

Inspired Well-being.



Intrinsic . Solace . Sassy . Repair . Feminine . Rebound . Naked

Our Mission

Our mission is to **inspire** women to enhance their lives by investing as little as 20 minutes a day on themselves. By offering a unique product line that inspires **body, mind and spirit**, we aim to enrich and fulfill the lives of our clients and offer a solid business **opportunity** to our sales team.

An invitation from Barbra

Now more than ever people need a little "Self Indulgence". I believe that by taking as little as 20 minutes a day on self-care, stresses can be released resulting in a more balanced, meaningful life. With this new catalog we are introducing many new products that we know you will love as well as keeping many of our seasoned favorites that have been helping our clients for ten years now.

Please enjoy our catalog and company and remember that Self Indulgence isn't selfishness, it is necessity and will only improve your life and others around you.

Our Wellness Consultant opportunity is the perfect way to share this message and to create a lucrative, flexible business for yourself. Request more information today by emailing me at Barb@selfindulgence.biz to get started changing your life.

Barbra Alberts
Co-Owner



Call your representative or the Home Office at 866-4ARETREAT today to learn more about this life inspiring opportunity or visit us at selfindulgence.biz.

Self Indulgence has changed the home party!

Our product line is inspired by your well-being and available through our in home retreats where we allow you the opportunity to "multi task" by pampering your body, mind and spirit while socializing and shopping all in one unique experience.

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Breathe in the scents of Self Indulgence with our beautiful reed diffuser. (pg. 5)



"I am excited to enter the next decade with Self Indulgence! Thank you so much to the amazing Wellness Consultants and inspiring clients that have supported our mission and brought us here."

For the Face, Feet & Hands



The way **you look** affects the way **you feel**, and the way you feel affects the way you act. We know it's important to look and feel your best so you can do and be your best. That is why we have created this professional quality skin care using only ingredients that work **WITH** your skin's PH levels and natural properties, not just **ON** your skin. All products are hypoallergenic.

- 2010 **Facial Cleanser** A rich Aloe Vera Gel base makes this botanical cleanser gentle to the skin while at the same time offering an effective clean. Safe for all skin types. 6 oz\$15.00
- 2011 **Freshening Astringent** An elixir of natural occurring alpha hydroxy acids, herbs, botanicals and antioxidants to equalize the skin's PH. A great cleanser to use after any workout or outdoor activity. 4 oz.....\$13.00
- 2015 **Organic Acai & Goji Natural Defense Facial Cream** 70% Organic. Our multi-tasking moisturizer is formulated for all skin types. It deeply hydrates, fights environmental toxins, is loaded with antioxidants, and nutrient-rich vitamins. Boosts collagen and helps retain moisture for smooth results and less defined wrinkles. 1 oz.....\$16.00
- 2018 **Restoration Resurfacing Cream**— Our "manual microdermabrasion" is a true and complete resurfacing system that produces glowing results the moment it's rinsed off. Contains Aluminum Oxide Crystals, Squaline, Hyaluronic Acid and Red Tea. The effects are cumulative. 1 oz\$58.00
- 2019 **True Transformation Facial Masque** This Masque helps give the skin the appearance of restored elasticity while softening and refining lines and wrinkles. Reduces puffiness and lines while adding a healthy tone to the skin; an immediate face lift. 4 oz\$40.00
- 2021 **5 Piece Facial Collection** All six full size products listed above for complete facial care.\$142.00

“Anyone who keeps the ability to see beauty never grows old.”

~Franz Kafka



4011 Moisture Mitts
We all want soft, smooth hands but work and life can really get in the way! Use these breathable cotton/lycra blend gloves overnight with our sample of Healing Salve, for beautifully soft hands.\$12.00



4010 Moisture Booties
These cotton/lycra socks will hold moisture in while allowing feet to breathe. Packaged in a reusable tin with a sample of Foot Balm.....\$12.00

A better you starts with a fresh face!
When you look better you **feel** better;
when you feel better you **do** better;
when you do better you **are** better!

- Kimberly Baltunis



- 2010 **Foot Scrub** Our foot scrub is loaded with coarse Dead Sea salts, fine Dead Sea salts and epsom salts soaked in sweet almond oil. We add a blend of mint and citrus essential oils for the ultimate in foot exfoliation, deep cleaning and moisturizing. 8 oz\$16.00
- 2012 **Foot Spray** This glycerin based spray is excellent for cooling hot, tired feet. Our special blend of essential oils is effective for eliminating fungus, plantars warts, odor and pain. Don't stop at your feet, this spray is great for elbows, knees and hands too! (can be used through nylons) 6 oz.....\$13.00
- 2013 **Foot Soak** This salt based soak is perfect for pedicures. Add a bit to your foot tub and soak for 10 minutes before exfoliating with Foot Scrub. Just one more way to HEEL your feet. 6 oz\$7.00
- 2014 **Foot Collection** Our Best Seller! Contains one full size of each: Scrub, Balm, Spray and Soak plus all the implements for a fabulous pedicure!\$67.00
- 2011 **Foot Balm New Formula!** One balm so many uses! Our foot balm is great for moisturizing feet, reflexology massage, muscle tension, nasal congestion and sunburn pain. An incredible blend of Peppermint, Menthol and Rosemary. 6 oz\$16.00
- 2015 **Fabulous Foot File** Designed to reduce calluses and smooth away rough, hardened skin from the feet. The callus reducer should be used on dry feet. Replacement pads available\$15.00
- 2016 **5 Fabulous Foot File Replacement Screens** Our foot file screens are very durable and are effective but must be replaced at times.\$6.00

Solace

When relaxing isn't enough...seek solace



All Natural Elements Solace products are formulated with the essential oil blend of:
Lavender, Lavandin, Juniper Super, Orange, Geranium, Cedarwood, Wild Marjoram & Omanese Frankincense.

