skin and removing any make-up apply the Facial oil to the face, neck & décolletage – this is a great alternative to a night cream, allow this to soak into the skin whilst you are sleeping and you will awaken with beautifully hydrated and nourished skin.

### Step 4

Whilst the Facial oil is being absorbed into the skin apply your chosen Natural Elements moisturiser, this will lock in the goodness from the oils, and give you the perfect base to start your day! The great thing about our Facial Oils is they are all Natural so they will be absorbed into the lower dermis, they will not sit on the surface of the skin or make your skin feel heavy/slick.

### Remember

You do not need any separate eye creams when using the Blending Facial Cream or the All Skin Types Moisturiser as these are both perfect light botanical creams to use around the eye area. If you feel your eyes need an extra bit of TLC you can use the Intensive Face Gel to reduce puffiness and provide hydration to the eye area, simply “pat” a small amount of the gel around the eye area at any time during the day to cool, calm and refresh – the perfect handbag product.



## Natural Elements – Face Wash, Cleanser, Toner & Exfoliating Sponge

### NES009

#### Face Wash for All Skin Types

200ml e (7.05oz)

Allergen & Fragrance free

£13.99



A wonderful gentle cellulose based facial gel wash, which removes all ingrained dirt, neutralises free radicals, tightens the skin and removes heavy make-up (including eye make-up) We recommend you use as part of your daily routine and once a week with our Konjac sponge to exfoliate the skin. Add a pump of the face wash to your wet Konjac sponge / hands and apply to the face & neck to remove dirt & make-up, rinse with clean water. May also be swept over the eyes to remove stubborn mascara and eye make-up.

**Tip: cellulose gel was awarded the term ‘the biggest breakthrough in skin healing in centuries’ also a 100% free radical absorber**

### NES010

#### Cleanser for All Skin Types

200ml e (7.05oz)

Ideal for dry skin

£15.99



A silky cleansing lotion, which removes all ingrained dirt, neutralises free radicals, tightens the skin and removes heavy make-up (including eye make-up) We recommend you use as part of your daily routine and once a week with our Konjac sponge to exfoliate the skin. Apply a pump of the cleanser to your Konjac sponge or organic cotton pads and sweep over the face, neck & eyes to remove dirt & make-up.

**Tip: more suited for dry skin types**

## Natural Elements – Face Wash, Cleanser, Toner & Exfoliating Sponge

NES011

**Toner for All Skin Types**

200ml e (7.05oz)

£14.99



Our delicate toner, with no alcohols or artificial perfumes, reduces blocked pores and regulates the skin tone completing the cleansing process.

A synergistic blend to refresh & moisturise the skin. Apply a pump of the toner to an organic cotton pad and sweep over face and neck.

**Tip: Toner can be used before shaving legs or for male grooming with our oil or Face Wash to purify the skin and prepare the area for hair removal.**

NSP1

**Konjac Exfoliating Sponge**

For All Skin Types

£6.99



Konjac is a perennial herb (from the aroid family) and since ancient times, it has been widely used as a medical and edible natural plant. Unbelievably soft and gentle, the Konjac sponge exfoliates dead skin cells whilst cleansing the face, and leaves behind a "Colloid Film" to nourish, protect and hydrate your skin. It is perfect for cleansing even the most sensitive skin!

A Konjac Sponge contains no preservatives or artificial pigment. Use with Natural Elements Face Wash or Cleanser, Only a small amount of product is needed as the sponge creates a wonderful rich blend to lightly exfoliate, clean, and soften the skin prior to using your chosen Facial Oil and Moisturiser. **Tip: use in the shower once a week.**

## Natural Elements – Face Masks & Gels

NES040

**Intensive Face Gel**

(30ml e 1.05oz)

£20.99



The Intensive Face gel contains crystalline cellulose which is a powerful antioxidant stemming from the botanical ingredient which allows nature's trees to stand tall; this key botanical ingredient massively absorbs free radicals in the skin, which is the main cause of cell damage. We recommend you use the gel at night to purify the skin, providing total hydration for the face and neck areas. Simply "pat" the gel onto the face & neck and allow to absorb into the skin. Tip: This can also be used around the eye area to firm and reduce puffiness. Ideal for all skin types.

NES178

**Pacifying Gel Mask**

(50ml e 1.76oz)

£15.99



A gentle pacifying mask made with real cucumber extract that cools, calms & pacifies the skin. Balances the skin's PH levels with repairing benefits for smokers and sun damaged skin.

Use on clean, make-up free skin, apply to face and neck – avoiding the eye area and leave to absorb for up to 15 minutes then wipe off with an organic cotton pad and a little toner or wash off with clean water. For best results follow-up with our facial oil and cream combination.

