

*house of*  
**WATKINS**

**PRODUCT GUIDE**



# WATKINS

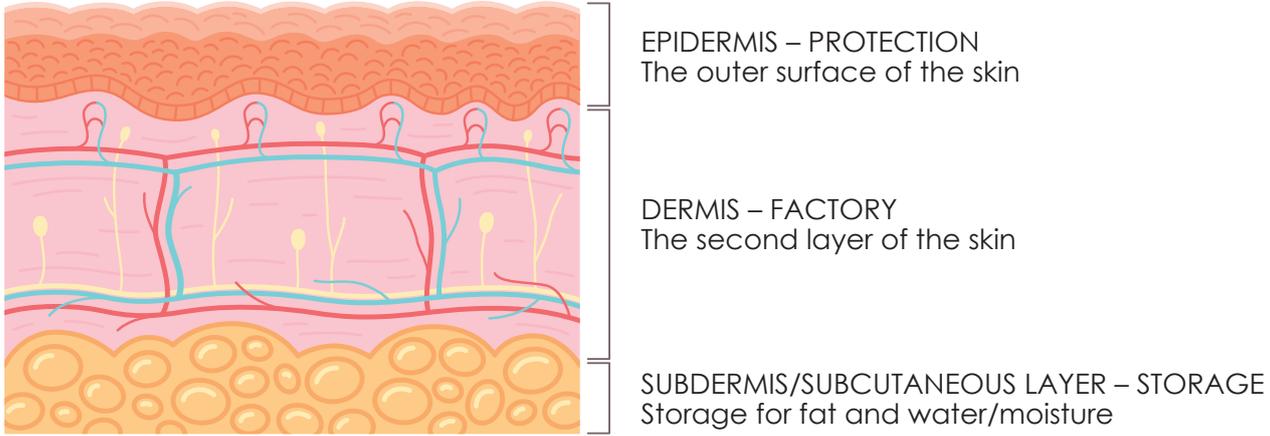
## SKINCARE



# ABOUT THE SKIN:

## STRUCTURE OF THE SKIN:

The largest organ of the body, fulfilling many functions of the body, the skin constantly changes and adapts to the environment, is also constantly repairs itself even shrinking and stretching according to ones weight.



THE SKIN HAS 3 LAYERS

## FUNCTION OF THE SKIN:

**PROTECTION:** The skin shields us from heat, cold, bacteria and fungi. It protects itself by means of the Acid Mantle (a natural protective layer that balances the pH of the skin).

**REGULATION:** The skin helps to regulate the temperature of the body by exuding perspiration.

**RESPIRATION:** The skin facilitates the exchange of gasses, like oxygen and carbon dioxide.

**ABSORPTION:** The skin facilitates a selective exchange of substances.

**HYDRATION:** The skin retains moisture and secretes sebum.

**EXCRETION:** The skin eliminates waste and salts by means of sweat.

## INFLUENCING FACTORS THAT EFFECT YOUR SKIN :

### INTERNAL AGGRESSORS

- Stress
- Age
- Heredity
- Lifestyle
- Lack of Sleep
- Erratic Food Habits
- Hormonal Imbalance

### EXTERNAL AGGRESSORS

- UV Rays
- Chemical Substances
- Climatic Conditions
- Pollution
- Enviromental Toxins
- Pressure, Blows & Abrasion

## SKIN TYPES:

### Normal



Even texture  
Small pores  
Clear complexion  
Healthy colour

### Dry



Fine and delicate texture  
Feels taut  
Ages prematurely & fine lines around eyes, mouth & forehead  
Almost never has a blemish due to minimum amount of sebum & moisture

### Oily



Enlarged pores  
Prone to blackheads & pimples  
Overall shiny appearance  
Flaky around the nose & mouth  
*(It is very important to scrub & masque to remove these.)*

### Combination



Oily T-Panel  
Prone to blackheads & pimples  
Dry cheeks

### Sensitive



Easily irritated by cold, heat or cosmetics  
Prone to blushing (skin reddens easily)  
May have broken capillaries  
Often feels taut and dry

### Dehydrated



Lacks moisture  
Fine horizontal lines appear when skin is lifted  
Skin has memory when pinched slightly – especially around the eye area  
Complexion also appears dull

# IDENTIFY YOUR SKIN:

If you are unsure of your customer's skin type, this questionnaire will help you:

<p><b>HOW OFTEN DO YOU EXPERIENCE BLACKHEADS OR FACIAL BLEMISHES?</b></p> <p>A. Frequently 1</p> <p>B. At times in the T-Zone 2</p> <p>C. Not too often 3</p> <p>D. Almost Never 4</p>	<p><b>IS YOUR FACE EVER OILY?</b></p> <p>A. Frequently 1</p> <p>B. At times in the T-Zone 2</p> <p>C. Occasionally 3</p> <p>D. Almost Never 4</p>
<p><b>HOW OBVIOUS ARE YOUR PORES?</b></p> <p>A. Very obvious, all over 1</p> <p>B. Somewhat, in the T-Zone 2</p> <p>C. Not too obvious 3</p> <p>D. Almost Invisible 4</p>	<p><b>ARE FACIAL LINES DEVELOPING?</b></p> <p>A. Almost no lines 1</p> <p>B. Some laugh lines 2</p> <p>C. Visible, around eyes, mouth and forehead 3</p>
<p><b>DO YOU SKIN EVER FLAKE?</b></p> <p>A. Hardly ever 1</p> <p>B. Sometimes on my cheeks 2</p> <p>C. Occasionally 3</p> <p>D. Often 4</p>	<p><b>DOES YOUR SKIN EVER FEEL TIGHT OR DRY?</b></p> <p>A. Hardly ever 1</p> <p>B. Sometimes on my cheeks 2</p> <p>C. Occasionally 3</p> <p>D. Almost always 4</p>
<p><b>SCORE &amp; RESULT</b></p> <p>6 - 9 Oily / Problem Skin</p> <p>10 - 14 Combination / Normal Skin</p> <p>15 - 19 Normal Skin</p> <p>20 - 22 Dry Skin</p> <p>23 - 24 Very Dry / Mature Skin</p>	<p><b>QUICK OILY SKIN TEST</b></p> <p><i>Place a tissue on the face, press all over and check for oiliness</i></p>

## SKINCARE DEFINITIONS:

### CLEANSE

The skin must be cleansed daily to remove dirt, impurities, dead cells & excess sebum (natural oils). The skin must be clean in order for moisturisers & skin care products to work their magic. Clean skin prevents pimples & premature ageing.

### TONE

Facial toner is a very important function & restores the skin's natural acid mantle - a protection against pollution, acne & ageing. It also restores the pH balance of the skin, which can cause irritation. It also removes impurities not removed by the cleansing process.

### MOISTURISE

Skin needs moisture to function & protect itself. Topical moisturisers help seal in the skin's natural moisture & add additional ingredients to help maintain skin elasticity in dry & dehydrated skin. More importantly, it protects the skin from environmental factors, especially harmful sun rays. Makeup lasts longer when the skin is properly prepared with cleansing, toning and moisturising.

### NOURISHING

Skin needs protection in the form of essential lipids (fatty acids), vitamins & minerals to repair the damage caused by ageing, pollution, harsh climatic conditions & smoking (whether actual or 2nd hand-smoking). These products are best used at night, when the body is resting & the skin receives the help that nourishing products provide.

### TREATMENTS

To keep the skin in top shape, exfoliating, deep cleansing & moisturising products used 2X OR 1X per week are essential. This helps clean pores & remove dead skin cells that make skin look dull & flaky, prevents open pores & breakouts and gives the skin a boost by delaying the ageing process. If used at a young age, it can prevent years of damage.



# ADVANCED TREATMENT SERIES

The Advanced Treatment Series Range provides relief to all skin types, in need of suppleness, smoothness and elasticity of the skin. The ingredients used in this range represent the rewards of exact research and incorporates latest advances made by scientific skincare technology. Maximum results are ensured through regular, systematic application of each product, daily.



## F0100 - Alcohol Free Toner 200ml

Mild refreshing toning lotion which allows the skin to normalise and adjust its own pH balance to restore the skin's acid mantle. Refines and tones the skin, providing a radiant glow and completes the cleansing process by removing all traces of dirt, make-up and residue. Preparing the skin for all subsequent treatments. Suitable for dry and combination skin.

Analysis: Contains Witch Hazel.

Application: Use morning and evening after cleansing. Apply to face and neck with cotton wool.

## F0102 - Ceramide Performance Day Cream 50ml

Next generation moisturising, protective day cream. A soothing intensive treatment that regenerates and revitalise the skin, improving over-all condition of the skin. Suitable for normal, dry to very dry and dehydrated skin types.

Analysis: Contains Ceramides, Bio-Technical Antioxidants, Hyaluronic Acid, Allantoin, Wheat Germ Oil and SPF 6 (UVA & UVB protection).

Application: After cleansing, toning and Perfect Solution AHA Cream application, wait 10 minutes before applying a generous layer in a circular upward motion on face and neck area.



## F0103 - Cleansing Milk 200ml

A gentle deep cleansing milk, without drying the skin. While simultaneously maintaining maximum moisture levels, preserving elasticity and improving softness. Also pH balanced to prevent disturbance of the skin's acid mantle. Suitable for dry and combination skin.

Analysis: Contains Emollient and Humectant.

Application: Use morning & evening. Press lightly into face and neck using an upward motion. Rinse with lukewarm water and gently pat dry. Follow with the Alcohol Free Toner.

## F0103 - Eye Firming Cream 25ml

Non-greasy and fragrance free eye cream, that applies easily to the delicate area, preventing damage, as well as reducing wrinkles and fine lines. Suitable for normal, dry and dehydrated skin.