- 5800 **The Gift of Solace:** One of everything! What a great gift to give yourself or someone you care about \$63.00
- 5801 **Solace Body Serum:** This creamy serum offers carefully selected plant-based ingredients. It spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. A unique formulation of Soy, Jojoba, Coconut and Palm extracts that restores skin's natural balance for radiant health. 6 oz \$14.00
- 5802 **Solace Body Suds:** A bath wash that will gently lift oil and dirt off of skin without stripping away your bodies natural oils. Coconut Cleansing Complex is gentle and effective. 6 oz \$12.00
- 5803 **Solace Salt Scrub:** Not just for soaking, plug your tub and let these salts and oils fill with the water and let your body soak in this healing blend. 8 oz \$16.00
- 5804 **Solace Body Soak:** Turn on the music, light the candle and lock the door! Soak for at least 20 minutes. 16 oz \$13.00
- 5805 **Solace Body Spritz:** Feeling harried at the end of the day and need a quick escape? Spritz your room, clothes or body with this calming spray. 4 oz \$8.00

"Do not dwell in the past, do not dream of the future,
concentrate the mind on the present moment."

- Buddha

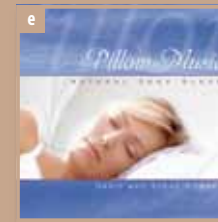
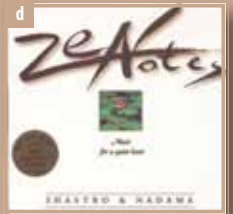
To find what we truly believe in
and what really makes us happy
we need to be quiet with ourselves.
This line of body care is developed to
take you to that deep state of quiet to
discover your Solace.



0056 Aroma Spa Diffuser Professional quality diffuser with heavy duty Piezo electric ceramic system. Essential oils are broken into minute particles and delivered as mist through an ultrasonic ventilator. \$45.00



NEW



- a. **4881 Solace Eye Bag** Filled with flax seed and lavender. The seeds will allow the eye bag to snugly fit around your facial curves and gently press on key acupressure points in the eye area. Eye Bags will eliminate visual stimuli and lead to deep relaxation and repose. (microwave safe zipper) \$17.00
- b. **4882 Solace Bolster** Our large round bolster is filled with certified organic Buckwheat Hulls. It forms a solid and comfortable support for your neck and forms and aligns your spine. Helps you relax and recuperate easier through the perfect alignment of your spine, you will find that your muscles will soften, tension will be released and headaches will subside. Removable cover for washing. \$36.00
- c. **7502 Solace Soy Candle** 100% Natural Soy Candle. Hand poured from natural soy wax and a high concentration of our exquisite Essential Oil of Lavender, these candles are among the finest in the market. They burn for approximately 50 hours, leaving a beautiful handmade container as a keepsake. Cotton wick burns clean. \$14.00

- d. **9422 Zen Notes** An exquisite musical dialogue between clarinet and piano, a soothing atmosphere for healing, meditation practice or relaxation - a real stress reliever and a quiet classic. \$16.75
- e. **9424 Pillow Music** Wouldn't it be wonderful to just lay your head on your pillow, fall fast asleep and sleep all night long? This heavenly collection of soothing melodies and pristine sounds of nature effortlessly guides you to that place of deep rest and pure solace. \$16.75
- f. **0057 Blossom Petal Aroma Lamp** This soapstone diffuser is hand carved from natural soapstone. Variations will occur because of the natural stone. \$17.00

Sassy

a. **9425 World Groove** With its mesmerizing whirl of indigenous instrumentation, intoxicating beats and hypnotic vocals, WORLD GROOVE is rip-roaring adventure in club-friendly, global rhythms. Packed with percussions!\$16.75

b. **9420 Bandole** In an old gypsy tale, it is said that Bandolé becomes one with those who sing, dance and play music in utter joy and contentment. A blend of joyful melodies and warm Latin rhythms accompanied by Spanish guitar, Persian santoor, Indian bamboo flute, Latin percussion, sax and vocals.\$16.75

c. **7504 Sassy Soy Candle** 100% Natural Soy Candle. Hand poured from natural soy wax and a high concentration of our exquisite Essential Oils of Ylang Ylang & Ginger, these candles are among the finest in the market. They burn for approximately 50 hours, leaving a beautiful handmade container as a keepsake. Cotton wick burns clean.\$14.00

d. **0061 Hearth & Home Reed Diffuser Base** Orange, Cinnamon, Spruce, Patchouli & Clove: A perfect synergy for a cheery, welcoming home. Use only with Reed Diffusers for safe and effective aromatherapy. 2 oz\$8.00

e. **0062 Solace Reed Diffuser Base** Lavender, Lavender super, Orange, Geranium, Cedarwood, Wild Marjoram & Omani Frankincense: Nurtures your spirit while enhancing your search for pure solace. Use only with Reed Diffusers for safe and effective aromatherapy. 2 oz\$8.00