## Natural Elements – '10 Years Younger in 10 Days' Kits



NES003AA  
**Luxury 10 YY Kit\***  
£36.99



NES004AA  
**Balancing 10 YY Kit\***  
£32.99



NES005AA  
**Uplifting 10 YY Kit\***  
£40.99



NES006AA  
**Revital 10 YY Kit\***  
£44.99



NES007AA  
**Holistic 10 YY Kit**  
£32.99

Choose the set with the oil that gives you the effect you want (full benefits over page).  
Alternatively, if you need advice or would like to request samples please contact us.

### DAY:

After cleansing the skin apply a small amount of the Facial oil followed by the Blending Facial cream and allow to absorb into the skin. You now have the perfect base to start your day! The oil then neutralises, this traps the oil into the lower dermis so you don't have oily skin, then neutraliser-free radicals which come in contact with the skin for total protection from the biggest cause of premature ageing... when you do this you will also reverse the damage already done to collagen effectively reducing fine lines that may already have occurred.

### NIGHT:

After cleansing the skin and removing any make-up apply the Facial oil to the face, neck & décolletage – this is a great alternative to a night cream, allow this to soak into the skin whilst you are sleeping and you will awaken with beautifully hydrated and nourished skin.

### For Dry Skin

Apply the oil on damp or even wet skin and massage in, this gives a huge hydration boost to skin then apply one of our creams to trap in the oil.

\*Each kit contains 30ml oil & 30ml blending cream

## Natural Elements – Facial Oils

NES105  
**Luxury Facial Oil** (30ml e 1.05oz)  
£25.99

Containing vital oil of Peach & essential oils of Lavender, Geranium & Patchouli, this oil gives an extra boost to dry skin. Studies show that vital oils with high levels of vitamin E are able to block ageing UVA light. This luxurious oil also aids a relaxing night's sleep.

Also available in 'Luxury 10 Years Younger Kit' with blending cream for **£36.99**

NES024  
**Balancing Facial Oil** (30ml e 1.05oz)  
£20.99

A re-balancing facial oil containing Peach, Grapeseed, Grapefruit, Lavender & Tea Tree for skin prone to hormonal spots, perfect for when your PH levels are out of balance and your skin is behaving erratically.

Also available in 'Balancing 10 Years Younger Kit' with blending cream for **£32.99**

NES130  
**Uplifting Facial Oil** (30ml e 1.05oz)  
£29.99

An excellent anti-ageing oil containing vital oils of Peach & Avocado which protects the skin from the worst free radicals the cause of premature ageing. A truly uplifting blend of Orange & Jasmine essential oils infuses the formulation into a refreshing tonic, aiding the protective film on the surface, keeping the skin supple & youthful. Suitable for all skin types, especially effective for dry skin.

Also available in 'Uplifting 10 Years Younger Kit' with blending cream for **£40.99**

NES132  
**Holistic Facial Oil** (30ml e 1.05oz)  
£20.99

This zesty blend of Peach, Jojoba, Orange, Grapefruit & Patchouli comes with their legendary aromatherapy benefits; rich in vitamin E, stimulating & fortifying. Ideal for poor circulation & oily skin.

Also available in 'Holistic 10 Years Younger Kit' with blending cream for **£32.99**

NES131  
**Revital Facial Oil** (30ml e 1.05oz)  
£34.99

Containing the world's most expensive oils: Peach, Jojoba, Neroli, Sandalwood & Rose, the Revital oil reverses surface damage from the sun & also benefits smokers with dehydrated skin as well as reducing skin pigmentation complaints. Ideal for skin in need of intense repair.

Also available in 'Revital 10 Years Younger Kit' with blending cream for **£44.99**

NES133  
**Facial Oil for Sensitive Skin** (30ml)  
£19.99 Allergen Free

A rich blend of Grapeseed, Peach and Avocado oil to feed and nourish sensitive skin for a youthful appearance. Ideal for use around the eye area.



## Essentially Yours - Karen's Kit



Over the years, Karen - one of our founders, has had her skin compared to celebrities and others in the beauty industry - often women much younger than her, yet Karen still to this day has the more youthful, less aged looking skin.

We hear 'it's genetic' but that's not true at all... it's about protection from what cause's surface and collagen damage, and indeed what gives that protection with ingredients which helps the skin repair the damage already done.

Our formulations use the perfect ingredients to do just this. Many natural, organic or well known brands don't have the degree of ingredients to make this happen... ours do.

Karen's skin is a great example of what happens when you use these products, so she has created her own kit of products for you to use.