Analysis: Contains Jojoba Oil, Borage Oil, Cucumber Extract, Liposomes, Hyaluronic Acid & Vitamin E.

Application: Apply a smaller than pea-size amount on ring finger and gently pat under your eyes and around up onto your brow bone.



## F0106 - Night Nourishing Program 50ml

Rich, nourishing multi-vitamin, fragrance free night program, with anti-oxidants to treat dry to very dry and dehydrated skin.

Analysis: Contains Jojoba Oil, Vitamin A & E, D-Panthenol and Allantoin.

Application: Use in the evening. After cleansing and toning, apply to the face and neck, by pressing lightly onto skin with fingertips.



**F0107 - Perfect Solution AHA Cream 50ml**

A superior cream that increases cell turnover through exfoliation. Assists in wrinkle and fine line reduction. Hydrates the skin and minimises blemishes and marks. Suitable for all skin types.

Analysis: Contains Alpha Hydroxy Acids (AHA's), Allantoin, Emollients, Hyaluronic Acid, Vitamin E and Wheat Germ Oil.

Application: Use after cleansing and toning, in the morning. Apply an almond-size amount to the face and neck with fingertips and press lightly until fully absorbed into the skin. Allow 5-10 minutes before applying further products or make-up.

**F0108 - ATS Facial Wash 200ml**

This daily foaming cleanser will break down dead and dry skin cells, remove makeup, normalise oil levels while also refreshing the skin for a more radiant complexion. Excellent for blemish and acne-prone skin and can be used all over the body when struggling with back-acne. Calming essential oils will support moisture levels and minimize dryness. Suitable for sensitive, normal, combination and mature skin.

Analysis: Contains Allantoin, Glycolic Acid and Orange Peel, Lavender and Bergamot Oil.

Application: Use morning & evening. Wet face and lightly massage onto face and neck using a circular motion. Rinse with lukewarm water and gently pat dry. Follow with the Alcohol Free Toner.

**F0109 - Revitalising Tissue Oil 125ml**

A tissue oil that not only reduces scaling, itching and scarring but retards cellular ageing. Stimulates tissue formation, improving cell regeneration, elasticity and suppleness. Suitable for dry to very dry, dehydrated and problem skin.

Analysis: Contains Pure Wheat Germ Oil, Vitamin A, D, E and F.

Application:

- Face: After cleansing and toning apply to face and neck in a sweeping motion.
- Hair: Apply to dry hair, comb through and wrap in hot moist towel. Leave for 30-60 min. and shampoo out.
- Nails: Massage onto nails and cuticles weekly.

**F0110 - Blemish Control Moisturiser and Primer 50ml**

A moisturising multi-tasker and treatment for a smoother, firmer and younger looking skin. Glides on easily to fill in pores, imperfections and reduce the appearance of fine lines and wrinkles to create a smoother canvas for a flawless foundation application. Suitable for all skin types.

Analysis: Contains Formulated with Boerhaavia Root Extract and Octadecenedioic Acid to fade out dark spots, treat hyperpigmentation and reduce inflammation.

Application: Apply to a clean skin to promote immediate moisturisation while providing long-term hydration, firmness and anti-ageing benefits. Suitable as a day and night cream.

**F0111 - Gentle Eye Make-Up Remover 200ml**

Non-irritant, oil-free, lotion based make-up remover for quick and efficient removal of all eye make-up.

Analysis: Mild cleansing agent - pH balanced.

Application: Use in evening. Apply to skin and around eyes. Close eyes and wipe down over lashes.

# ADVANCE TREATMENT SERIES

## ACTIVE INGREDIENTS:

### ACTIVE INGREDIENTS USED IN THE ATS RANGE:

**Allantoin:** Calms and soothes the skin and aids in dry skin restoration and reduces possible skin irritations.

**Alpha Hydroxyl Acids:** (*Fruit Acids*): Increases dead skin cells exfoliation that allows healthy skin to emerge. AHA's improve the moisture retention and elasticity of the skin. The appearance of blemishes and uneven skin tone are improved in time, generally improving the complexion.

**Biotechnical Antioxidants:** Neutralise free radicals that potentially cause damage and premature ageing to skin.

**Borage Oil:** A natural herbal oil with a high content of GLA (*Gamma Linolenic Acid*) an essential fatty acid important for healthy skin function. Powerful moisturiser that relieves dry skin symptoms.

**Ceramides:** Protect the skin from external damage and excessive moisture loss (dehydration). Improves skin texture and restores skin firmness and elasticity.

**Cucumber Extract:** A natural plant extract with soothing and refreshing properties that helps to reduce skin irritation and protects the skin. Excellent moisturiser.

**D-Panthenol:** Provitamin B5 helps to calm, soothes, moisturises and nourishes the skin.

**Emollients:** Provide an easy-to-spread lubricant which gives a lasting smooth, velvety texture long after the application of the cream.

**Hyaluronic Acid:** Important for the protective mechanism of the skin. It effectively assists the hydration. Revitalises the skin which results in improved smoothness, elasticity and resilience which gives the skin its youthful fresh appearance. Provides added support for tired skin.

**Joboba Oil:** Natural plant oil which contains anti-oxidants. Superb emollient with long lasting moisture control. Gives a soft, smooth feel on the skin.

**Liposomes:** Acts as active ingredient carriers, are of vegetable origin and have an abundance of Vitamin E that acts as an anti-oxidant. Ensure optimum availability of the active ingredients.

**Pigments:** Provide a smooth texture and low lustre which deflects light away from the skin so that it appears less wrinkled and therefore exhibits a soft, luminous effect.

**Retinyl Palmitate:** A Protein Complex which increases the moisture-retaining ability and improves the skin's texture, for a softer skin. Anti-inflammatory ingredient that prevents skin damage by free radicals.

**Sunscreens:** Provides UVA and UVB protection against the harmful sun rays which can cause premature ageing. Vegetable Extracts of Bladderwack, Horsetail, Ivy & Butchers Broom: Help to firm and tone the skin, improving its overall appearance.

**Vitamin A and B:** Anti-oxidants to neutralise free radicals that may cause premature ageing of the skin.

**Wheat germ Oil:** Rich in Vitamin E and Gamma Linolenic Acid (GLA), one of the essential fatty acids vital to healthy skin, with excellent moisturising properties.

**Witch Hazel:** Soothes and calms the skin.

# DAILY SKINCARE ROUTINES FOR VARIETIES:

## SKINCARE TREATMENT FOR ALL SKIN TYPES:

### Morning Routine:

1. Cleanse - ATS Cleansing Milk (*Normal to Dry Skin*) or ATS Facial Wash (*Combination to Oily Skin*)
2. Tone - ATS Alcohol Free Toner (*All Skin Types*)
3. Mousturise - ATS Eye Firming Cream (*Normal to Dry Skin*) and ATS Perfect Solution AHA Cream (*All Skin Types*)
4. Base - ATS Ceramide Performance Day Cream (*Normal to Dry Skin*) or ATS Blemish Control Moisturiser and Primer (*All Skin Types*)

Now you can apply foundation, powder and any make up required. Make-up lasts longer with a properly, cleansed, toned and moisturised skin.

### Night Routine:

If you used make-up that day use ATS Gentle Eye Make-Up Remover for gentle removing of all heavy eye make-up and mascara without stretching the sensitive areas around the eyes.

1. Cleanse - ATS Cleansing Milk (*Normal to Dry Skin*) or ATS Facial Wash (*Combination to Oily Skin*)
2. Tone - ATS Alcohol Free Toner (*All Skin Types*)
3. Nourish - ATS Night Nourishing Program (*All Skin Types*) and ATS Eye Firming Cream (*Normal to Dry Skin*)
4. Extra layer of Moisture for Scars & Pigmentation - ATS Reitalising Tissue Oil

### NOTE:

The Kure-All Broad-Spectrum Herbal Cream treats the cause of acne, not just the symptoms. It is an excellent anti-inflammatory and decongestant helping to slow down the ageing process of the skin. This product can be used with all skin products. Must be used after cleansing and toning; morning & evening.

**APPLY MOISTURISERS  
IN AN UPWARD MOTION  
DON'T PRESS HARD**

**WAIT FOR  
TONER TO DRY  
BEFORE GOING  
TO NEXT STEP**

**USE PEA-SIZED AMOUNT  
OF EYE CREAM & APPLY  
WITH RING-FINGER**

**DON'T PICK  
AT YOUR SKIN**

**STAY  
HYDRATED**

**CHANGE YOUR  
PILLOW CASE ATLEAST  
ONCE A WEEK**

**CLEANSE  
FACE IN GENTLE  
CIRCULAR MOTIONS**



**PAT SKIN DRY  
DON'T EVER RUB**

# WATKINS

## FRAGRANCE RANGES



## ALOE VERA RANGE

### F0278 - Flowers of Aloe Eau De Parfum 30ml

Unique and unforgettable with an everlasting scent. Perfect for everyday wear.

TOP NOTES: Parme Violet, Hawthorne, Black Currant & Bulgarian Rose

MIDDLES NOTES: Powdery Vanilla & Musk

BASE NOTES: Hedoine, Woody & Lavender



**F0305 - Aloe Vera Q10 Firming & Toning Body Crème 250ml**



**F0301 - Aloe Vera Fragranced Talc**



**F0304 - Aloe Vera Anti-Perspirant Roll-on 50ml**



**F0558 - Aloe Vera Lotion with Shea Butter 100ml**

## DIFFRÂNCÉ RANGE

### F0282 - Difrâncé Eau De Parfum 30ml

This fragrance embodies the heart of femininity with soft, sweet notes for a radiant and fulfilled woman.