f. **0063 Accelerate Reed Diffuser Base** Spearmint, Peppermint, Rosemary, Orange, Grapefruit & Lemongrass: A great blend when you just can't stop but rather need to excel! Use only with Reed Diffusers for safe and effective aromatherapy. 2 oz\$8.00

g. **0064 Spice is Right Reed Diffuser Base** Sweet Birch, Rosemary, Bay Laurel, Juniper Berry, Black Pepper, Ginger Root, Cinnamon Leaf, Wintergreen & German Chamomile. Cool and refreshing blend for any space. Use only with Reed Diffusers for safe and effective aromatherapy. 2 oz\$8.00

h. **0065 Unscented Reed Diffuser Base** Custom blend with your favorite essential oil. 2 oz\$7.00

We all have a **sassy side**, we are making it our mission to help you find yours and let her be. This fabulous line of body care products is as **fun** to use as it is beneficial to **mind body and spirit**.



All products formulated with the pure essential oil blend of: *Lemongrass, Bergamot, Eucalyptus, Cinnamon, Grapefruit, Lavender, Orange, Geranium, Clove & Wintergreen.*

- 5820 **Never Enough!** A gal can't have too much Sass in her life so get it, or give it... ALL!\$63.00
- 5821 **Sassy Body Serum** This creamy serum offers carefully selected plant-based ingredients. It spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. A unique formulation of Soy, Jojoba, Coconut and Palm extracts that restores skin's natural balance for radiant health. 6 oz\$14.00
- 5822 **Sassy Body Suds** A bath wash that will gently lift oil and dirt off of skin without stripping away your bodies natural oils. Coconut Cleansing Complex is gentle and effective. 6 oz\$12.00
- 5823 **Sassy Sugar Scrub** The best exfoliator you will try! Loaded with sugars, oils and essential oils for the ultimate in skin care. Our favorite after shave treatment, no bumps! 8 oz\$16.00
- 5824 **Sassy Body Soak** Turn on the music, light the candle and lock the door! Soak for at least 20 minutes 16 oz\$13.00
- 5825 **Sassy Body Spritz** Great for changing situations and when you need a quick boost of Sass! Spray on clothes, you or in the air and breathe in the Sassy aroma. 4 oz\$8.00



NEW



NEW

0066 Red Reed Diffuser This beautiful Reed Diffuser is perfect for any decor. In Feng Shui, the color red represents wealth. Place this diffuser in your Wealth Corner and focus on the intention to be "Wealthy" in all aspects of your life. Reed Diffuser fragrances sold separately (items d-h on this page).\$19.00

0068 Diffuser Branches These diffuser branches are the perfect way to dress up any reed diffuser.\$4.00



"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back." - Maya Angelou

Rebound

"Life begets life. Energy begets energy. It is by spending oneself that one becomes rich" ~Sarah Bernhardt



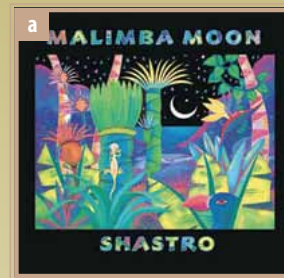
All products formulated with the pure essential oil blend of: Mandarin, Lemon, Bergamot, Tangerine, Lime, May Chang, Lemongrass & Fir Needle.

- 5840 **Bounce Back!** We all know someone who needs to bounce back, it may even be you! This collection may be the rebound they need.....\$63.00
- 5841 **Rebound Body Serum** This creamy serum offers carefully selected plant-based ingredients. It spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. A unique formulation of Soy, Jojoba, Coconut and Palm extracts that restores skin's natural balance for radiant health. 6 oz.....\$14.00
- 5842 **Rebound Body Suds** A bath wash that will gently lift oil and dirt off of skin without stripping away your bodies natural oils. Coconut Cleansing Complex is gentle and effective. 6 oz.....\$12.00
- 5843 **Rebound Body Scrub** The best exfoliator you will try! Loaded with sugars, oils and essential oils for the ultimate in skin care. Our favorite after shave treatment, no bumps! 8 oz.....\$16.00
- 5844 **Rebound Body Soak** Turn on the music, light the candle and lock the door! Soak for at least 20 minutes. 16 oz.....\$13.00
- 5845 **Rebound Body Spritz** Feeling tired at the end of the day and need a quick pick me up? Spritz your room, clothes or body with this uplifting spray. 4 oz.....\$8.00

When a quick pick me up is what you need, shower yourself with this inspiring line of body care products! We developed this line to have uplifting properties for the mind and a great sense of energy for your body.