### Karen's Kit Contains:

- 1 x Ten Years Younger Kit With Luxury Facial Oil
- 1 x All Skin Types Face Wash
- 1 x Intensive Face Gel
- 1 x Konjac Exfoliating Sponge

Nearly £80 worth of products for just £49.99

NES403  
£49.99



## Guess who's older?

Yes, it's our very own Karen and by a good few years. Sharon Stone was heralded in the press last year as looking great for her age at 55, but as you can see Karen's skin has a naturally much less aged appearance with significantly fresher, less lined and brighter skin, even though she is 58. Bo Derek (she was in the film '10') shares the same birthday month and year as Karen and is said to have had lots of cosmetic surgery.

So do our products work? How does Karen use them?

Karen's routine starts with the **All Skin Types Face Wash** to clean the face morning and night. This Face Wash contains the cellulose gel which was heralded as "**The biggest breakthrough in Anti-Ageing for centuries**" because it has been found to be a powerful antioxidant and free radical scavenger, superior to vitamins C and E because of being more stable and its effectiveness will not diminish as quickly.

**Daily** - follow the **Face Wash** with the **Facial Oil** (massaging the face and neck).

Some mornings, she uses the **Face Wash** and pats a little Intensive Face Gel afterwards. This tightens and hydrates the skin intensely. Then Karen uses ones of the **Ten Years Younger Oils** (it is important to revolve your oils and pick the one that suits you the best you can call or e mail us for help with this if you need to). Apply the oil onto the skin and massage in. For dry skin apply on damp/wet skin 1-3 times a week, and then apply the **Blending Facial Cream** from the **10 Years Younger Kit** on top of the oil, to give a matt finish for makeup and lock in the oil.



This creates a barrier for free radicals which are the main source of skin and collagen damage so greatly reduces the ageing process, it also feeds the skin with fantastic minerals, vitamins and even omegas which occur naturally within the oils & creams.

At night massage the oil into the skin - especially around the eyes - this stops fine lines and crow's feet and removes waterproof mascara. **Hot tip - blend a squirt of oil and cream to create one product and massage into face and neck.** If you want a more intense effect (e.g.

smokers or very dry skin), then go for the **Re-vital oil Facial Oil** and then buy the **Rejuvenating Face Cream** to use as above.

When using the **10 Years Kits** you will find after a while the need for makeup is significantly reduced. Karen only uses mascara and a little lipply as the need for foundation reduces dramatically as your skin takes on a natural healthy look. Other tips from Karen include using the **Konjac Sponge** with the Face Wash once a week to exfoliate. What's the **Konjac Sponge**? See page 6.

## Natural Elements – Face Creams

NES041

**Blending Facial Cream**

(30ml e 1.05oz)

£14.99



A light botanical cream which is suitable for use with our specially developed "oil & cream combination" to give wonderful hydration and protection with any of our facial oils. This light cream can also be used around the eye area and creates a perfect daytime base. Ideal for all skin types.

After cleansing the skin apply a small amount of the Facial oil followed by the Blending Facial cream and allow to absorb into the skin. You now have the perfect base to start your day!

NES012

**Face Moisturising Cream**

50ml e (1.76oz)

All skin types

£15.99



A vital mix of Grapeseed & Aloe Vera, rich in repairing actives and supporting the hydrolytic film on the surface of the skin, which helps keep the skin supple. With zero allergens! After cleansing and toning the face and neck apply your chosen facial oil followed by the face moisturising cream. (may also be used alone without a facial oil)

NES029

**Rejuvenating Face Cream**

30ml e (1.05oz)

£25.99



★ Star Product

This is one of our premier products, containing the most expensive essential oil in the world this is a truly rejuvenating, anti-ageing face cream. Uplift flagging skin by applying this concentrated face cream, containing vegetable protein with Lavender, Rose, Orange and Passionflower essential oils to deal with areas of the face which are very dry, lined or in need of deep moisturising. A wonderful anti-ageing product, best applied on to clean, dry skin for rich, deep hydration.

## Natural Elements – Body & Hands

D1

**Crystal Deodorant Stone**

90grams

£4.99



Easy to use: just dampen the mineral crystal under warm water and use as you would any roll on deodorant. For use under arms and other areas that may be prone to sweating. We've been extensively testing 100% natural alternative deodorants for years to see which ones work best, even on hot summer days and especially in the gym and we can honestly say that this Natural Mineral Deodorant Crystal is fantastic! The idea is not completely new but we believe we have found you the best version of the crystal deodorant, at a price and size that most others don't offer.

We asked some body builders in a gym to test this deodorant for us and they could not believe just how good the results were, so expect great results and total protection with zero risk from chemicals.

