

# serenity

with Natural Body's Winter Special Offerings

service offer

**15% off\***

Natural Body's  
Detoxifying Seaweed Wrap

code NBC12081

service offer

**15% off\***

Naturopathica  
Anti-Oxidant Enzyme Facial

code NBC12082

service offer

**15% off\***

a single Microdermabrasion  
Facial

or

Purchase a  
Microdermabrasion Facial  
Series & receive 5% off a  
purchase of 4 or 10% off  
a purchase of 6.\*

available at select locations. code NBC12083

\*Offer expires Mar. 31, 2008. Not valid with any other discounts, specials or gift card purchases, & prepaid services. Cannot be used with Spa Finder or SpaWish. Please mention this offer to receive your special rate.

...Red Flower continued from page 1

**NATURAL BODY WILL OFFER RED FLOWER'S FLOWER SKIN COLLECTION, WHICH INCLUDES A PURIFYING BODY WASH, MOISTURIZING BODY LOTION AND CANDLES AVAILABLE AT ALL LOCATIONS EXCEPT THE WASHINGTON, DC MARKET. THE FOLLOWING SCENTS WILL BE AVAILABLE:**



## SPANISH GARDENIA

*a heady, full-blossomed scent*

made with arnica, olive extract, and essences of gardenia, geranium leaf and tuberose.

## MOROCCAN ROSE

*a sensual, velvet wet scent*

made with olive leaf and evening primrose, and essences of rose damascena, rose otto and coriander.

## INDIAN JASMINE

*an intense, night scent*

made with almond oil, neem extract, and essences of tangerine, jasmine sambac, neroli and ylang-ylang.

## FRENCH LAVENDER

*a clean, herb scent*

made with grape seed extract, peppermint and essences of: lavender, pepperina and rosemary.

## ITALIAN BLOOD ORANGE

*a bright, tangy, citrus-sweet scent*

made with orange extract, tomato leaf, and essences of blood orange, grapefruit and orange blossom.

## JAPANESE PEONY

*a delicate, soft, lemon-rose scent*

made with silk extract, green tea, and essences of peony, lemon blossom, bulgarian rose and lily-of-the-valley.

## ICELANDIC MOONFLOWER

*a fresh, euphoria-inducing scent*

made with sea rocket, cassiope, and essences of freesia, river birch, boronia and moonflower.

## OCEAN

*a vast scent that opens the lungs and cools the skin on contact*

made with spirulina and laurel.

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# Naturally speaking winter 2008

A Publication of Natural Body® Spa and Shoppe

## Introducing New Red Flower Products

In November, 2007, Natural Body became the exclusive day spa to offer Red Flower products. The spa found a true partner in Red Flower, which shares its natural approach to skincare and “green” philosophy. Red Flower products are all biodegradable, sustainably sourced, packaged in recyclable materials, never tested on animals, and free of dyes, parabens, sulfates, petrochemicals and synthetic preservatives. The Flower Skin line will be the first collection to be offered in Natural Body’s retail shoppes, with additional products and spa treatment rituals to follow.

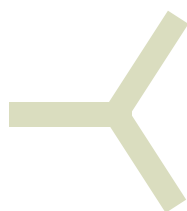
“We feel that Natural Body customers will appreciate Red Flower’s natural approach to beauty and skin. The products incorporate pure, clean and alive scents that engage the senses and offer mind/body benefits such as balancing mood, energizing and relaxing,” said Celia Tully, director of marketing for Natural Body. “The products are beautifully packaged and make you feel absolutely radiant, without compromising integrity. Bringing Red Flower in was simply a natural choice for us.”

The Flower Skin products are made with organic flowers that are cultured and grown without the use of synthetic pesticides and fall under the guidelines of USDA’s national organic program standards. The flowers and plants are collected from their natural habitats to provide the purest of ingredients; the line uses biodynamic honey, flower nectar gathered from a sustainable system of agriculture, which has natural hygroscopic properties that actually attracts moisture from the air, leaving skin soft and supple.

To produce its washes, Red Flower uses a soap-making tradition that began in the 15th century. The organic oils of olive, coconut, palm and castor are boiled with salts in a simple and chemical-free process called saponification. Since the products don’t contain chemical preservatives, there are a variety of natural preservatives used, such as grapefruit seed, cassia bark, and sorbic acid, a white powder obtained from the berries of the mountain ash.