4805 Foam Roller & "The Great Foam Roller Handbook" Ready to work out? Before you do, use a therapeutic roller for muscular flexibility, dynamic strengthening and releasing areas of chronic pain. Made of polyethylene foam, these lightweight, essential items will revolutionize your workouts! The Great Foam Roller Handbook is 63 pages long with color photograph illustrations. Each section demonstrates through carefully photographed start and finish positions plus detailed explanations of each foam roller exercise. The Great Foam Roller Handbook will help you realize the full potential of utilizing your foam roller for exercise and therapy.\$42.00



- a. **9413 Malimba Moon** Capture your heart and send it dancing to enchantingly warm and uplifting melodies. With nouveau flamenco guitar with flutes, vocal harmonies and ethnic percussion, this album offers an exquisite blend of Latin rhythms and world music.\$16.75
- b. **7503 Rebound Soy Candle** 100% Natural Soy Candle. Hand poured from natural soy wax and a high concentration of our exquisite Essential Oils of Lemongrass & Sage, these candles are among the finest in the market. They burn for approximately 50 hours, leaving a beautiful handmade container as a keepsake. Cotton wick burns clean.\$14.00
- c. **9652 Power Thought Cards** A Deck of 64 Affirmation Cards to Help You Find Your Inner Strength. Each vibrant card contains a powerful affirmation on one side and a visualization on the other to enlighten, inspire, and bring joy to your life.\$15.95
- d. **4003 Rebound Silk Eye Bag** Filled with flax seed and energizing blend of mint and herbs. The seeds will allow the eye bag to snugly fit around your facial curves and gently press on key acupressure points in the eye area. Eye Bags will eliminate visual stimuli and lead to deep relaxation and repose. (microwave safe zipper)\$17.00
- e. **4004 Rebound Bolster** Our large round Bolster is filled with certified organic Buckwheat Hulls and energizing blend of mint and herbs. It forms a solid and comfortable support for your neck as you rest. The hulls adapt to your individual neck form and align your spine even when you move. The Bolster Pillow will help you relax and recuperate easier. Through the perfect alignment of your spine as you rest, your shoulder muscles will soften, headaches can subside faster, and muscle tensions will lessen. The large size will allow you to use as a knee bolster as well. (zippered over washing)\$36.00

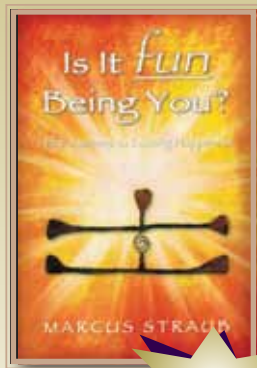
- f. **5728 Lemongrass & Sage Hand Gel** This rich lathering gel gently lifts oil and dirt off of the skin without stripping away your body's natural oils. Essential Oil blend of Lemongrass & Sage is uplifting and effective in removing even stubborn food odors.\$13.00
- g. **5729 Lemongrass & Sage Hand Cream** This cream spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. Essential Oil blend of Lemongrass & Sage is uplifting and effective in removing even stubborn food odors.\$15.00

Feminine



NEW

9402 Gratitude a Journal Keep a daily record of life's little blessings with this keepsake gratitude journal filled with a year's worth of insightful prompts, inspiring quotes, and ample room for reflecting on all the things that make life great. \$14.95



NEW

9403 Is it FUN Being You? Book by Marus Straub. *Is It Fun Being You* uncovers the secrets for living an enjoyable, fulfilled life, experiencing just how much fun you can have being you by using a step-by-step system to create a greater level of consciousness in your life and uncover what's really important to you. \$19.95



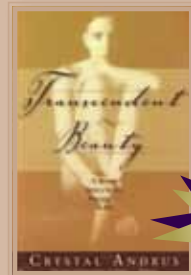
9415 Le Spa Sonique CD Treat yourself to luxurious relaxation anytime. Indulge your senses in these blissfully smooth grooves that are both relaxing and hip, sophisticated lounge music with a distinctly sensuous European flare. \$16.75

Value and ignite your **femininity** after all it's what separates us from "the boys". **Feminine** is not what you do – it's how you **feel!**



NEW

9735 Simply... Woman! Book and DVD: By Crystal Andrus The 12 Week Body/Mind/Soul Total Transformation Program! This revolutionary plan elevates the experience of weight loss far beyond the physical. Unlike anything you've ever tried before, Simply... Woman! Will truly transform your life from the inside out! \$18.95



NEW

9736 Transcendent Beauty book by Crystal Andrus Transcendent Beauty will take you on a journey where you'll see how easy it can be to shine. If you embrace and practice the principles outlined in Transcendent Beauty, you'll see how easy it can be for you, too, to shine with an intoxicating power. \$14.95



By far our most indulgent Elements Body Care Line. A smooth blend of Jasmine, Orange, Lemon and Rosewood brings out the Femininity in all of us.

5850 Feminine Collection One of each Body care product for complete indulgence \$63.00

5051 Feminine Body Serum This creamy serum offers carefully selected plant-based ingredients. It spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. A unique formulation of Soy, Jojoba, Coconut and Palm extracts that restores skin's natural balance for radiant health. 6 oz \$14.00

5852 Feminine Body Suds A bath wash that will gently lift oil and dirt off of skin without stripping away your bodies natural oils. Coconut Cleansing Complex is gentle and effective. 6 oz \$12.00

5853 Feminine Sugar Scrub The best exfoliator you will try! Loaded with sugars, oils and essential oils for the ultimate in skin care. Our favorite after shave treatment, no bumps! \$16.00

5854 Feminine Body Soak Turn on the music, light the candle and lock the door! Soak for at least 20 minutes. \$13.00

5855 Feminine Body Spritz Feeling tired at the end of the day and need a quick pick me up? Spritz your room, clothes or body with this uplifting spray. \$8.00

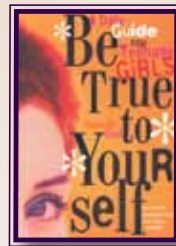
Intrinsic



All products are formulated with the essential oil blend of: *Orange and Vanilla Fragrance Oil*