NES103

**Luxury Moisturising Cream**

50ml e (1.76oz)

(Hands/Feet)

£13.99



Two of the hardest working areas of the body that need vital protection and hydration. This 2 in 1 formulation stops hard skin from forming and prevents premature ageing of the skin on the hands & feet. Can be put in your handbag and used throughout the day to keep hands soft and supple. Apply to clean, dry feet or hands.

## Natural Elements – Body, Hair & Hands

NES203  
**Shampoo/Body Wash for Sensitive Skin**  
(250ml) Allergen & Fragrance Free  
£9.99



A fresh, easy to use coconut foaming gel with all the benefits of a good shampoo & body wash just without the nasties! Apply to wet skin in the shower/bath to lather and rinse with clean water. With beautiful aromatherapy oils.

NES106  
**Body Lotion for Sensitive Skin**  
250ml Allergen & Fragrance Free  
£16.99



A light, easy to use cooling lotion with aloe vera & angelica extract to mop up free radicals and promote healthy skin.

NES236  
**Hand Wash for Sensitive Skin**  
250ml  
£7.99



For anyone looking for a high performance hand wash that removes ingrained dirt and grease without stripping the skin.

**Lavender** - Anti-septic properties, Anti-microbial, relaxing, de-stressing & mood balancing as well as anti-ageing for the skin

**Patchouli** - nourishes the skin and is very repairing and healing.

**Tea Tree** - antibacterial, antifungal and antiviral properties.

## Natural Elements – Body & Hair

NES204  
**Lavender & Patchouli Shampoo & Body Wash**  
(250ml e 8.81oz)  
£9.99



A particularly special combination of essential & vital oils, blending holistic and aromatherapy benefits in one! Ideal for de-stressing the mind, body & spirit. Suitable for use all over the hair & body in the shower or bath, can also be added to running water to create a relaxing bubble bath. With beautiful aromatherapy oils.

NES301  
**Peppermint & Cucumber Shampoo & Body Wash**  
(250ml e 8.81oz)  
£9.99



Detoxifies the skin and refreshes the mind. Simple with a 'Zing!' This wonderful shampoo and body wash is great for refreshing oily, flat or limp hair and awakening the senses. Suitable for use all over the hair & body in the shower or bath, can also be added to running water to create an uplifting bubble bath. With beautiful aromatherapy oils.

NES107  
**Luxury Body Lotion**  
(250ml e 8.81oz)  
£17.99



Our rich natural lotion with its fine unadulterated essential oils: Peach, Passionflower, Lavender, & Rose this is a complete luxury indulgence. Behold pure silky smooth skin! Apply all over body, after showering or after the body polish treatment.



## Natural Elements – Body Oils

We have developed a selection of wonderful body oils with outstanding skin benefits including anti-bacterial properties & free radical inhibitors.

All of our body oils can be used as a moisturiser for the whole body after showering/bathing or as massage oils. You can add a few drops to a bath for a moisturising bath oil or as natural hair oil treatment.

NES134

**No: 1 Body Oil for Massage**

(250ml e 8.81oz)

£22.99



Ideal for muscle repairing and deep tissue stimulation massage

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes.

**Avocado** – Contains vitamins C & E strong antioxidant properties, preventing free radical damage, a good natural moisturiser.

**Patchouli** – nourishes the skin and is very repairing and healing.

**Sandalwood** – soothing and relieves tension.

NES136

**No: 2 Body Massage Oil**

(250ml e 8.81oz)

£22.99



Repairing, rejuvenating & stimulating

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes.

**Avocado** – Contains vitamins C & E strong antioxidant properties, preventing free radical damage, a good natural moisturiser.

**Lavender** – relaxing, de-stressing & mood balancing as well as anti-ageing for the skin.

**Peppermint** – used in aromatherapy to stimulate the mind, increase mental agility & increase focus.

**Sandalwood** – soothing and relieves tension.

NES137

**No: 3 Body Massage Oil**

(250ml e 8.81oz)

£24.99



Deeply relaxing & hugely moisturising

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes.

**Avocado** – Contains vitamins C & E strong antioxidant properties, preventing free radical damage, a good natural moisturiser.

**Rose** – aids tissue regeneration, and is very healing for the skin

**Geranium** – deeply relaxing and reduces nervous tension

NES138

**No: 4 Body Massage Oil**

(250ml e 8.81oz)

£26.99



Deeply relaxing, moisturising, rejuvenating & stimulating

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes.