TOP NOTES: Orange Blossom

MIDDLES NOTES: Tuberose, Red Berries & Black Currant

BASE NOTES: Amber, Sandalwood, Vanilla & Musk



**F0311 - Difrâncé Anti-Perspirant Roll-on 50ml**



**F0312 - Difrâncé Fragranced Talc**



**F0704 - Difrâncé Lotion with Shea Butter 100ml**

## D'OR RANGE

### F0283 - D'or Eau De Parfum 30ml

Glamorous and elegant. Experience the romantic sophistication of this iconic fragrance.

TOP NOTES: Rose, Orange Blossom, Plum, Violet, Peach & Anise

MIDDLES NOTES: Honey, Carnation, Rose, Tuberose, Ylang-Ylang, Jasmine, Lily, Freesia, Lily-of-the-Valley & Orchid

BASE NOTES: Sandalwood, Amber, Benzoin, Musk, Heliotrope, Vetiver & Cedar



**F0319 - D'or Q10 Firming & Toning Body Crème 250ml**



**F0318 - D'or Fragranced Talc**



**F0317 - D'or Anti-Perspirant Roll-on 50ml**



**F0712 - D'or Lotion with Shea Butter 100ml**

## LA FIEVRE RANGE

### F0286 - La Fievre Eau De Parfum 30ml

A refined woody & moss fragrance. The ultimate feminine fragrance. Perfect for a special occasion.

TOP NOTES: Aldehydes, Mimosa, Rose, Coriander, Green Notes, Plum, Tuberose, Melon and Musk  
MIDDLES NOTES: Patchouli, Cardamom, Cedar, Bay Leaf, Orris Root, Jasmine, Orange Blossom, Lily-of-the-Valley and Pittosporum

BASE NOTES: Sandalwood, Amber, Benzoin, Musk, Heliotrope, Vetiver and Cedar



**F0329 - La Fievre Body Butter Q10 Toning & Firming 250ml**



**F0323 - La Fievre Fragranced Talc**



**F0322 - La Fievre Anti-Perspirant Roll-on 50ml**



**F0705 - La Fievre Lotion with Shea Butter 100ml**

## SO DELICIOUS RANGE

### F0279 - So Delicious Eau De Parfum 30ml

Fresh floral feast for the senses of a woman. Bursting with playful charm and spontaneity.

TOP NOTES: Apple, Cucumber and Grapefruit  
MIDDLES NOTES: Magnolia, Ruberose, White Muguet, Violet and Rose  
BASE NOTES: Sandalwood and White Amber



**F0396 - So Delicious Anti-Perspirant Roll-on 50ml**



**F0645 - So Delicious Fragranced Talc**



**F0728 - So Delicious Lotion with Shea Butter 100ml**

## TRACY RANGE

### F0292 - Tracy Eau De Parfum 30ml

Perfect for the one the go-girl, with woody and fresh oriental aromas.

TOP NOTES: Aldehydic, Jasmine and Bergamot  
MIDDLES NOTES: Ylang-Ylang and Violet  
BASE NOTES: Oakmoss, Sandalwood and Vanilla



**F0551 - Tracy Q10 Firming & Toning Body Crème 250ml**



**F0328 - Tracy Fragranced Talc**



**F0327 - Tracy Anti-Perspirant Roll-on 50ml**



**F0559 - Tracy Lotion with Shea Butter 100ml**

## EMBRACE RANGE

### F0293 - Embrace Eau De Parfum 30ml

Intoxicating and extravagant fragrance with the sweet memories of extreme natural tones.

TOP NOTES: Bitter Almond and Carvi

MIDDLES NOTES: Jasmine Sambae, Moss and Jacaranda Tree

BASE NOTES: Vanilla and Musk



**F0650 - Embrace Body Butter Q10 Toning & Firming 250ml**



**F0646 - Embrace Fragranced Talc**



**F0510 - Embrace Anti-Perspirant Roll-on 50ml**



**F0710 - Embrace Lotion with Shea Butter 100ml**

## KENZIE RANGE

### F0722 - Kenzie Eau De Parfum 30ml

Addictive combination of warm and sultry, oozing senses of luxury and mystery.

TOP NOTES: Black Currant and Pear

MIDDLES NOTES: Iris, Jasmine and Orange Blossom

BASE NOTES: Praline, Vanilla, Patchouli and Tonka Bean



**F0396 - Kenzie Anti-Perspirant Roll-on 50ml**



**F0645 - Kenzie Fragranced Talc**



**F0728 - Kenzie Lotion with Shea Butter 100ml**

## KAYLA RANGE

### F0279 - Kayla Eau De Parfum 30ml

Immerse yourself in the luxurious exotic floral fragrance.

TOP NOTES: Plum and Grapefruit Blossom, Ylang-Ylang and Mandarin

MIDDLES NOTES: Peony and Peach

BASE NOTES: Sandalwood and Cedar



**F0396 - Kayla Anti-Perspirant Roll-on 50ml**



**F0645 - Kayla Fragranced Talc**



**F0559 - Kayla Lotion with Shea Butter 100ml**

## ENDLESS FOR HER RANGE



### F0777 - Endless for Her Eau De Parfum 30ml

It's both a salty and floral scent for the divine women within.

TOP NOTES: Mandarin, Pink Pepper and Grapefruit Blossom

MIDDLES NOTES: Ylang-ylang and Tubereuse Salt

BASE NOTES: Vanilla, Tonka Bean and Amber

## REBELLE RANGE

### F0290 - Rebelle Eau De Parfum 30ml



Inspired by the free-spirited, bold and confident. Created for women turning expectation on its head, setting their own pace. A luxurious everyday scent that will inspire your inner rebel. Facing your challenges head on. Its feminine and independent spirit makes it the perfect fragrance for women who like to swim against the tide.

TOP NOTES: Ginger, Mandarin and Bergamot

MIDDLES NOTES: Orange Blossom, Tuberose and Jasmine

BASE NOTES: Vanilla, Patchouli and Sandalwood

## SUN GODDESS RANGE

### F0290 - Sun Goddess Eau De Parfum 30ml



Sun Goddess is inspired by the beautiful African Sun. We wanted to create a fragrance that reflects our continent's sun-drenched summers. Embodying solar deity, representing the sensuous and strong African women. Wearing the Sun Goddess Eau De Parfum we want to capture warmth and radiance.

TOP NOTES: Coconut, Lemon and Mandarin

MIDDLES NOTES: Frangipani and Jasmine

BASE NOTES: Vanilla, Cashmere and Musk



### F0649 - Sun Goddess Shimmer Lotion with SPF 15 125ml

## DESCRIPTIONS & INGREDIENTS:

**Ladies Talcum Powder:** A fine blend of talcum powder enhanced with a delicate floral fragrances, that leaves your body with a soft, silky feeling & a lingering fragrance that is noticeable.

Ingredients: White Talcum Powder, Propylene Glycol, Fragrance

**Ladies Anti-Perspirant Roll-On:** An Anti-Perspirant Roll-On Deodorant for everyday protection and fragranced for an all day freshness.

Ingredients: Hydroxyethylcellulose, Ethoxylated Lanolin/Lanolin PEG 75, Alcohol Denatured, Aluminium Chlorhydrate, Deionised Water, Methyl Paraben, Fragrance, Disodium EDTA

*NOTE: Do not apply to broken skin. If rash develops, discontinue use.*

**Q10 Body Butter:** Indulge your skin and senses with this luxurious body butter, carefully crafted with co-enzyme Q10 and opulent fragrance oils. Our enhanced formula ensures that the butter melts at the touch of your fingertips, spreads easily on the skin and leaves skin feeling firm, nourished and sensual.

Ingredients: Aqua, Light Oil, Glyceryl Mono Stearate, Stearic Acid, Propylene Glycol, Cetyl Alcohol Polawax GP 200, Fragrance Oils, Triethanolamine, Preservatives, Co-Enzyme Q10, FD&C Colourants

**Body Lotion with Shea Butter:** A light and luxurious lotion with added shea butter for enhanced hydration. Easily absorbed into the skin leaving it feeling nourished, soft and supple.

Ingredients: Aqua, Paraffinum Liquidum, Cetearyl Alcohol, Stearic Acid, Parfum, Glyceryl Monostearate Petrolatum, Dimethicone, Propylene Glycol, Cetareth-20, Triethanolamine, Butyrospermum Parkii (Shea) Butter, Isopropyl Palmitate, Diazolidinyl Urea, Methyl Paraben, Propyl Paraben, Carbomer, Disodium EDTA, Benzophenon-4, Ethylhexyl Methoxycinnamate, Tocopherol Acetate

### Shimmer Lotion with SPF 15 125ml:

Ingredients: Aqua, Glycerin, Sorbitan Stearate, Cetearyl Alcohol, Isopropyl Myristate, Caprylic/Capric Triglyceride, Stearic Acid, Polysorbate-60, Cyclomethicone, Mica, Pearlescent Pigments, Parfum (Fragrance), Aloe Ferox Leaf Extract, Allantoin, Carbomer, Tocopheryl Acetate Phenoxyethanol, Ethylhexylglycerin, Disodium EDTA, Citral, Linalool, Geraniol, CI77400

## APOLLO RANGE

### F0748 - Apollo Eau De Toilette 50ml

An aromatic, fresh and herby fragrance gives you the edge.

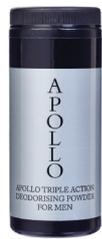
TOP NOTES: Lemon, Lavender and Rosemary

MIDDLES NOTES: Basil, Geranium, Sage and Coriander

BASE NOTES: Patchouli, Tonka Bean and Wormwood



**F0338 - Apollo Triple Action Deodorising Body Lotion 250ml**



**F0339 - Apollo Deodorising Powder**



**F0343 - Apollo Anti-Perspirant Roll-on 50ml**



**F0550 - Apollo Sport Triple Action Body Wash 250 ml**



**F0340 - Apollo Aftershave 75ml**



**F0717 - Apollo Eau De Toilette 100ml**

## JESS RANGE

### F0754 - Jess Eau De Toilette 50ml

Fresh fragrance with warm.