- 5860 **Intrinsic Collection** Share with a friend, or keep it all for yourself and know that you are worth it all no matter what.\$63.00
- 5861 **Intrinsic Body Serum** This creamy serum offers carefully selected plant-based ingredients. It spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. A unique formulation of Soy, Jojoba, Coconut and Palm extracts that restores skin's natural balance for radiant health. 6 oz.\$14.00
- 5862 **Intrinsic Body Suds** A bath wash that will gently lift oil and dirt off of skin without stripping away your bodies natural oils. Coconut Cleansing Complex is gentle and effective. 6 oz.\$12.00
- 5863 **Intrinsic Body Sugar Scrub** The best exfoliator you will try! Loaded with sugars, oils and essential oils for the ultimate in skin care. 8 oz.\$16.00
- 5864 **Intrinsic Body Soak** Turn on the music, light the candle and lock the door! Soak for at least 20 minutes. 16 oz.\$13.00
- 5865 **Intrinsic Body Spritz** Remind yourself of your worth by spritzing your room, clothes or body with this spritz.\$8.00

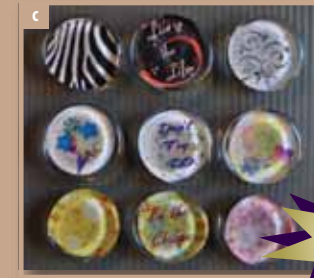
Of or relating to the **essential** nature of a thing. Each time you use a product from this line, remind yourself of your **natural** element, your **intrinsic** worth.



- 9119 **Be True to Yourself book** A Daily Guide for teenage girls written in a comforting daily meditation format, 365 entries on topics ranging from dating and school to body image, dealing with parents, and fighting with friends. Written specifically for young women by one of their own.\$15.95

“To have that sense of one’s intrinsic worth is potentially to have everything.”

~Joan Didion



- a. 3798 **Inspire Inspirational Necklace** This simple necklace made with an 18" stretchable silicone cord and a Paua Shell pendant is waterproof so it's ideal for beach life, spas or everyday wear. Positive affirmation reminds you to live according to it's message and make it yours.\$15.00
- b. 9654 **Life Strategies for Teens** A 50-card deck by Jay McGraw. 50 friendly lessons to help your teens cope with the challenges, frustrations, and issues that they deal with on a daily basis. Each card will launch your teen with setting goals, practical advice, and daily inspiration.\$15.95
- c. **Inspiration Locker Magnets** These cute and inspiring Locker Magnets are the perfect reminder to live your life to the fullest. Packaged in an attractive gift tin with the message and two coordinating decorative magnets.
 - 3800 Live the Life..... \$9.00
 - 3801 Don't Try - DO..... \$9.00
 - 3802 Be the Change..... \$9.00

Repair

a. 9406 Back to Us a Couple's Journal to Reconnection and Growth Every great couple knows that a lasting relationship doesn't just happen by chance—it takes work, honesty, and courage. But in the heat of the moment and the stress of our day-to-day lives, where does one begin? Back to Us is designed to take couples on a journey that will lead them to a more fulfilling relationship.\$19.95

b. 9407 The Reflexology Deck—By Katy Dreyfuss Encourage well-being in yourself and others with reflexology, an age-old, hands-on therapy. Using gentle pressure on specific spots of the hands, feet, and ears, the practice of reflexology relieves the tensions of everyday ailments and promotes energy flow throughout the body. Featuring maps of reflexology regions and flows, easy-to-follow sequences, and color-coded instruction cards, this portable deck helps you to achieve good health and natural balance.\$14.95

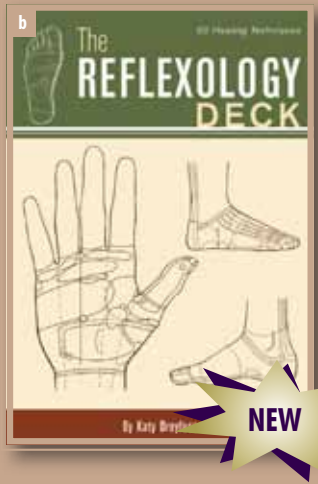
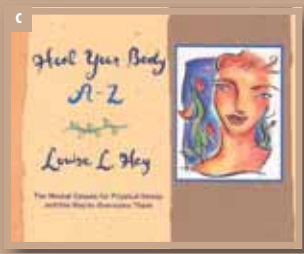
c. 9978 Heal Your Body A-Z A fresh and easy step-by-step guide, set up in an A-Z format. Just look up your specific health challenge and you will find the probable cause for this health issue, as well as the information you need to overcome it by creating a new thought pattern.\$11.95

d. 9421 Healing Touch II Tender piano melodies float upon warm orchestrations of strings, harp, woodwinds and ambient sounds to create a soothing effect for body, mind and spirit. Each track is carefully timed and sequenced to create a deepening relaxation experience.\$16.95

e. 9417 Garden of Serenity A repairing reverie is awaiting you. You are a natural creature what better way to repair you than with the healing sounds of nature.\$16.75



NEW



NEW



Skin irritations and ailments can get in the way of life, it's time to do something about them. We've developed this line of body care to be **healing** to the skin as well as the **mind**. Developed with an exclusive blend of extracts and essential oils known for their incredible **healing properties**. We guarantee you will not find a better body care system to **repair your skin**.