**Jojoba** – relieving joint & muscle pains, and the massage of tense muscles of the back & neck

**Rose** – aids tissue regeneration, and is very healing for the skin.

**Sandalwood** – soothing and relieves tension.

NES139

**No: 5 Body Massage Oil**

(250ml e 8.81oz)

£24.99



Moisturising and eases muscular pains

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes.

**Jojoba** – relieving joint and muscle pains, and the massage of tense muscles of the back and neck

**Geranium** – deeply relaxing and reduces nervous tension

**Jasmine** – restores & increase skin's elasticity, very healing, especially for reducing scarring

**Lavender** – relaxing, de-stressing & mood balancing as well as anti-ageing for the skin.

## Natural Elements – Body Oils

NES140

**No: 6 Body Massage Oil**

(250ml e 8.81oz)

£20.99



Purifying, refreshing & stimulating  
(great to use with our body polish for cellulite)

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes.

**Jojoba** – relieving joint and muscle pains, and the massage of tense muscles of the back and neck

**Patchouli** – nourishes the skin and is very repairing and healing.

**Peppermint** – used in aromatherapy to stimulate the mind, increase mental agility and to increase focus.

**Orange** – detoxifying and stimulating.

NES142

**No: 8 Easy Shaving Oil**

(250ml e 8.81oz)

£20.99



This oil provides a host of elements including anti-bacterial properties and anti-ageing vital oil protection for all body shaving areas. A luxurious product for a mundane duty. Ideal for both men & women, simply mix a pump of oil with a handful of water and apply to the desired area before shaving for an easy, smooth shave with no irritation.

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes. Lavender- Anti-septic properties, Anti-microbial, relaxing, de-stressing & mood balancing as well as anti-ageing for the skin

**Tea Tree** – antibacterial, antifungal and antiviral properties.

**Patchouli** – nourishes the skin and is very repairing and healing.

## Natural Elements – Body Oils

Cases of skin cancer have risen five times higher than they were during the mid 1970's, according to Cancer Research UK. Even people who have always worn SPF protection or who have never exposed themselves to the sun for long periods of time are also claiming to have been diagnosed with the disease.

### How is this possible?

The hidden danger is UVA, which many high street sunscreens do not offer protection against. It is important that you protect yourself against UVA, as UVA penetrates the skin to the deep layers of the dermis, close to your nerves and glands, and mutates cells that are being formed in the lower dermis.

UVA is a radiation photon free radical that is present everywhere there is light, all year round. So, even in the shade or through a window, you are not protected.

Here at Essentially Yours, we have found that vital oils can neutralise UVA free radical rays because of huge amounts of antioxidants in them. That's why we have created the perfect natural alternative to products full of chemicals, which may be causing more damage than good. Even things like prickly heat don't occur after applying the oil first. This is our Body oil No. 7, (NES141).

This ultra-sensitive body oil has been developed using many different antioxidant vital oils to neutralise UVA rays. It also helps protect against UVB, ie the surface burn, naturally speeding up the skin's own defence by encouraging the melanin to react quicker. Professor Brian Cox explained last year in his TV programmes that it is through melanin that animals are able to survive in the sun on mountains and deserts.

NES141

**No: 7 Body Massage Oil**

(250ml e 8.81oz)

£22.99

UVA Sun Protection ⚙️



This is our ultra-sensitive & Allergy prone skin body oil. Suitable for all skin types especially people with highly reactive sensitive skin and people that are allergy prone. The ultra-sensitive body oil contains 3 vital ingredients, the most neutralising natural oils which fight against free radical damage, as well as stimulating melanin production & preventing UVA light damage (the biggest cause of skin damage and ageing to the skin). See website for more details.

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes.

**Avocado** – Contains vitamins C & E strong antioxidant properties, preventing free radical damage, a good natural moisturiser.

## Natural Elements – Anti-Cellulite

NES147  
Body Polish Gel  
(250ml e 8.81oz)  
£25.99



Developed for professional spa therapists, the body polish is a unique exfoliating gel that brings the skin alive by buffing and removing dead surface cells without irritating scrub particles. The body polish is so much better than your ordinary salon based treatment or home body brushes. Along with the polish you also get a professional bamboo mitt.

**Passion Flower** – nourishes the skin and treats dry skin conditions.

**Neroli** – perfect for mature skin, it tones the skin, reduces the appearance of scars and is calming and relaxing.

**Geranium** – great for uplifting mature skin. Good for broken capillaries

**Rose** – aids tissue regeneration, and is very healing & uplifting for the skin.

If using this in the shower/bath at home simply wet mitt and add a pump of the body polish to the rough exfoliating side of the mitt and buff the desired area, then simply wipe the smooth side of the mitt over the body and wash off for smooth, soft, glowing, healthy skin. For best results follow with our luxury Rose & Lavender body lotion or one of our body oils.