TOP NOTES: Mandarin Orange, Lemon, Bergamot and Lavender

MIDDLES NOTES: Orange Blossom, Coriander, Juniper Berries, Sage, Geranium, Basil and Jasmine

BASE NOTES: Sandalwood, Amber, Vetiver, Musk and Brazilian Rosewood



**F0691 - Jess Aftershave 75ml**



**F0694 - Jess Anti-Perspirant Roll-on 50ml**



**F0692 - Jess Eau De Toilette 100ml**

## RUSSIAN LEATHER RANGE

### F0752 - Russian Leather Eau De Toilette 50ml

Spicy oriental fragrance to make you feel confident and in charge.

TOP NOTES: Bergamot and Orange

MIDDLES NOTES: Lavender and Heliotrope

BASE NOTES: Patchouli and Benzoin



**F0354 - Russian Leather Triple Action Deodorising Body Lotion 250ml**



**F0560 - Russian Leather Deodorising Powder**



**F0358 - Russian Leather Anti-Perspirant Roll-on 50ml**



**F0355 - Russian Leather Aftershave 75ml**



**F0717 - Russian Leather Eau De Toilette 100ml**

## LEGEND RANGE



### F0750 - Legend Eau De Toilette 50ml

Bring out the Legend in yourself with tis strong and spicy fragrance.

TOP NOTES: Tangerine, Bergamot, Black Currant, Peach, Apricot and Raspberry  
MIDDLES NOTES: Freesia, Rose, Geranium, Jasmine and Ylang-Ylang  
BASE NOTES: Vetiver, Sandalwood, Oakmoss, Iris, Tonka bean, Benzoin and Musk



### F0350 - Legend Aftershave 75ml



### F0353 - Legend Anti-Perspirant Roll-on 50ml



### F0718 - Legend Eau De Toilette 100ml

## PULSE RANGE



### F0779 - Pulse Eau De Toilette 50ml

Evoking the spirit of this contemporary man. The alchemy of scents personifying who Breyton is; carefully capturing the nuances of his strength, confidence and tenderness.

TOP NOTES: Fir, Lemon, Orange, Cardamom, Petitgrain and Sea Notes  
MIDDLES NOTES: Rosemary, Lily-of-the-Valley, Jasmine, Rose and Sage  
BASE NOTES: Musk, Vetiver, Oakmoss, Brazilian Rosewood and Sandalwood



### F0780 - Pulse Eau De Toilette Atomiser 20ml



### F0782 - Pulse Triple Action Body Wash 250ml

#### DESCRIPTIONS & INGREDIENTS:

**Mens Triple Action Deodorising Talcum Powder:** This fine blend of talcum powder enhanced with scent. That will deodorise, absorb moisture & leave you feeling confident and in charge.

Ingredients: White Talcum Powder, Propylene Glycol, Irganon DP 300, Fragrance

**Men's Anti-Perspirant Roll-On:** An effective double action Anti-Perspirant Roll-On Deodorant formulated to give you all day underarm protection with added fragrance to keep you cool and refreshed.

Ingredients: Hydroxyethylcellulose, Ethoxylated Lanolin/Lanolin PEG 75, Alcohol Denatured, Aluminium Chlorhydrate, Deionised Water, Methyl Paraben, Fragrance, Disodium EDTA

*NOTE: Discontinue use if irritation occurs.*

**Triple Action Body Wash:** A formula cleanses and moisturises the skin, while providing a long-lasting freshness leaving you feeling confident.

Ingredients: Aqua, Sodium Laureth Sulfate, TEA-Lauryl Sulfate, Cocamidopropyl Betaine, Cocamide-DEA, Parfum, Citric Acid, Phenoxyethanol, Benzoic Acid, Dehydracetic Acid, Polyaminopropyl Biguanide, CI 42090

**Triple Action Body Lotion:** Triple Action fast absorbing Body Lotion that won't leave your skin dry in the winter or sticky in the summer.

Ingredients: Aqua, Paraffinum Liquidum, Cetearyl Alcohol, Stearic Acid, Parfum, Glyceryl Monostearate Petrolatum, Dimethicone, Propylene Glycol, Ceteareth-20, Triethanolamine, Butyrospermum Parkii (Shea) Butter, Isopropyl Palmitate, Diazolidinyl Urea, Methyl Paraben, Propyl Paraben, Carbomer, Disodium EDTA, Benzophenon-4, Ethylhexyl Methoxycinnamate, Tocopherol Acetate



## MORE INFORMATION ON OUR FRAGRANCES:

### NOTES & FAMILIES

Every fragrance has top, middle and base notes. The top notes are what you first smell when you apply the scent. The middle notes are what you smell after about five minutes, when the fragrance is absorbed into the skin. The base notes emerge after 10 to 15 minutes, when the scent is fully developed. The most dominant notes in a perfume determine the family to which it belongs. There is four main categories: Floral, Oriental, Woody, and Fresh, each with their own subfamilies.

#### Floral:

One of the most common families and are used in many fragrances. Floral scents are most often used in women's fragrances, although they are occasionally used in men's as well. They usually smell like fresh-cut flowers or have a powdery note to them. Floral scents are perfect for the spring and summertime.

Fruity: Sweet, edible and tropical like peach, pear and apple.

Floral: Smells like fresh-cut flowers — imagine rose and lily.

Soft floral: Soft, powdery and sweet with a hint of creamy.

Floral oriental: Florals with subtle spice notes.

#### Oriental:

Consists of rich exotic scents. When you think of oriental scents think herbs and spices or dry, powdery, resin notes. Opulent and heady, these notes are often times softened with amber or sweet notes. It's common to describe this family as exotic and seductive

Soft oriental: Soft, floral notes mix with incense and warm spices.

Oriental: Sweet, warm notes like cinnamon, vanilla and musk.

Woody oriental: Earthy notes like patchouli and sandalwood mixed with spicy and sweet notes.

#### Woody:

usually warm and opulent, mixing incense-like fragrances like sandalwood and patchouli with drier notes like cedar. To tone down the warmth of these notes, fragrances will sometimes incorporate some fresh scent notes like citrus or floral. Notes in this family can be described as coniferous or woody and bitter.

Woods: Aromatic scents like cedarwood, sandalwood and vetiver.

Mossy woods: Sweet, smooth and earthy scents like oakmoss and amber.

Dry woods: Smoldering and smoky mixed with leather aromas.

#### Fresh:

Clean bright scents. Herby, citrusy and oceanic scents all fall into this category. More often used in men's fragrances than women's fragrances, fresh scents are paired with spicy notes to create a more robust fragrance. Aromatic, tart notes can also be found mixed with zesty or fruity scents.

Aromatic: Clean and fresh herbs mixed with lavender or woody scents.

Citrus: Zesty or tangy notes like mandarins or bergamot. Explore Popular Citrus Perfumes

Green: Smells of freshly mowed lawns and crushed green leaves.

Water: Aquatic scents that smell of sea spray or rain mixed with or oceanic notes.

# MORE INFORMATION ON OUR FRAGRANCES:

**PLEASE NOTE THE FRAGRANCES THAT ARE MARKETED BY WATKINS ARE IMPRESSIONS OF INTERNATIONAL FRAGRANCES AND WE DO NOT CLAIM THAT THEY ARE COPIES**

SCENT HAS ENORMOUS POWER OVER OUR MOODS AND EMOTIONS, TRIGGERING LONG FORGOTTEN MEMORIES AND SUBTLY AFFECTING OUR ENERGIES.

## FRAGRANCE STRENGTHS

The proportion of fragrant oil extracts in a scent determines how long the fragrance lasts. Below are the relative fragrance levels of the various types of scent:

Perfume – about 22 percent essential oils – lasts up to six hours

Eau de perfume (EDP) – 15 to 22 percent essential oils – lasts up to two hours

Eau de cologne – around 4 percent essential oils – last up to an hour

Eau fraiche – 1 to 3 percent essential oils – lasts less than an hour

## PICK THE PERFECT PERFUME

Don't test more than three fragrances at one time. Your nose will not be able to appreciate the complexities of the fragrance notes. Allow the fragrance to settle for about 10 minute. You will experience the different notes as the scent interacts with your body chemistry. Choose perfumes that suit you, not your friends or family. You may love the scent of a certain perfume in the bottle or on other people, but on you the scent may change. Experiment with different fragrance families. You'll find that your taste may vary depending on your mood and the occasion.

## USING THE PERFUME

Apply the perfume to pulse points such as in the neck and cleavage, the crook of the elbows, the backs of the knees and the inside of the wrists. Don't rub wrists together because this 'crushes' the scent. To diffuse the scent over your body, spray perfume into the air and walk through it. Put a few drops of perfume into an oil burner to scent your home. This works best with heavier perfumes such as Orientals or Woody. Avoid over-applying your fragrance. You become inured to the strength of the scent but other may find it suffocating.