“In Natural Body we have found a home—everything about its green philosophy and sustainable approach to the earth, its staff and customers emanates a great energy,” said Yael Alkalay, founder of Red Flower. “I believe that together Red Flower and Natural Body can transform lives and positively impact the earth. Our partnership is one that offers a new approach to health and beauty, while creating awareness by offering better practices and choices.”

*continues on page 4...*



red flower

If you don't take care of your body, where are you going to live?®

## Natural Body Earth Share 2007 Campaign



Earth Share

We are delighted to report on another successful Earth Share employee contribution campaign at Natural Body. This was the third year for the campaign and we exceeded the previous years in total dollars raised for environmental causes. We are so proud of our generous, green-minded employees who donated this year. Our Ivy Walk, location in Atlanta had 100% employee participation, and was the highest of all locations. Thank you to all of our employees who made pledges to our valued charitable partner, Earth Share.

Since 2005 Natural Body has partnered with Earth Share in offering employees an environmental choice for giving in our annual workplace giving campaign. Earth Share is a nationwide network of the country's most respected environmental and conservation organizations and offers a simple way to care for our health, water, air, land and wildlife. Earth Share's program gives working people the easiest and best opportunity to support environmental stewardship through payroll contribution at the workplace. *NB*

## New Year - New You! Sticking to your Fitness New Year's Resolution

Over the holidays did you find yourself with an erratic schedule of travel, kids and holiday parties? Did you get away from your fitness and wellness regimes? Exercise is a gift to ourselves, but when faced with the demands of our lives we find it easy to ignore our own needs and focus on the needs of others.

As you approach the New Year, here are a few simple tips to help you get back on track and back in shape!

### CREATE AND FOLLOW A SCHEDULE

Those people who are highly motivated to workout on a regular basis make it part of their routine, like brushing their teeth. It is something they plan their day around because they know the benefits of 30-45 minutes or exercise far outweighs the effects of not exercising. Making a promise to yourself to exercise and take care of your body is the one promise you should keep everyday, or at least 3-4 times per week. Schedule it in your planner like an appointment you have to attend.

### FORGET THE "ALL OR NOTHING" APPROACH

Even if you don't have hours to spend at the gym you can still make the most of the time you have during the day. Split your workouts into two parts and do 20 minutes in the morning and 20 minutes in the evening. Use your lunch time or while the kids are at practice after school.

### BE CREATIVE

Because daily life is so fast paced and our day can change at a moments notice, we have to be creative. Working out in the morning before the true trials of your day begin, can clear your mind, prepare you for the stress of your day and for the most part allow you to check the "commitment to yourself" off your list for the day. If the early morning does not work for you, you have to be even more creative. Try to work out at your lunch hour or jog in the park while your kids are at practice in the evening. Take up an exercise, karate, dance or yoga class in the evenings and commit to getting there for the class.

### TAKE IT OUTDOORS

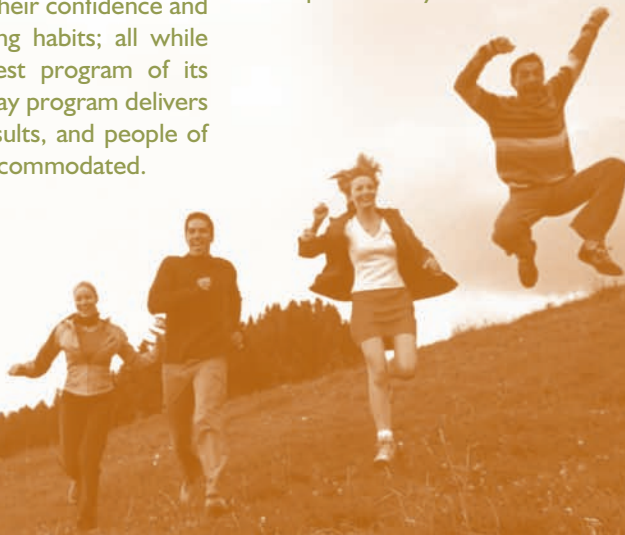
The cool winter temperatures don't mean you have to keep your exercise routine indoors. In Atlanta, Natural Body has partnered with Operation Boot Camp, a unique 30 day fitness program that improves people's lives by: increasing their fitness, building their confidence and fostering healthy eating habits; all while having fun! The largest program of its kind, this intense 30-day program delivers quick "boot camp" results, and people of all fitness levels are accommodated.

If you live outside Atlanta, you can locate a boot camp in your city by doing an internet search on fitness boot camps.