# TREAT & SOOTHE NATURALLY

100% BOTANICAL PLANT INGREDIENTS FOR SKIN  
PRONE TO SPOTS & ACNE, ECZEMA, PSORIASIS,  
DERMATITIS AND SKIN PRONE TO ROSACEA

 **THERAPEUTICS**  
SKINCARE FOR PROBLEM SKIN

## Essentially Yours – Therapeutics Range

We do not add chemical irritants to our products we use 100% unadulterated botanical plant ingredients, essential oils and vital oils.

These natural ingredients contain huge amounts of properties which makes the skin stronger and healthier.

It's the equivalent of feeding your skin with a daily dose of healthy fruits and vegetables.

The impact can be so substantial from daily use you will find skin problems like eczema, psoriasis and dermatitis much less irritating and easier to deal with on a day to day basis.

**TS000A**  
**Therapeutics Kit**  
Suitable for skin prone to Eczema/ Psoriasis/ Dermatitis  
200ml Body Wash,  
200ml Shampoo,  
125ml Moisturising oil,  
100ml Moisturising Cream  
**£39.99**



## Therapeutics – Eczema / Psoriasis / Dermatitis

**TS031**  
**Therapeutic Moisturising Cream**  
100ml / 200ml Suitable for skin prone to Eczema / Psoriasis / Dermatitis  
**£13.99 / £20.99**



This specially formulated, extra rich emollient cream forms a thin surface layer acting as a barrier to prevent water evaporation. Ideal for leaving sensitive skin feeling soft and smooth whilst removing dry and cracked skin. Particularly suitable for areas which are suffering from eczema, dermatitis and fungal infections. Can be applied to any part of the body after showering/bathing or throughout the day where needed to aid relief from dry, sore skin.

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Aloe Vera** – contains anti-oxidants, vitamins C and E that improve the natural firmness of skin, keeps the skin hydrated & improves the skin elasticity.

**Lavender** – Anti-septic properties, Anti-microbial, relaxing, de-stressing for the skin.

**Tea Tree** – antibacterial, antifungal and antiviral properties.

**Patchouli** – nourishes the skin and is very repairing and healing.

**TS033**  
**Therapeutic Hair Shampoo**  
200ml Suitable for skin prone to Eczema / Psoriasis / Dermatitis  
**£9.99**



This mild shampoo with a light foaming agent cleans the hair without drying the scalp or hair follicles. Leaves hair soft and manageable. Ideal if your scalp suffers from eczema, psoriasis, or fungal infection. Apply a small amount to wet hair, lather and rinse with clean water.

**Aloe Vera** – contains anti-oxidants, vitamins C and E

**Lavender** – Anti-septic properties, Anti-microbial, relaxing, de-stressing.

**Tea Tree** – Very cleansing, antibacterial, antifungal and antiviral properties.

**Patchouli** – nourishes, and is very repairing and healing.

## Therapeutics – Eczema / Psoriasis / Dermatitis

TS035

### Therapeutic Moisturising Oil

125ml Suitable for skin prone to Eczema / Psoriasis / Dermatitis

£10.99



Rich in antioxidants, vitamins & protein providing a protective film to aid the skin. Apply to clean skin after showering/bathing and as and when it is needed. A small amount may also be applied to the scalp and massaged into the scalp to ease itchiness, tightness and irritation followed by the use of our therapeutics shampoo.

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Peach** – nourishing, refreshes Lavender- Anti-septic properties, Anti-microbial, relaxing, de-stressing.

**Tea Tree** – Very cleansing, antibacterial, antifungal and antiviral properties.

**Patchouli** – nourishes, and is very repairing and healing.

TS037

### Therapeutic Body Wash

200ml Suitable for skin prone to Eczema / Psoriasis / Dermatitis

£10.99



A very mild yet anti-bacterial shower gel with a light gentle natural foaming agent which cleans without irritating or drying the skin. Blended with therapeutic essential oils of Lavender & Tea Tree leaving the skin smooth to the touch. Apply a small amount to a wet body wash puff, flannel, or hands and lather, rinse with clean water.

**Aloe Vera** – contains anti-oxidants, vitamins C and E

**Lavender** – Anti-septic properties, Anti-microbial, relaxing, de-stressing.

**Tea Tree** – Very cleansing, antibacterial, antifungal and antiviral properties.

## Therapeutics – Spots / Acne

# KILL 'EM DEAD SPOT KIT

TS001A

### Spot/Acne Kit 200ml Face Wash

50ml Moisturiser

30ml Serum for spots

Konjac exfoliating sponge

£24.99

Have you tried everything and nothing's worked? Many premium skin care brands contain mineral oil (liquid paraffin), which sits on the surface of the skin and prevents the pores from clearing, forming small white lumps, blackheads, and a bumpy surface that looks dull.