## FRAGRANCE LAYERING

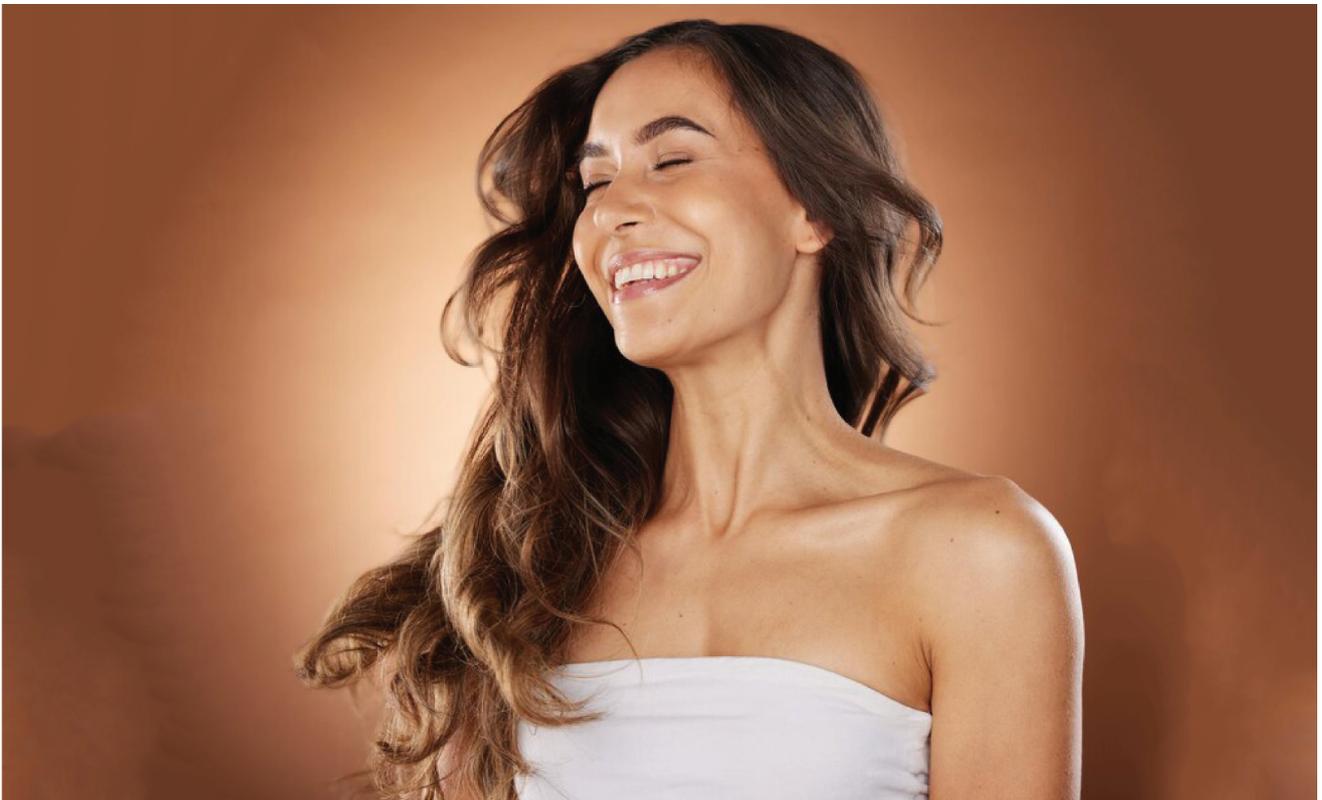
Fragrance layering means using matching scented products such as shower gel, body lotion, oil or talc, followed by perfume. Start with bath or shower gel and pat skin dry. If you have dry skin, follow with a body cream, and if your skin is oily you may prefer to use a lotion, followed by a talc. If your chosen fragrance is available in deodorant form, use that too. Finish off with your perfume dabbed onto pulse points. Men can also augment their fragrance with matching soaps, deodorants, aftershave lotions and balm.

# OUR FRAGRANCES INSPIRED BY:

<i>ORIGINAL BY WATKINS</i>	<b>FLOWERS OF ALOE</b>	<b>APOLLO</b>	<i>ORIGINAL BY WATKINS</i>
<i>AMARIGE BY GIVENCHY</i>	<b>DIFFRÂNCÉ</b>	<b>JESS</b>	<i>ETERNITY BY CALVIN KLEIN</i>
<i>RED DOOR BY ELIZABETH ARDEN</i>	<b>DO'R</b>	<b>LEGEND</b>	<i>CASSILIA BY CASSILIA</i>
<i>KNOWING BY ESTEE LAUDER</i>	<b>LA FIEVRE</b>	<b>RUSSIAN LEATHER</b>	<i>ORIGINAL BY WATKINS</i>
<i>BE DELICIOUS BY DKNY</i>	<b>SO DELICIOUS</b>	<b>PULSE</b>	<i>ORIGINAL BY WATKINS - BREYTON PAULSE</i>
<i>ORIGINAL BY WATKINS</i>	<b>TRACY</b>		
<i>HYPNOTIC BY DIOR</i>	<b>EMBRACE</b>		
<i>LA VIE EST BELLE BY LANCOME</i>	<b>KENZIE</b>		
<i>MISS SAIGON BY MISS SAIGON COSMETICS</i>	<b>KAYLA</b>		
<i>OLYMPEA BY PACO RABANNE</i>	<b>ENDLESS FOR HER</b>		
<i>ORIGINAL BY WATKINS</i>	<b>REBELLE</b>		
<i>ORIGINAL BY WATKINS - SUCCESS LEKABE</i>	<b>SUN GODDESS</b>		

# WATKINS

## HAIR CARE



## SHEER VELVET RANGE

Sheer Velvet Hair Range protects hair from external damage and providing the needed vitamins our hair requires daily. The **Sheer Velvet Shampoo and Conditioner** will leave your hair soft, shiny and silky smooth. While providing the hair with the needed nutrients to help the hair follicles grow longer and stronger.

Enriched with Bergamot Oil and Coconut Oil, the **Sheer Velvet Shampoo and Conditioner** will stop hair from falling out and promote hair growth. Extra vitamins and proteins that will bring your hair back to life. And give you back your confidence. When you apply this before blow drying your hair, the extra proteins provided will enable the hair to protect itself from the heat leaving your hair feeling hydrated, healthy and smooth.

**Sheer Velvet Hair Food**, nourishes the scalp and hair aiding with damage. With added moisturising emollients to aid in stronger growing hair. Thus, this product makes hair styling a breeze.



**F0380 - Sheer Velvet  
Conditioner 175ml**



**F0383 - Sheer Velvet  
Shampoo 250ml**



**F0381 - Sheer Velvet  
Hair Food 175ml**

## WATKINS PRESSING OIL

The **Watkins Pressing Oil** has 26 active ingredients and is an excellent conditioner.

After shampooing, apply by parting hair in small paths and press with a moderately heated iron or comb in the usual way. Leaves hair soft and silky and makes it look longer and straighter.



**F0384 - Watkins Pressing Oil 175ml**

## TEA TREE RANGE

The **Tea Tree Shampoo and Conditioner** Range is formulated to cleanse and refresh tired hair.

The gentle **Tea Tree Shampoo** assists in treating dandruff, dry hair & an itchy scalp. With the **Tea Tree Conditioner** that will soften and revitalise hair, leaving the scalp healthy.

For well a moisturised hair and scalp this range has anti-bacterial and anti-septic properties.



**F0430 - Tea Tree  
Shampoo 250ml**



**F0431 - Tea Tree  
Conditioner 250ml**

# WATKINS

## HEALTH



# MENTHOL CAMPHOR RANGE

## F0414 - Menthol Camphor Ointment 75g

Analgesic and Decongestant. A smooth, clear ointment, with an odour of menthol and camphor. Applied externally, menthol acts as a mild analgesic.

### ACTIVE INGREDIENTS:

- Camphor: A decongestant that helps to clear blocked nasal passages
- Menthol: Dilates the blood vessels creating a sensation of coldness followed by pain relief

### CAN BE USED FOR:

- Headaches, neuralgia, rheumatic pains and is mainly used to relieve symptoms of bronchitis, sinusitis and similar conditions
- Symptomatic relief of chest colds, and as a counter irritant in fibrosis neuralgia
- Relieves itching in pruritus and urticaria

### DIRECTIONS FOR USE:

- For external use only
- Rub liberally onto chest, throat and back, twice daily
- As an inhalant, place a small portion into hot water and gently inhale the vapours or use in a humidifier
- For relief of aching joints in fibrosis gently rub on affected area and keep area warm

### Children under the age of 2 years:

- Rub a small quantity under the feet and on the back only
- Do not use near the eyes of babies and small children



### WARNING:

- Do not put in nose or mouth
- Do not use near the eyes
  - Do not ingest
- Keep out of reach of children



## F0426 - Menthol Camphor Massage Oil with Arnica 100ml

This massage oil, enriched with a combination of Menthol, Camphor, Arnica and Eucalyptus essential oils will soothe tight and aching muscles. Together with a gentle massage motion, this product will relax the body by bringing awareness, circulation, and pain relief to tight and aching muscles.

### CAN BE USED FOR:

- Promoting easier breathing
- Addresses aches, pains & muscles relief
- Stimulating blood circulation
- Reduces topical inflammation
- Lightens scars & stretchmarks
- Soothes & enriches dry skin

### DIRECTIONS FOR USE:

For external use only. Gently massage affected area. As an inhalant, place a few drops into hot water & gently inhale the vapours or use in a humidifier

### ACTIVE INGREDIENTS:

Camphor Bark Oil, Menthol, Arnica Montana flower extract, Pine Leaf Oil and Eucalyptus leaf oil

## F0429 - Menthol Camphor Aqueous Cream 250ml

The Watkins Menthol Camphor Aqueous Cream provide 24 hours of soothing care for your skin. This gentle and effective moisturising and cleansing cream for the whole family. It has been specifically formulated with Menthol, Camphor and Vitamin E to help relieve, restore and repair dry skin. It can be used on sensitive and allergy-prone skin and will provide up to 24 hours of nourishing moisture and care. Our Menthol Camphor Aqueous Cream will soften, soothe and protect your skin.

### INSTRUCTIONS:

Gently rub on body after bathing. Avoid eye and nose area.

