

Bee Have  
Bodycare

www.beehavenbodycare.co.uk

# Struggling with Zits?

Our simple affordable routine...

## for under £50

with clickable website links

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[www.beehavenbodycare.co.uk](http://www.beehavenbodycare.co.uk)



If you are reading this you're likely fed up? So was I, which is why I was compelled to make a balm, in my kitchen, over 5 years ago which transformed my skin and started the brand we know today as Bee Haven Bodycare®. This is a simple, affordable routine, that I still stick to daily, and has helped many of our customers!

In addition to the products I mention below I would also recommend that you drink at least 2 litres of water daily, reduce your sugar intake and eat foods rich in good bacteria (probiotic foods - google it - life changing).

Web-Links Underlined



Buzz Off! Cleansing Balm

Step 1 evening: If wearing make-up remove with our **Buzz Off! Cleansing Balm or Oils**. Effectively removing all traces, even waterproof... without drying the skin. Starting at £9.99

Step 2 evening: Repeat 'Step 1 morning'



The Beekeepers Intense Balm

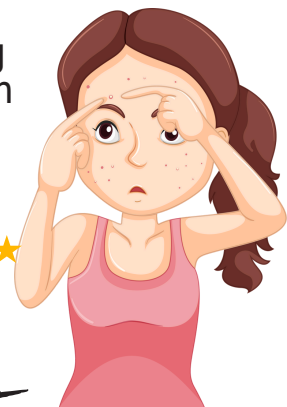
Step 3 evening: Apply **The Beekeepers Intense Skin Balm**. Melt a little between the hands (a little goes a long way!), massage the melted balm into the face and neck. The product will gradually sink in as you sleep.

Step 1, morning: **Let's Bee** (honey and beeswax) **Facial Cleansing Soap** (£5.99), used with a **Konjac Facial Sponge** (£3.99). Wash the face using this soap by wetting sponge in warm water and lathering the soap onto the sponge. Use the sponge to wash the face/neck. Rinse and Repeat.

Step 2, morning: Moisturise the face, eyes and neck using one of our **Bee Beautiful Face Creams and Eye Cream**. For extremely dry skin you can add a little of our **skin balm** into the cream to boost the hydration. Starting at £13.99

Delivering a nourishing dose of honey, beeswax, beneficial oils, glycerine and lecithin. You will waken feeling like you have slept in a spa! For extremely dehydrated skin You can add a tiny amount into your face cream (step 2 morning) to boost the hydration, however oily, normal and dry skin should not need to add this. The balm at night time and a cream by day should be enough. Starting at £9.99

I would like to conclude by saying that the 'proof is in the pudding', and should you need any more convincing feel free to check out our 192 **Google reviews**. If you have any questions or queries please do not hesitate to get in touch.



Emma



Let's Bee Facial Soap



Bee Beautiful Face Cream