Our collection of alcohol free products actively penetrates the pores, lifting out ingrained grime and effectively keeping your skin oil free from over active sebaceous glands without drying out the skin.





## Therapeutics – Spots / Acne

TS001

### Therapeutic Face Wash for Oily Skin

(200ml) Suitable for oily/spots  
& acne prone skin

£13.99



A purifying blend of anti-bacterial, anti-inflammatory, components to combat oily skin which is a feeding ground for spots and acne. Kills off bacteria, washes away ingrained pore blocking grime but without the use of harsh chemicals. We recommend use as part of your daily routine and once a week with our Konjac sponge to exfoliate the skin and remove debris. Add a pump of the face wash to your wet Konjac sponge/ hands and apply to the face & neck to remove dirt & make-up rinse with clean water.

**Cucumber** – brightens, cools & refreshes the skin.

**Peppermint** – cools and refreshed the skin.

**Tea Tree** – antibacterial, antifungal and antiviral properties, it will keep your skin clean and fresh

**Geranium** – great for spots and acne, repairing and healing.

## Therapeutics – Spots / Acne

TS004

### Therapeutic Moisturiser for Oily Skin

(50ml) Suitable for oily/spots  
& acne prone skin

£15.99



A non- oily daytime moisturiser to balance the skin, setting a neutral ph with matt finish. Stopping the sebaceous gland over producing oil within the skin. Apply to face and neck. Best used after cleansing the face with our face wash for oily skin.

**Grapeseed** – antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.

**Cucumber** – brightens cools & refreshes the skin.

TS006

### Therapeutic Serum for Spots

(30ml) Suitable for oily/spots  
& acne prone skin

£10.99



Apply directly on the head of the spot a number of times to dry it out and make it disappear especially effective if applied before bedtime. But can also be used during the day.

**Cucumber** – brightens cools & refreshes the skin.

**Aloe Vera** – contains anti-oxidants, vitamins C and E

**Tea Tree** – antibacterial, antifungal and antiviral properties

**Peppermint** – cooling and refreshing

**Geranium** – great for spots and acne, repairing and healing

## Therapeutics – Rosacea

TS151

### Rosacea Kit

Suitable for skin prone to Rosacea  
Face Wash 200ml  
Moisturiser 50ml  
Facial Oil 30ml  
£49.99



It is really important to use products that don't contain chemical irritants, which is why Therapeutics works so well: soothing, calming, and moisturising without the use of undesirable petroleum chemicals.

Therapeutics offers a broad spectrum of protection with our unique formulations. The natural 100% vital oils offer better defence against 'Free Radicals' and the synergy of natural plant extracts and essential oils blended together helps to promote a therapeutic benefit for the skin.

TS015

### Therapeutic Face Wash (200ml)

Suitable for skin prone to Rosacea  
£13.99



Gentle yet effective anti-bacterial face wash to remove make-up and cleanse the skin. Contains Cellulose gel which is heralded as one of the biggest breakthroughs in skin healing. We recommend you use as part of your daily routine and once a week with our Konjac sponge to exfoliate the skin. Add a pump of the face wash to your wet Konjac sponge/ hands and apply to the face & neck to remove dirt & make-up rinse with clean water.

- Geranium** - great for uplifting mature skin and good for broken capillaries, repairing and healing
- Angelica** - great for use on dull, congested skin, also moisturises and protects.
- Orange** - great for congested and dull skin that needs to be refreshed.

## Therapeutics – Rosacea

TS018

### Therapeutic Moisturiser

(50ml) Suitable for skin prone to Rosacea  
£15.99



Rich in antioxidants and multi-vitamins, this daytime moisturiser is intensively packed with protein to maintain a healthy collagen structure, use on top of the facial oil for a perfect day time base.

- Grapeseed** - antioxidant, protects from UVA free radical damage, reinforces the hydrolipid film.
- Angelica** - great for use on dull, congested skin, also moisturises and protects.
- Avocado** - contains vitamins C & E strong antioxidant properties, preventing free radical damage, a good natural moisturiser.

TS130

### Therapeutic Facial Oil

(30ml) Suitable for skin prone to Rosacea  
£25.99



Rich in antioxidants and vitamins. Use after cleansing the skin, apply a small amount to the face and neck followed by the moisturiser for people prone to Rosacea.