### STORAGE INSTRUCTIONS:

Keep out of reach of children. Store away from direct sunlight. Store below 25°C.

### INGREDIENTS:

Aqua (Water), Petrolatum, Paraffinum Liquidum, Cetearyl Alcohol, Glycerin, Glyceryl Stearate SE, Cetearyl Alcohol, Sodium Laureth Sulphate, Phenoxyethanol, Camphor, Butyrospermum Parkii (Shea) Butter, Cinnamomum Camphora (Camphor) Bark Oil, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Sodium Hydroxide, Eucalyptus Globulus Leaf Oil, PEG-20 Stearate, Methylparaben, Disodium EDTA, Tocopheryl Acetate (Vitamin E), Menthol, Ethylparaben, Butylparaben, Propylparaben, Isobutylparaben.



# KURE-ALL RANGE

The **Kure-All Range** provides topical relief for a wide range of dermatological ailments. Kure-All was originally formulated for diabetics suffering from poor blood circulation, whereby conditions such as cuts and skin abrasions, if not treated effectively, could lead to more serious complications and amputations. These products are easy to apply and have no known side effects, thus making it the first choice of treatment for all ages.

## ACTIVE INGREDIENTS IN THE KURE-ALL RANGE:

**Calendula:** Commonly called Marigold, aids in wound healing, acts as a natural anti-septic & relieves skin inflammation and pain.

**Cantharis:** Reduces burning and stinging. Treats dryness, itchiness and painful eruptions

**Inchi Oil (Omega 3 and 6 oils):** Anti-oxidant with soothing and nourishing properties. Reduces inflammation.

**Evening Primrose Oil:** Promotes healthier skin functions and relieves symptoms of skin conditions.

**Graphitise:** Helps with skin dryness. Eases burning sensation of ulcers inflamed tissue and old scars.

**Comfrey:** Topical treatment for bruising, ulcers, rheumatism and wound healing.

**Sodium Sulphate:** Fights bacteria that causes acne and worsens some skin conditions.

**Purple Coneflower:** Helps to boost the immune system and fighting off infections.

**Club Moss:** Used for fever, pain and inflammation.

**Burdock Root Extract:** Anti-inflammatory and anti-bacterial properties.

**Tea Tree Oil:** Prevents disease-causing fungi to surface.

**Oregon Mountain Grape:** Acts as a disinfectant that also soothes dry and itchy skin.



CALENDULA



PURPLE CONEFLOWER

### F0412

The **Kure-All Broad Spectrum Herbal Cream** is a multifunctional cream with a wide range of benefits. It repairs damaged and broken skin tissue, heals wounds and prevents infection.

Manufactured under strict pharmaceutical specifications and can be used on:

- Open sores • Ulcers • Insect bites
- Abrasions and skin irritations
- Burns and scalds • Sunburn
- Superficial cuts and sores
- Fever blisters • Acne treatment
- Nappy rash



#### DIRECTIONS FOR USE:

Apply to affected area 2-3 times a day. Gently massage affected area. As an inhalant, place a few drops into hot water & gently inhale. External use only.

### F0415

The **Kure-All Topical Spray** is specially formulated to treat wounds and burns in areas where creams are difficult to apply and can be used on:

- Deep wounds
- Leg Ulcers
- Varicose Ulcers
- Burns and scalds
- Bed Sores • Sunburn



#### DIRECTIONS FOR USE:

Spray onto affected area 3 times a day. External use only.

### F0421

The **Kure-All Psoriasis Cream** stimulates micro-circulation, increasing the water supply to the epidermis and reduces inflammation. Inhibits infective bacteria in several skin conditions. This herbal cream should be used daily as a preventative to ulceration and can be used for:

- Swollen, itchy and dry skin
- Psoriasis • Eczema • Cellulitis
- Localised folliculitis
- Acne • Athlete's Foot



#### DIRECTIONS FOR USE:

For topical use, do not ingest. Apply gently onto problem area 3 times a day. Avoid eye area.

# WATKINS COUGH SYRUP

**F0402 - Watkins Cough Syrup 200ml**

A bright red liquid cough syrup in a 200ml bottle for use by adults and children over the age of 12 years.

**COMPOSITION:**

**Ammonium chloride** – This active ingredient is an expectorant which loosens phlegm in 'wet coughs'.

**Preservatives** – Alcohol, Methyl paraben, Propyl paraben.

**DOSAGE AND DIRECTIONS FOR USE:**

Shake the bottle. Adults and Children over the age of 12 years, one medicine measure (5ml) every 3-4 hours.

Dosage not to be exceeded.

**OVERDOSE, SIDE EFFECTS AND PRECAUTIONS:**

Drowsiness nausea and vomiting. Adults should not drive or handle heavy machinery after taking cough syrup.

**STORAGE INSTRUCTIONS:**

Store in a cool place below 25°C. Protect from light.



**KEEP OUT OF REACH OF SMALL CHILDREN. NOT TO BE TAKEN BY DIABETICS AND EXPECTANT MOTHERS.**

# EARTHLIFE ALOE VERA JUICE

**F0411 - Earthlife Aloe Vera Juice 500ml**

Earthlife Aloe Vera Juice extract is a health drink with fortified Vitamin C.

This health drink with many curative qualities helps and aids in relief of digestive and arthritic pains, stomach and mouth ulcers, general nausea and kidney related problems. The synergistic effect of all nutrients helps to boost the immune in chronic illnesses such as Tuberculosis and HIV Aids sufferers whom are severely affected by GIT ailments. For diabetics this Aloe Vera Juice improves the blood and sugar balance within the body. The Watkins Earthlife Aloe Vera Juice improves good health and intestinal functions by boosting the appetite and provides nutrients otherwise lost in cooked food.

**RECOMMENDED USE:**

Take 15-20ml of juice in the morning and evening with or without water. Safe for children & adults. Suitable for diabetics, patients suffering from hypertension, pregnant and lactating women.

**INGREDIENTS:**

(per 15ml)  
Aloe Vera Extract (900mg),  
Aloe Vera Bitter (7.5mg),  
Vitamin C (10mg).  
Preservative: Sodium Benzoate.  
Sweetened with Sodium Saccharin.

**CAUTION:**

When on numerous chronic medication, please consult with your doctor.



# GREEN HERBAL BALM

**F0422 - Green Herbal Balm 20g**

A mild antiseptic balm used for the treatment of minor wounds, burns, scalds, itching, chapped hands, insect bites and muscular pains (muscle relaxant).

**ACTIVE INGREDIENTS:**

**Camphor:** A decongestant that helps to clear blocked nasal passages.

**Menthol:** Dilates the blood vessels creating a sensation of coldness followed by pain relief.

**Eucalyptus Oil:** Eucalyptus is an analgesic which relieves pain. Also acts as an antiseptic which controls infection.

**Oil of Thyme:** Antifungal, anti-inflammatory and antibacterial properties.

**Sassafras Oil:** Potent muscle relaxant.

**DIRECTIONS FOR USE:**

For external use only. Apply to affected area 2-3 times a day.

**WARNING:**

Do not put in nose, mouth or use near the eyes. Do not ingest. Keep out of reach of children.



## DNA BIOPHARM:

### F0662 - Derma-Psor PROTECT YOUR LIVER

Derma-Psor Capsules are specifically designed to:

- Maintain healthy cholesterol
- Promote healthy weight loss
- Maintain balanced blood sugar levels
- Relieve occasional gas, bloating, indigestion, diarrhea or constipation
- Experience higher energy—no more morning or afternoon “crashes”
- Enjoy better-feeling muscles
- Support a sharp memory
- Discover clearer, younger-looking skin



Per 400mg Vegi-Cap: Milk Thistle (120mg); Curcumin Longa (50mg); Origanum Vulgare (40mg); Artichoke Cynara Scolymus (50mg); Burdock (40mg); Amla (50mg); Dandelion (50mg); Colloidal Silicon Dioxide; BioPerine (2,5mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.

### F0663 – Adrenal-Fast BEAT ADRENAL FATIGUE

Adrenal-Fast Capsules are specifically designed to:

- Increase energy, endurance, and vitality
- Regulate various systems in our bodies
- Manage cortisol levels
- Calm and treats stress-related fatigue
- Boost your immune system
- Regulates normal blood sugar levels
- Alleviate insulin resistance.
- Assists in mental-clarity



*\*\*If you are taking medication for depression, please consult your physician before taking Adrenal-Fast.*

Per 400mg Vegi-Cap: Licorice Root (30mg); Ashwagandha (100mg); Astragalus Root (70mg); Eleuthero Root (100mg); Arctic Root (100mg); Colloidal Silicon Dioxide.

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.

### F0664 - DNA Greens (Supplement) ORGANIC GREEN SUPERFOOD BLEND

DNA Greens is rich in highly potent and readily available nutrients. DNA Greens contains a prolific array of minerals, antioxidants, trace elements, chlorophyll, enzymes and proteins that are readily absorbed by the body.

Per 400mg Vegi-Cap: Barley (100mg); Wheatgrass (100mg); Spirulina (100mg); Alfalfa (50mg); Celery (50mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.



### F0665 - DNA Berries (Supplement) ORGANIC BERRY SUPERFOOD BLEND

DNA Berries are fantastic sources of Anti-oxidants that help prevent free radical damage and reduce inflammation. Vitamin C to help boost immunity, produce collagen, healthy bones and supports the adrenal and thyroid glands. Manganese assisting in blood sugar control, helps our bones and joints develop and grow. Copper for energy production. Fibre is essential to maintaining a healthy weight, lowering cholesterol levels and supporting digestive health.

Per 600mg Vegi-Cap: Blueberry Extract (100mg); Black Cherry Extract (100mg); Elderberry Extract (100mg); Wolfberry Extract (100mg); Acai Berry Extract (100mg); Cranberry Extract (100mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.





