



NEWSLETTER



Thursday 27 May 2021

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This Weeks Offers



Over 20 fruits and vegetables in 1 sachet...

Just add the contents to 240ml of water or other beverage, mix and drink 🍷

Forever Supergreens...

- 🌿 Helps maintain the body's natural defense
- 🌿 Supports Metabolism
- 🌿 Promotes natural energy levels
- 🌿 Assists in muscle recovery

- I add mine to my daily shake

I am offering a huge **15% discount**



30 sachets per pouch
£30.00
~~£37.40~~

TRY BEFORE YOU BUY

Want to try?

Request a sample pack at seanhill.shop/samples



The summer season is surprisingly full of environments that can dry out your skin.

Aloe and hyaluronic acid in Forever's Hydrating Serum helps your skin retain moisture from the inside while improving elasticity, resulting in the appearance of visibly plump skin.

It's just 1 month to go before the summer starts, I am offering a huge **15% discount**



50ml
£28.00
~~£34.00~~

Products of the Week



Aloe Heat Lotion

Containing heating agents and cooling aloe, this rich emollient lotion provides blissful relief from everyday stresses and strains

118ml
£13.00



Forever Move

Perfect for people who lead busy and active lifestyles, sport and fitness enthusiasts and those who work strenuous jobs

90 Softgels
£60.00



Forever Fast Break

This delicious chocolate covered peanut butter bar will make you think you've died and gone to weight management heaven

1 Bar
£4.00

Forever's Guide to Gym Bag Essentials



by Amelia Bruce – Forever UK

Across the country, gyms are starting to reopen, and many people are beginning to return to their previous exercise regimes, or are exploring their 'new normal' with an increased interest in keeping active.

But whether you are heading back to the gym, or are exploring the endless other ways of staying active, it's important to make sure you have those all-important essentials, without being weighed down.

Packing your gym bag can leave you flustered, but knowing how to pack the perfect bag means that you can confidently jump into your workout with the knowledge that you have all the essentials you need before and after your session. So, before you head out for your daily dose of exercise make sure you have these 9 workout essentials packed and ready to go.

- 1. TRAINERS AND GYM CLOTHES** Ever got to the gym and realised you had forgotten something important? Trainers and workout clothes seem obvious, but when you are rushing around it can be easy to forget. Make a routine of packing your trainers and clothes first when assembling your bag so you are never caught out without your gym attire. And make sure you remember socks too!
- 2. HEADPHONES** Love listening to music whilst you workout? Motivating music and good headphones can really make the difference between a good workout and a great workout so don't forget to throw your favourite pair into your bag before you head out the door.
- 3. REUSABLE WATER BOTTLE** Making sure that you stay hydrated is essential during a workout, so be sure to keep a bottle of water close by. The Forever water bottle is a quick, easy and environmentally responsible way to stay hydrated on the go. You can even use it with **ARGI+** and water or your favourite drink to make sure you are maintaining good levels of hydration.
- 4. SPORTS DRINKS** Speaking of **ARGI+**, make sure you don't forget your trusty sports drink when you are working out. **ARGI+** is a delicious and nutritious berry-flavoured sports drink which contains five grams of L-arginine per serving, a popular amino acid and a building block for proteins, plus essential B vitamins that support the nervous system, normal protein metabolism, psychological function and red blood cell formation*.
- 5. SHOWER ESSENTIALS** If you are planning on a quick rinse after your workout, make sure that you don't forget your shower essentials. Forever's new **Aloe-Jojoba Shampoo** and **Aloe-Jojoba Conditioner** are the perfect pair for everyday use to easily wash away dirt and oil and leave your hair feeling soft and manageable, and looking and feeling its absolute best.
- 6. DEODORANT** Maintain that fresh feeling all day, with a deodorant that you can trust. Tackle your workout with confidence knowing **Aloe Ever-Shield** is here to keep you feeling fresh and clean. **Aloe Ever-Shield** offers all-day protection against underarm odour with the soothing power of aloe. It is made without antiperspirants and aluminium salts so it's gentle enough for use after showering or waxing without irritation.
- 7. SANITIZER** We all know the importance of keeping our hands clean, so make sure you have a good sanitizer with you wherever your adventure leads you. **Forever Instant Hand Sanitizer's** effective aloe-based formula kills 99.9% of bacteria, and leaves your hands feeling clean and refreshed in an instant. The citrus-scented hand sanitizer is ideal for cleaning your hands quickly and effectively if soap and water are not available.
- 8. LOTION** After a tough workout, a relaxing massage can be just the thing to soothe sore muscles. **Aloe Heat Lotion** goes on cool and stimulates with the sensation of aloe and menthol to soothe on contact. It then warms, while ingredients like eucalyptus relax your muscles and create a naturally aromatic experience. This lotion will not only leave you feeling more relaxed, but leave your skin feeling soft, smooth and nourished too.
- 9. SNACK** A good way to help your body recover after your workout is with a light protein filled snack. **Forever Fastbreak** is a delicious way to take a break from cravings, and contains 11g of protein per bar. This chocolate covered peanut butter bar is a great snack when you need a little extra, and is the perfect size to pop in your bag and take with you on the go.

If you are looking for a filling protein shake **Forever Lite Ultra** provides the perfect naturally flavoured plant-powered protein. Available in two flavours, this versatile product can be used if you're watching your calorie intake, or as a filling protein shake.

So, there you have it, Forever's tips for the perfectly packed gym bag.

* All products named in this newsletter available from me direct or via my website. Please ask for more info ©

New! Forever Global Ambassadors



Nungshi & Tashi Malik

Country:  India

Forever is excited to welcome Nungshi and Tashi to our global family. Their values to promote healthy bodies and minds, while breaking barriers and inspiring others to chase their dreams represents everything Forever stands for.

At just 21 years old, Nungshi and Tashi became the world's first female twins to reach the 29,032-foot summit of the highest mountain on Earth, Mount Everest.

Standing atop Everest was just the beginning for Nungshi and Tashi, and as soon as they returned home, the sisters began planning their next expedition. Each summit was another step into history, and within three short years they became the youngest people, and the only siblings, to complete the Adventurer's Grand Slam: scaling the highest peaks on every continent and skiing to the North and South poles.

The sisters also won India's highest adventure award, the Tenzing Norgay Adventure Award. They were also awarded the Leif Erikson Young Explorers Award by the president of Iceland, and last year, Nungshi and Tashi led team Khukuri Warriors in Amazon's World's Toughest Race, hosted by Bear Grylls.

Nungshi and Tashi have become well known throughout India, and have resolved to use their platform as a force for good, and inspire girls in India to chase their own dreams without compromise.

They started India's first outdoor leadership academy, the NungshiTashi Foundation, with the mission of not only mentoring girls, but also creating the next generation of women leaders who will inspire and mentor others.