5501 Healing Salve A must for the first aid kit! This medicated salve soothes and heals dry cracked skin, cuts and abrasions. Also great relief from insect bites, stings and burns. A great moisturizer as well. 1.75 oz\$12.00

5504 Intense Muscle Heat We add a bit more "heat" to this analgesic rub for deep penetrating pain relief. Can also be used as an inhalation for sinus relief! 1.75 oz\$12.00



5506 Headache Touch of Relief Apply this essential oil blend to wrists or temples to relieve the pain associated with headaches.\$8.00

5508 Breathe Easy Touch of Relief Apply this touch of relief under nose and on chest and back to relieve breathing problems associated with common cold.\$8.00



All products formulated with the pure essential oil blend of: *Rosehip Oil, Clary Sage, Rosewood, German Chamomile, Lavender, Blue Tansy, Helichrysum, Red Tea Extract & Seabuckthorn oil.*

5810 Fix-It Collection Skin irritations and ailments are painful and sometimes embarrassing, this collection is sure to offer relief from both\$63.00

5811 Repair Serum This creamy serum offers carefully selected plant-based ingredients. It spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. A unique formulation of Soy, Jojoba, Coconut and Palm extracts that restores skin's natural balance for radiant health. 6 oz.....\$14.00

5812 Repair Body Suds A bath wash that will gently lift oil and dirt off of skin without stripping away your bodies natural oils. Coconut Cleansing Complex is gentle and effective. 6 oz\$12.00

5813 Repair Body Scrub Not just for exfoliating, plug your tub and let these salts and oils fill with the water and let your body soak in this healing blend. 8 oz\$16.00

5814 Repair Body Soak Turn on the music, light the candle and lock the door! Soak for at least 20 minutes. 16 oz.....\$13.00

5815 Repair Body Spritz A great cool down or calming treatment for irritated skin. 4 oz.....\$8.00

"If we don't change, we don't, grow. If we don't grow, we aren't really living."

~ Gail Sheehy

Naked

Go Naked.



Totally Naked! A great collection for beginner blenders; add your favorite essential oil and you're set! Also perfect for those sensitive to fragrances or undergoing homeopathic treatments.

- Totally Naked!** A great collection for beginner blenders or for those sensitive to fragrance; add in essential oil of choice.
- 5830 **Salt Scrub** Not just for exfoliating, plug your tub and let these salts and oils fill with the water and let your body soak. Add your own essential oils for a custom scrub.....\$58.00
 - 5839 **Sugar Scrub** The best exfoliator you will try! Loaded with sugars and oils for the ultimate in skin care. Add your own essential oils for a custom scrub.....\$58.00
 - 5831 **Naked Body Serum** This creamy serum offers carefully selected plant-based ingredients. It spreads easily and absorbs fast, providing nourishment in abundance. It soothes dry, sensitive skin and adds plenty of moisture to keep the skin supple, healthy and youthful. A unique formulation of Soy, Jojoba, Coconut and Palm extracts that restores skin's natural balance for radiant health. 6 oz.....\$13.00
 - 5832 **Naked Body Suds:** A bath wash that will gently lift oil and dirt off of skin without stripping away your bodies natural oils. Coconut Cleansing Complex is gentle and effective. 6 oz.....\$11.00
 - 5833 **Naked Salt Scrub** Not just for exfoliating, plug your tub and let these salts and oils fill with the water and let your body soak in this healing blend. 8 oz.....\$15.00
 - 5836 **Naked Sugar Scrub** The best exfoliator you will try! Loaded with sugars, oils and essential oils for the ultimate in skin care. Our favorite after shave treatment, no bumps! 8 oz.....\$15.00
 - 5834 **Naked Body Soak** Turn on the music, light the candle and lock the door! Soak for at least 20 minutes. 16 oz.....\$12.00
 - 5835 **Naked Body Spritz** No matter what your mood or need, add your favorite essential oils to freshen your laundry, your attitude or your space. 4 oz.....\$7.00

We've created this naked line for those who have allergies, sensitivities to scents or would like to learn to blend their own body care products. Also a great alternative to those taking homeopathic treatments that aromatherapy may interrupt. All products are in an all-natural unscented base.



3805 Sterling Silver Pause Bracelet The experts have told us that pausing several times during the day to reframe our thoughts will truly allow us to live our best life. The challenge is that we don't know HOW to do this. How can we remember to remember? This sterling silver beaded bracelet does just this. This bracelet is "functional jewelry" because the bracelet provides a specific function by prompting you to pause every 90 minutes with a 1-second gentle vibration.....\$50.00

