



Bee Lovely body ritual

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An uplifting addition to your shower, this body ritual helps to nourish and soften the skin. The organic honey and energizing orange essential oil in our bee-friendly Bee Lovely range gives skin a beautifully summery scent too.

Ingredients

Bee Lovely All Over Balm*
- 1 teaspoon

Deeply nourishing and easily absorbed

Bee Lovely Body Lotion*
- As required

Beautifully moisturizing and uplifting

Bee Lovely Hand Cream*
- As required

Conditions and softens the skin

Bee Lovely Shower Gel*
- As required

Gently cleansing

Body brush

Gently exfoliates and helps to boost circulation

Organic brown sugar
- 1 teaspoon

Natural exfoliator

Directions

1. Using a dry body brush, work in circles over your body.
2. Mix the **Bee Lovely All Over Balm** and brown sugar together and massage in for an exfoliating circulation boost.
3. Rinse well in a warm shower with **Bee Lovely Shower Gel**. Be bold and switch to cold for an extra circulation boost!
4. Gently towel dry
5. Massage in a generous amount of **Bee Lovely Body Lotion** and **Bee lovely Hand Cream** to soften and nourish skin.



Recipe by Suzanne Colston-Lynch, Head of Training & skincare expert at Neal's Yard Remedies

*Available via your Neal's Yard Remedies Independent Consultant