- Peach** - nourishing, refreshes, and brightens the complexion.
- Avocado** - contains vitamins C & E strong antioxidant properties, preventing free radical damage, a good natural moisturiser.
- Orange** - great for congested and dull skin that needs to be refreshed.
- Geranium - great for uplifting mature skin and good for broken capillaries, repairing and healing

## Essential Kits



NES154

### NEW Summer Skincare Kit

3 x 250ml

1 x 250ml Sensitive Body Oil \*with UVA protection\*

1 x 250ml Sensitive Body Lotion with Aloe Vera

1 x 250ml Peppermint & Cucumber Hair and Body Wash

£25.00

### How to look after your skin when away...

While it's great to get away and you feel better for it, your skin and hair has to cope with daily dose of sea, pool chlorine and the chemicals in SPF. We hear from more people who get skin problems on holiday than any other time; skin rashes, heat rashes, dry skin, all this leads to premature ageing and of course no protection from UVA light which is the main source of skin cancer, premature ageing & collagen damage.

### So we have put together a kit to stop this happening....

1. No harsh chemicals
2. Protection from harmful UVA light
3. Skin and hair moisturising from the best natural oils
4. Aloe Vera after sun lotion to soothe the skin

Using our UVA neutralising oil first on the skin means you have a barrier in place from the chemicals in SPF's if you want to use them.



NES155

### Anti-Cellulite Body Wrap Treatment

4 x 250ml

1 x 250ml Body Polish with bamboo mitt

1 x 250ml Cucumber Body Mask

1 x 250ml Body Massage Oil

1 x 250ml Organic Shower Gel with Peppermint & Cucumber

£85 worth of products for just £40.00

### How to use your kit...

Wet the skin using the bamboo mitt sponge side (comes with Body Polish) then apply the gel to the exfoliating side of mitt and in circular motions scrub the skin surface. Be more intense on cellulite areas like thighs, bottom etc.

Wash mitt under running water once you have finished the exfoliation process. Next apply the Cucumber Body Mask to the required areas and wrap the areas with your preferred wrap (we recommend a cling film wrap for ease of use and best results)

Allow to work for at least 20mins. You can now un-wrap and remove the cling film. Now take the massage oil and massage into the areas you are concentrating on, It can also be used all over the body as a daily moisturiser.

Use The Peppermint & Cucumber Shower Gel & Shampoo – revitalizing and refreshing for everyday use.

## Essential Kits

NES404

### Easy Shave Kit

2 x 250ml

1 x 250ml Peppermint

& Cucumber Body Wash

1 x 250ml Easy Shave Oil

£20.99



A stimulating and refreshing shower gel and the shave oil. Yes! you can shave with this and when you do you will never go back to the chemical foams. The Easy Shave Oil is also an anti-bacterial / anti-fungal / anti-viral / anti-inflammatory formulation so for anyone who get cuts, wounds, infections, even fungal anywhere on the body, use as a body oil and you will stop suffering, even intimate areas.

Bacteria is the biggest cause of problems to human cells and this shave oil will relieve them all and give you the best shave of your life, it's a real must have product.

NES5238

### Luxury Hand Wash & Hand Lotion Gift Set

2 x 250ml

#### The set contains:

1 x 250ml of the very popular Patchouli, Lavender & Tea Tree Anti-bacterial Hand Wash for Sensitive Skin

1 x 250ml of the NEW Orange & Lavender Hand Lotion for Sensitive Skin

All for a special price of £14.99



Our hands deserve a lot more attention for all the hard work they do. The biggest favour we can do our hands is to wash them with a gentle cleansing, anti-bacterial hand wash that won't dry them out and then moisturise them with a delicious Orange & Lavender hand lotion, helping to keep the skin soft and supple all year round.

Go on... spoil your hands, they are after all needed every day.

# Essentially Yours

BRITISH SCIENTIFIC EXCELLENCE  THE NATURAL WAY

## Contact

Call Monday to Friday 9am to 5pm on **+44 (0)1299 253994**  
or email [sales@essentially-yours.co.uk](mailto:sales@essentially-yours.co.uk).

For advice for your skin problem or general advice on what to  
use email [john@essentially-yours.co.uk](mailto:john@essentially-yours.co.uk).

Address:  
338 Hartlebury Trading Est.  
DY10 4JB United Kingdom

**essentially-yours.co.uk**

[naturalelementsskincare.com](http://naturalelementsskincare.com)

[therapeuticsskincare.com](http://therapeuticsskincare.com)

For samples, please go to our website or call us.

**NATURAL**  
**ELEMENTS**

 **THERAPEUTICS**  
SKINCARE FOR PROBLEM SKIN