"The naked truth is always better than the best dressed lie."
~Ann Landers



a. 9423 Oneness Experience perfect peace and profound relaxation. This soothing musical soundtrack of floating ethereal sounds gently guides you into the perfect place to find your solace.\$16.75

b. 9411 Peaceful Evening This soothing music surrounds you with the deeply calming moods of a perfect sunset. You experience the warm, quiet feeling of a grand piano, acoustic guitars, and the wooden flute along with the sounds of early evening in the country.\$16.75

c. 9409 Secrets of Simplicity Learn to live better with less by Mary Carlomagno. Bulging in-boxes, out-of-control stress, and even climate change serve as reminders that when it comes to being happy and healthy, less is more. In this interactive journal, organization expert Mary Carlomagno leads readers on a journey toward release and discovery. Guided by the principle that the way you spend your time and money should reflect your true priorities, Secrets of Simplicity shows how to make practical changes to unburden your closets and calendars and make room for what's really important. Readers can record their successes, as they de-clutter their homes and in the process, their minds.\$19.95

d. 4001 Naked Silk Eye Bag Filled with flax seed and is scent free. The seeds will allow the eye bag to snugly fit around your facial curves and gently press on key acupressure points in the eye area. Eye Bags will eliminate visual stimuli and lead to deep relaxation and repose. (microwave safe zipper)\$17.00

e. 4002 Naked Bolster Our round Bolster Pillow is filled with certified organic Buckwheat Hulls or Millet Hulls. It forms a solid and comfortable support for your neck as you rest. The hulls adapt to your individual neck form and align your spine even when you move. The Bolster Pillow will help you relax and recuperate easier and help your shoulder muscles soften, headaches subside faster, and lessen muscle tensions. This pillow is free of scent. Each Bolster Pillow comes with a zippered cover that can be removed for washing.\$36.00

Escentials



Top Shelf Essential Oils: Precious and rare , these oils are so powerful they can be overwhelming to the senses, so we offer these pre-blended with Jojoba oil. Indulge yourself and your senses with these offerings. 10 ml bottle.

- 8304 **Rose Maroc** 10% in Jojoba Oil\$40.00
- 8305 **Jasmine ABS** 10% in Jojoba Oil\$34.00
- 8306 **Harmony Blend** 10% in Jojoba:Neroli, Rose, Vanilla, Elemi, Orange, Muhuhu, Cedarwood, Vetiver, Yarrow, Angelica Root & Rose Geranium: live in Harmony!\$25.00
- 8307 **Neroli** 10% in Jojoba Oil\$41.75
- 8309 **Chamomile** 10% in Jojoba oil\$24.00

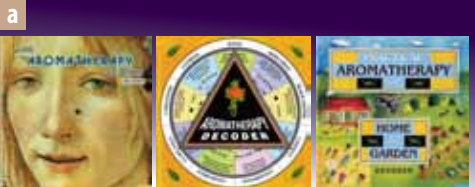
Aromatherapy is the practice of applying or diffusing essential oils derived from aromatic plants to strengthen the bodies own **natural** abilities to relax, balance, rejuvenate, restore or enhance **body, mind and spirit.**



100% Pure - Therapeutic Grade

Our **Essential Oil Blends** are developed to enhance your mood, inspire your well-being or add a therapeutic property to your skin care. Each one is blended carefully for the optimum benefit. 10 ml bottle.

- 8036 **Paradise Essential Oil Blend** Balsam of Peru Benzoin & YlangYlang: Let this warm scent take you away to paradise.\$14.00
- 8028 **Morning Sunshine** Orange, Tangerine and Lime: Fresh clean scent of the morning.\$10.00
- 8012 **Accelerate** Spearmint, Peppermint, Rosemary, Orange, Grapefruit & Lemongrass: A great blend when you just can't stop but rather need to excel!\$11.00
- 8037 **Rebound** Mandarin, Lemon, Bergamot, Tangerine, Lime, May Change, Lemongrass & Fir Needle: A quick pick me up just when you need it.\$13.00
- 8038 **Heart's Desire** Rosewood, Patchouli, Rose Geranium, Litsea Cubeba, Orange, Muhuhu, Petitgrain & YlangYlang: Find your heart's desire with this aphrodisiac blend.\$17.00
- 8017 **NightyNight** Lavender, Mandarin Orange, Marjoram, Roman Chamomile, Spikenard: a sure thing for parent's wanting a calm peaceful goodnight ritual, great for kids rooms in one of our passive diffusers.\$18.00
- 8035 **Solace** Lavender, Lavender super, Orange, Geranium, Cedarwood, Wild Marjoram, & Omaniense Frankincense: Nurtures your spirit while enhancing your search for pure solace.\$11.00
- 8019 **Spice Is Right** Sweet Birch, Rosemary, Bay Laurel, Juniper Berry, Black Pepper, Ginger Root, Cinnamon Leaf, Wintergreen & German Chamomile: When a "Spicy" massage is in order this is the right blend.\$20.00
- 8011 **Hearth & Home** Orange, Cinnamon, Spruce, Patchouli & Clove: A perfect synergy to "burn" for a cheery, welcoming home.\$11.00
- 8020 **Healthy Household** Clove, Lemon, Cinnamon, Eucalyptus Radiata and Rosemary. Great for adding to dishwasher, laundry and cleaning countertops as well as in a diffuser to fight airborne illnesses.....\$20.00



NEW

- a. 9013 **Aromatherapy Decoder Card** A concise guide on using essential oils..... \$15.00
- 9014 **Practical Aromatherapy for Home & Garden** Use Essential Oils for a more natural way of living! The tips and recipes in this decoder aim toward your home and garden, sharing Aromatherapy "secrets" on how to keep pests at bay or how to make your laundry smell great naturally\$15.00
- 9018 **Gentle Woman Aromatherapy Decoder Card** Giving aromatherapeutic advice on sixty conditions that concern women.\$15.00
- b. 0070 **Aroma Breeze** battery operated aromatherapy fan. This diffuser goes anywhere you go! Great for helping eliminate odors in hotel rooms when you travel or for use bedside to help with relaxation. Essential Oil sold separately.\$20.00