## DNA BIOPHARM:

### F0666 - DNA Veggies (Supplement) ORGANIC VEGETABLE SUPERFOOD BLEND

DNA-VEGGIES contains concentrated extracts from plants, vegetables and fruits. All ingredients are non-GMO, organically grown, and extracted in such a way that the integrity of the plant is preserved. The formula covers a wide range of vitamin needs essential for good health and immunity.

Vitamin A from Carrots. Vitamin C from Amla. Vitamin D from Shiitake Mushrooms. Vitamin E from Spirulina. Vitamin K1 from Kale. Vitamin K2 from Nattokinase. Vitamin B1 (Thiamine) from Peas. Vitamin B3 (Niacin) from Spinach. Vitamin B5 (Pantothenic Acid) from Avocado extract. It is also high in Vitamin K, Folate, Vitamin C, Potassium, Vitamin B6, Vitamin E and also contains small amounts of magnesium, manganese, copper, iron, zinc, phosphorous and vitamins A, B1 (thiamine), B2 (riboflavin) and B3 (niacin). Vitamin B6 (Pyridoxine) from Broccoli. Vitamin B7 (Biotin) from Pumpkin Seed Powder. These nutrient-dense seeds are an excellent source of magnesium, iron, potassium, phosphorus and copper, and a good source of calcium, selenium, zinc, vitamin K, riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), biotin (vitamin B7) and folate (vitamin B9). Vitamin B9 from Beet Root. Vitamin B12 as Methyl cobalamin.

*A word of caution: Kale is very high in vitamin K known as the clotting vitamin because without it, blood won't clot properly. If you are taking blood thinning or anti-coagulant drugs, please consult with your medical practitioner before using this product.*

Per 600mg Vegi-Cap: Carrot Extract (50mg); Amla Extract (50mg); Shiitake Mushroom (50mg); Spirulina (50mg); Spinach (50mg); Green Pea Extract (50mg); Kale (50mg); Broccoli (50mg); Avacado Extract (50mg); Pumpkin Seed Powder (50mg); Beetroot Extract (50mg); Nattokinase (50mg); Colloidal Silicon Dioxide.

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.

### F0667 - Neuro-Fast AIDS IN NEUROPATHY RELIEF

A synergistic combination of selected herbs clinically proven to prevent and reverse the symptoms of neuropathy. The selected ingredients in each capsule work together to offer relief from the burning, tingling sensation associated with neuropathy.

Per 400mg Vegi-Cap: Alpha Lipoic Acid (150mg); Amla (100mg); Acetyl-L-Carnitine (50mg); Resveratrol (50mg); CoEnzyme Q10 from Arjuna (50mg); Colloidal Silicon Dioxide; BioPerine (2,5mg)

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.

### F0668 - Pulmo-Fast FOR OPTIMAL RESPIRATORY HEALTH

Pulmo-Fast beneficial for the respiratory system these blend of herbs supports lung health by acting as an expectorant — which helps break up and expel chest congestion. Soothes irritated nasal passages and airways. Relaxes the muscles near the upper respiratory system to quell a cough. Calms the release of histamines. Fights the harmful organisms that can produce upper respiratory problems. And is a source of antioxidants, reducing oxidative damage and redness.

**Pulmo-Fast Makes Quitting Smoking Easier** - If you want to stop smoking, Pulmo-Fast contains three herbs that can help you. Herbs can be a great additions to a stop smoking program. These herbs decrease withdrawal symptoms, ease stress and anxiety, reduce cravings, and help detoxify the lungs and body.

Per 400mg Vegi-Cap: Astragalus Root (50mg); Chaparral (100mg); Arjuna Bark (50mg); Boswellia Serratta (70mg); Lobelia (50mg); Elecampane (50mg); Mullein (50mg); Oregano (30mg); Colloidal Silicon Dioxide.

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.

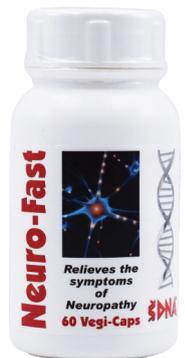
### F0669 - Sleep-Fast GET PLENTY OF QUALITY SLEEP

Sleep-Fast Capsules are formulated using the finest ingredients proven to help you get a better night's sleep.

- Helps to fall asleep more quickly and easily
- Improves the quality of sleep
- Lowers brain activity, to promote relaxation.
- Increases synapse density
- Improves cognition and memory
- Relaxes the mind and body

Per 400mg Vegi-Cap: L-Theanine (100mg); Passion Flower (50mg); Magnesium L-Threonate (100mg); Chamomile (50mg); Phosphatidylserine (50mg); Magnolia Bark (50mg); Colloidal Silicon Dioxide.

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.





# DNA BIOPHARM:

## F0670 - Gravi-C BOOST YOUR IMMUNE

Combination of selected herbs that work synergistically to relieve the symptoms and side-effects of cancer and HIV, to strengthen the immune system, increase oxygen levels in the blood and to create a feeling of well-being.

- Relieves the symptoms and side-effects of cancer and HIV
- Strengthen the immune system
- Increase blood oxygen levels
- Creates a feeling of well-being

Per 400mg Vegi-Cap: Milk Thistle (50mg); Garviola (150mg); Curcumin Longa (50mg); Amla (50mg); Sutherlandia (50mg); Magnolia Bark (50mg); Colloidal Silicon Dioxide; BioPerine (2,5mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.



## F0672 - Gluco-Fast MAINTAIN HEALTHY GLUCOSE LEVELS

Provides a simple and effective method to help maintain healthy glucose levels.

- Promotes healthy glucose levels
- Increases the effectiveness of insulin in your body
- Slows the release of glucose into your bloodstream
- Controls food and sugar cravings

Per 400mg Vegi-Cap: Diatomaceous Earth (400mg); Colloidal Silicon Dioxide; BioPerine (2,5mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.



## F0674 - Arthro-Fast PROTECT AND REPAIR YOUR JOINTS

Synergistic combination of specific nutrients that actively target the root causes of arthritis, helping to support the health of your joints.

- Speeds up joint relief and joint repair
- Protects joints from age-related wear-and-tear
- Gives greater relief from everyday pain and stiffness
- Reduces painful arthritis inflammation
- Supports the health of connective tissue
- Increases the natural balance of synovial fluid

Per 400mg Vegi-Cap: Manganese (5mg); Solomon's Seal (100mg); Horsetail (55mg); Boswellia Serratta (50mg); Yucca (50mg); Curcumin Longa (40mg); Amla (50mg); Graviola/Magnolia Bark Blend (50mg); Colloidal Silicon Dioxide; BioPerine (2,5mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.



## F0676 - Cerebro-Fast IMPROVES COGNITIVE FUNCTION AND MEMORY

Ultimate support for optimal brain function, this synergistic combination of specific nutrients that actively target the root causes of dementia and memory loss. Can also be used by students to improve cognitive function.

Per 400mg Vegi-Cap: Phosphatidylserine (90mg); Amla (100mg); Curcumin (50mg); Brahmi (50mg); EDTA (55mg); Quercetin (50mg); Cholecalciferol 2000iu (0,05mg); Colloidal Silicon Dioxide; BioPerine (2,5mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.





## DNA BIOPHARM:

### F0675 - Testo-Fast FOR INCREASED TESTOSTERONE LEVELS

Synergistic blend of specially researched and selected herbal extracts formulated to increase natural testosterone levels, help with erectile dysfunction and to increase sexual stamina.

- Enhances libido and sexual performance
- Increases testosterone in the blood
- Increases blood flow
- Enhances sexual behaviour
- Improves energy-levels naturally

#### Possible signs of a Decrease in Testosterone Levels:

- Low Sex Drive

Testosterone plays a key role in a man's libido. As men age, most of them experience a decline in sex drive to varying degrees.

- Hair Loss

Testosterone plays a role in several body functions, including hair production. Balding is a natural part of aging for many men. However, men with low testosterone may experience a loss of body and facial hair.

- Fatigue and Lack of Energy

Men with low testosterone have reported extreme fatigue and a noticeable decrease in energy levels.

- Loss of Muscle Mass

Testosterone plays a role in the building and strengthening of muscle. Men with low testosterone might notice a decrease in both muscle mass and overall strength.

- Increase in Body Fat

If losing muscles wasn't bad enough, men with low testosterone also experience an increase in body fat.

- Decrease in Bone Mass

Men with low testosterone can also experience loss of bone mass because testosterone aids in the production and strengthening of bones. Men with low testosterone are more susceptible to bone fractures, usually in the hip, feet, ribs and wrists.

- Mood Changes

Testosterone drives many physical processes in the male body. But it also boosts their mood and mental capacity. Research has shown that men with low testosterone are more likely to experience depression, irritability and lack of focus.

- Difficulty Achieving Erection

Testosterone stimulates receptors in the brain to produce nitric oxide – a molecule that helps trigger an erection.

Per 400mg Vegi-Cap: Eurycoma Longiflora (50mg); Tribulus Terrestris (110mg); Epimedium Grandiflora (55mg); Panax Ginseng (80mg); Avena Sativa (100mg); Zinc (5mg); Colloidal Silicon Dioxide.

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE IF ON BLOOD-THINNING MEDICATION.

### F0678 - DNA Detox FOR OPTIMAL COLON HEALTH

Purify your digestive tract and balance a healthy gut microbiome with the DNA Detox capsules. It can absorb toxins from the stomach and intestinal lining while stimulating regular bowel movements.

Advantages of a healthier colon with DNA Detox:

- Weight Loss
- Increased Energy & Metabolism
- Lowers Cholesterol
- Controls high blood pressure
- Regulate bowel movements
- Ease sore joint & ligament pain
- Clearer Skin
- Detoxify intestines

Per 400mg Vegi-Cap: Diatomaceous Earth (400mg); Colloidal Silicon Dioxide; BioPerine (2,5mg).