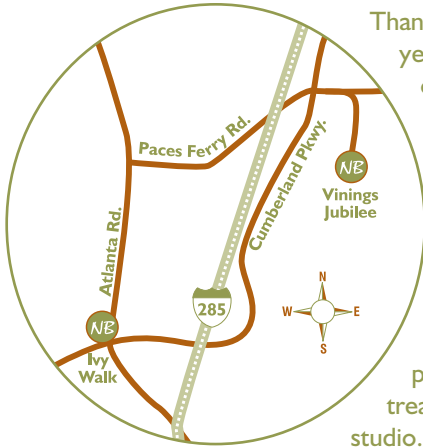
Operation Boot Camp has camps throughout Atlanta starting in January. Visit [www.operationbootcamp.com](http://www.operationbootcamp.com) to find out more and register to start your New Year off with a 30 day program full of fun and varied workouts.

The New Year's boot camps begin the first week of January. Check out [www.operationbootcamp.com](http://www.operationbootcamp.com) for locations and schedules. Plus! **Enjoy our special holiday offer for Natural Body customers! Save \$25 off Boot Camp by entering the promo code: BOOT**

Whether you haven't worked out in years or you are an avid athlete, Operation Boot Camp will give you the push you need to reach your ultimate health and fitness goals. Get out there and stick to your New Year's Resolution by redefining what is important to you! *NB*



# Goodbye Vinings Jubilee Hello Ivy Walk



Thank you Vinings Jubilee for giving us 10 successful years. Our cramped quarters have finally convinced us to turn the page and create a new chapter in the recently expanded Ivy Walk location at the corner of Cumberland Parkway and Atlanta Road. We simply outgrew our small space of 1,700 square feet in the Jubilee and are excited to transition our Jubilee clients to Ivy Walk which is our largest facility offering 15 expansive treatment rooms, steam room, 4 private showers with change areas, a private suite with bathroom for multiple treatments, group event suite, and a wellness/yoga studio. This location has a large retail area replete with our staple product lines such as Jurlique, Spa Natural Body, L'Occitane, Naturopathica, Aveda, Bumble and bumble and many others. **To schedule a service at Ivy Walk call (770) 437-0780.** Natural Body Ivy Walk is located at 1675 Cumberland Parkway in Smyrna.

## DIRECTIONS FROM JUBILEE TO IVY WALK

- ~ Walk 30 paces to Paces Ferry Road.
- ~ Jog 1/2 miles west over those pesky train tracks and on up the hill.
- ~ Turn left at Cumberland Parkway and bike 1.4 miles to Atlanta Road. We have plenty of bike racks for the environmentalist.

Just Imagine. . . You are only 5 minutes from a relaxing yoga session, a hot steam followed by a deep tissue massage from our award-winning therapists. . . you will feel like butter. *NB*



**WE HOPE TO SEE YOU SOON AND HERE'S OUR GIFT FOR YOUR FIRST VISIT TO IVY WALK:**

**\$15 off\***

**towards your first hour or longer service, or product purchase of \$50 or more**

\*Valid at Natural Body Ivy Walk only. Not valid with any other discounts, specials or gift card purchases, and prepaid services. Cannot be used with Spa Finder or SpaWish, expires April 15, 2008.



**Atlanta, get fit with Operation Boot Camp!**

**Save \$25 off Boot Camp by entering the promo code: BOOT**

## Introducing Get Real Products

With the blunt promise of "No Fake Crap", Get Real presents a personal care line you can have fun with, and it tastes good, too. Natural Body introduces a body lotion, body splash, bar soap, candies and a huge handy tote with bright and light-hearted graphics, but with the added plus of pure ingredients.

The body care products (lavender, mint and lemon soaps; lavender, orange-ginger and unscented lotions) are free of parabens, synthetics and artificial colors, but are full of shea butter for extra moisturizing and essential oils for rich scent and effective aromatherapy. The candies (lemon-ginger, fruit, licorice and raspberry cocoa) pack a great flavor punch, with organic ingredients – pop the tin and share. Nature inspires the three body splashes, with Meadow (lavender, mint and rosemary combo), Woods (a great unisex blend of cedar and juniper), and Garden (a pretty mix of geranium and palmarosa).

Buy it all and tote it home with the bright and sturdy shopper (even has a interior zipper pouch for wallet and keys).

You can find Get Real at most Natural Body locations. *NB*