- 5601 **Shield of Armor Aromamist** Contains Davana Essential oil, which is known for it's immune boosting and protection qualities. A quick spray keeps the doctor away! 1 oz\$10.00
- 5602 **Gonna Get Me Some Lovin' Tonight Aromamist** This spray eases anxieties and allows you to open your heart for a romantic evening. 1 oz\$10.00
- 5603 **Get Out of my Room Aromamist** "I'm the boss here" Guaranteed to chase away the boogey man and monsters and to "kill" bugs and calm the fears of any child for a restful night's sleep. 1 oz\$10.00
- 5604 **Purify Your Air Aromamist New Formula** Concentrated forms of essential oils that are easy to use to freshen any room on linens. Clears congestion and cleans the air. Great for the classroom. 1 oz\$10.00
- 5605 **Hearth & Home Aromamist** Orange, Cinnamon, Spruce, Patchouli & Clove: A perfect synergy for a cheery, welcoming home. 1 oz\$10.00

All Natural Fragrance Oils After just one smell we couldn't pass these up! These oils can be used as cologne, air fresheners or to scent your Naked Products. Undiluted, alcohol and petroleum free, these oils are made from plant resins and oils from flowers, plants, roots and trees. 1/2 oz\$28.00

- 5701 **Amber & Sandlewood** Woody, rich, spicy and earthy with sweet back notes.
- 5702 **Water Goddess** Clean, mellow, smooth, water notes with slightly sweet sandalwood undertones.
- 5703 **Egyptian Musk** This clean and mellow, well rounded, smooth and light fragrance is wonderful for men and women.
- 5704 **Pekaki Lei** A tropical, not too sweet Jasmine with clean under notes.
- 5705 **Persian Garden** Grounded, smooth, light and clean with a hint of mystery.



100% Pure - Therapeutic Grade

Our **Essential Oil Single Notes** are extracted carefully with your well-being in mind. We bring you only the highest quality oils to ensure a pure product for your aromatherapy practice. 10 ml bottle.



- 8706 Patchouli\$13.00
- 8102 Lavender Bulgarian\$13.00
- 8103 Geranium\$16.00
- 8104 YlangYlang\$15.00
- 8106 Orange California\$9.00
- 8201 Peppermint\$12.00
- 8202 Rosemary\$10.00
- 8503 Lemongrass\$10.00
- 8601 Cedarwood\$10.00
- 8705 Eucalyptus\$10.00
- 8707 Tea Tree\$10.00
- 8708 Grapefruit\$11.00

You Deserve It!



When you notice your days slipping by without joy – when you notice your shoulders inching up toward your ears – when you notice your fuse is getting shorter and shorter – when you notice the frown lines are overtaking the smile lines - when you notice it has been long time since your last “date with yourself” -- Consider Self Indulgence that warm hug and friendly hand on your shoulder that says “it’s okay; stop and TAKE the time for you!”

KIMBERLY BALTUNIS
FOUNDER & CEO

What is a Retreat?

A Retreat takes place in a hostesses home. Each Retreat is designed by the Hostess and the Representative to fit the needs of the clients attending, since the hostess knows these people best, she is very involved in deciding how the Retreat will go. We begin each Retreat with a mini spa, the environment is set with low lights, relaxing music, candles or a type of aromatherapy burning, a warm scented facial compress and a hot tub of water waiting for each clients feet! We continue with an all natural foot scrub and firming facial. Each client will be given Self Indulgence products, to be used on herself, to complete the mini spa. This will be led by the Representative and the product's uses and benefits will be fully explained.

How Long does a Retreat Last?

The mini spa takes about 45 minutes, the retreat exercise is about 20 minutes with all remaining time determined by the hostess and clients.

How can I Become a Hostess?

By contacting a Self Indulgence Representative, you will be given the invitations catalogs, order forms and other information on hostingessing a Retreat. Our exciting Hostess Select Program allows you to earn free product, 1/2 price items and exclusive to hostess items You may decide to provide a beverage and light snack, but we ask that you keep it simple, so you too may enjoy the experience with your friends.

How Can I Become a Representative?

Easy, just fill out an agreement form and order your Seeds to Success Starter Kit. It will arrive in 4 weeks with information on starting your own business.

How Much Money Can I Make?

You will earn a generous 25-40% commission on all personal sales. We also have a generous bonus program based on your individual sales. If you build an organization with other representatives you will make overrides on their sales also. Your Success is unlimited along with your growth and earning potential. You are in business for yourself, set your own hours and determine your own destiny.

SCRUB OUT DOMESTIC VIOLENCE

Scrub of the Month Club

Each year millions of families are destroyed by domestic violence. This is truly a cycle that can be prevented. We are excited to offer our 3rd Annual Scrub of the Month Club, to Scrub out this devastating problem in the United States. It costs shelters Nationwide an average of \$45.00 per day per resident (including children) to offer services to victims of Domestic Violence. Shelters are in desperate need of donations to be able to continue to offer services such as shelter, sustenance, guidance and future services such as employment and permanent housing. Self Indulgence will donate 5% of each Body Scrub to a Shelter Nationwide each month, as well as an accumulated 5% annually to National Coalition against Domestic Violence.



\$18 each month

Call your representative for more information.

“If we wait for the moment when everything, absolutely everything is ready, we shall never begin.”

~Ivan Turgenev



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