CONTAINS NO PRESERVATIVES OR FILLERS. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE IF ON BLOOD-THINNING MEDICATION.



# WATKINS

## FOOTCARE



# COMFIFEET:

## F0391 - Foot Powder 100g

This wonderful product will absorb moisture, reduce bad feet odour, protects against mild infections and reduce friction.

CONTAINS: Zinc Oxide Triclosan



### DIRECTIONS:

Apply liberally to clean, dry feet and between toes, in the morning and in the evening before retiring.

## F0392 - Foot Spray 150ml

A revitalising foot spray with ingredients like Tea Tree Oil, Rosemary and Peppermint will control fungal infection, eliminate foot odours and invigorate tired feet.

CONTAINS: Tea Tree oil, Rosemary Peppermint



### DIRECTIONS:

Shake well and spray on feet and ankles holding bottle 15cm away from contact areas. For best results, hold the bottle in an upright position.

## F0393 - Heel Balm 75ml

Perfect step to smooth feet. Helps build new skin. Anti-septic, anti-fungal and anti-bacterial.

CONTAINS: Lavender Oil and Tea Tree Oil



### DIRECTIONS:

Apply gradually to cracked heels twice daily until skin is smooth.

## F0394 - Moisturising Lotion 75ml

This moisturising foot lotion contains Aloe Vera and Almond Oil leaving your feet feeling smooth and rejuvenated.



### DIRECTIONS:

Apply to dry skin. Rub in gently. Repeat daily until skin is smooth

## F0395 - Rough Skin Remover 75ml

The Camomile and Peach Granules in the Rough Skin Remover will remove dead skin cells from your feet, leaving them smooth, soft and smelling fresh.



### DIRECTIONS:

Apply gradually to clean dry skin. Rub in gently until skin is smooth. Wash off with lukewarm water.

## COMFIFEET:

### ACTIVE INGREDIENTS IN THE COMFIFEET FOOT RANGE

Camomile: Helps to relax muscles and to ease pain.

Peach Granules: Use as an exfoliate.

Vitamin F: Helps to keep membranes healthy.

Vitamin C: Good for skin recovery.

Lavender Oil: Calming and relaxing.

Tea Tree Oil: Anti-septic, anti-bacterial, and anti-fungal

Aloe Vera: Skin healing

Almond Oil: Purifying and nourishing

Rosemary: An analgesic to ease tired aching feet. Anti-septic to control infections. Astringent to reduce swelling.

Stimulates blood circulation.

Peppermint: A wonderful detoxifying herb and analgesic remedy to relieve painful feet. Also, invigorates and cools aching feet

## EASY STEPS TO BEAUTIFUL FEET:



Soak your feet in a foot basin of foot spa filled with warm water to which you've added ATS Revitalising Tissue Oil.

Cut your toenails straight across. If they are too short or too rounded they can become ingrown. Leave a thin line of white nail. File neatly.

Apply Comfifeet Rough Skin Remover containing Peach Stone Granules and Chamomile and remove all the rough skin on the sides and soles of your feet.

Rub Comfifeet Heel Balm containing Tea Tree Oil and Lavender Oil in the cuticles.

Push the cuticles back gently using the flat side of an orange stick. Don't cut the cuticles as this stimulates the skin and makes it hard.

Rub Comfifeet Moisturising Lotion containing Aloe Vera, Almond Oil and AHA extracts.

Follow up with Comfifeet Refreshing Foot Spray which contains Rosemary, Tea Tree Oil and Arnica to stimulate blood flow to the feet.

Wipe nails clean with Nail Enamel Remover.

Place wads of cotton between your toes and paint your nails.

Follow up with a coat of Clear Nail Enamel and you will have beautifully manicured toenails. Now that you're feeling fantastic and more energised sprinkle feet with Comfifeet Foot Powder as the final touch.

# WATKINS

## HOME CARE



## CLEAN HOME = HEALTHY HOME

Keeping a clean home and working environment may reduce the spread of viruses such as the common flu. Here at Watkins we are passionate about health and therefore recommend that extra measures have to be taken to reduce viruses from spreading by hard surfaces such as sinks, door and cupboard handles, railings, objects, counters, etc. The length of time a virus survives on hard surfaces depends on the type of virus. Studies indicate that the flu virus can live and potentially infect a person for up to 48 hours after being deposited on a surface. In most workplaces and homes, cleaning floors, walls, doorknobs, etc. with regular disinfectants or soap and water is quite adequate. It is however very important to know the directions on the cleaning or disinfecting products.

### FOR YOUR HOME AND WORKPLACE:

1. Know the appropriate procedures for general sanitation and infection control
2. Know how to work safely with hazardous products, including bleach
3. Remember to wash your hands with soap and water
4. When you have the flu, cover your mouth and nose when you cough and sneeze
5. Do not share tissues, drinking and eating utensils with people who have the flu
6. Do not touch your eyes, nose or mouth (viruses can transfer from your hands and into the body)

Here at Watkins, we pride ourselves in our Home Cleaning Range and therefore recommend:

### F0457 - Wonder Bleach 1L

First, bleach is a disinfectant, not a cleaner. Bleach does a fantastic job of killing germs, it removes tough stains and whitens clothing.

Dilute the bleach with water for safer cleaning. It can be poured into a washing machine, as it will eventually be diluted with water there.

Clean a surface first before you begin sanitizing it. Use detergent and water to clean a surface, and then use the bleach and water to disinfect it. Let the bleach/water solution contact the surface for at least 5 minutes. Then rinse it off and air dry it.

Bleach is used to whiten clothing. It can also remove mildew and mold.

The dilution should one part of bleach to 10 parts of water.

#### WARNING:

- Contact with bleach on your skin is irritating and can be very harmful.
- Mixing it with many other cleaners can produce toxic results.
- Bleach can also damage surfaces and remove color.
- If you use hot water with bleach, it can release chlorine gas which can be harmful.
- Do not ingest.



### F0455 - All Purpose Cleaner 1L

ALL PURPOSE CLEANER is a multi-purpose cleaner

#### WITH A 1:3 DILUTION:

- Cleans ovens and grills as well as stove hoods
- Safe for cleaning fridges and microwave ovens
- Cleaning shower tiles and walls
- Useful to unblock blocked drains
- To clean dirty car engines, garage floors and driveways

#### WITH A 1:10 DILUTION:

- Removes ink spots and crayon marks from fabric and surfaces
- Removes spots and stains on fabric and laundry
- Thoroughly cleans greasy cooking utensils
- Cleans combs, hairbrushes and rollers
- Kills insects such as ants and plant lice
- Useful to clean work surfaces including computer keyboards



#### WARNING:

- Mixing it with many other cleaners can produce toxic results.
- Do not use on wool products and carpets.
- Do not ingest.

## F0471 - Herbal Disinfectant 1L

HERBAL DISINFECTANT (SABS Approved) can be used as a general-purpose disinfectant cleaner and sanitizer. It effectively kills germs such as *S. aureus*, *P. aeruginosa* and *E.coli*; as well as *Aspergillus niger*. The product contains Gluteraldehyde as the active ingredient at 5%. Gluteraldehyde Solution provides a wide spectrum efficacy against bacteria, mycobacteria.



- *S. aureus* is a bacterium which can cause a range of illnesses, from minor skin infections, such as pimples, impetigo, boils, cellulitis, folliculitis and carbuncles.
- *P. aeruginosa* is a bacterium that can cause urinary tract infections, respiratory system infections, dermatitis, soft tissue infections, gastrointestinal infections and a variety of systemic infections, particularly in patients who are immunosuppressed.
- *E.coli* (bacterium) can cause diarrhea if you eat contaminated food or drink fouled water. While many of us associate *E.coli* with food poisoning, you can also get pneumonia and urinary tract infections from different types of the bacteria. In fact, 75% to 95% of urinary tract infections are caused by *E. coli*.
- *Aspergillus Niger* is a fungus and can cause allergic sinusitis (associated with long standing symptoms of a runny or blocked up nose).

### DILUTIONS:

- DILUTE 1:50 with clean water – general disinfecting and hand sanitizer
- DILUTE 1:10 with clean water – use in hair salons, on combs, brushes and razors
- DILUTE 1:20 with clean water – being used for general hygiene in hotels, restaurants, bakeries and laundries
- DILUTE 1:50 with clean water – for stains on wool and lighter colour carpets
- Use 5ml in the last cycle of the washing will leave laundry germs-free and it will remove unpleasant odours
- Mix 2.5ml with your Dishwashing Liquid for an anti-fungal and antibacterial liquid that will foam  
*Liquid can be used in the kitchen and the bathroom*

### THE MIXTURE MUST BE CHANGED WEEKLY TO PREVENT CONTAMINATION AND DEGENERATION

- Very nice to bath in – foams, softens the water
- Disinfects basins and bathrooms
- Disinfects wounds
- Diluted solution may be kept for 1 year
- The Ph value at the recommend dilution is Ph 7.5. This prevents contamination of the product and wastage as unused portion can safely be kept for 24 hours
- The efficacy of the disinfectant could be compromised if surfaces are soiled
- All dirt and filth should first be removed the surfaces or artikels to be disinfectant
- Product may be added to bath, whirlpool or Jacuzzi to soften water and prevent ring around the bath at the same time

### WARNING:

- **Do not mix with other incompatible substances**
- **Keep out of reach of children**
- **Avoid eye contact**
- **Do not inhale**
- **Do not ingest.**

*If ingested, drink plenty of milk/water, do not induce vomiting. Seek medical attention immediately.*

### STORAGE:

Store in cool, dry place

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