Healthy Living Inside and Out Presentation

**Slide 1:**

Thank you so much for taking the time for joining us and I am so excited to be here with you. I am (name and title).

**Slide 2:**

I’m going to share with you a little of what makes Arbonne different, and we’ll focus on our top 2 product lines.

You’re going to hear me say this a lot, of how Arbonne’s products deliver incredible results, but I also think you’re going to be pleasantly surprised by how affordable Arbonne is, even though we use very high-end, pure and effective, plant-based formulations.

So, watch what I do tonight. If you’re wanting another income stream in your life, please consider joining our team.

If you’re not interested in making money, but want to shop and save, you’ll love our Preferred Client Program. I’ll tell you more about those options later.

**Slide 3:**

My 2-minute story....

**Slide 4:**

This is exactly what Arbonne is all about (read slide)

Now, I know most of us are meeting one another for the first time, but I think I can safely say something we all have in common – we all want to feel our best! Don’t we?

**Slide 5:**

So to give you a bit of background Arbonne was actually established in 1980 by a visionary named Petter Morck. Petter had this vision to create these Pure, Safe, and Beneficial Products – free of harmful ingredients – and to market those products through this smart business model that gives ordinary people, globally, the opportunity to have more choices in their lives.

**Slide 6:**

Now, I know that out there in the world today there are millions of products being marketed to you to help you feel better, lose weight, give you energy, reverse aging, clear your skin etc…so I want to really help you understand how and WHY Arbonne is different.

**Slide 7:**

Achieving whole body wellness really comes down to ADDING HEALTH to our bodies & lives as often as we can! Everything we choose to eat, drink, breathe, think or put on our skin in the run of a day either ADDS health OR it takes health away! You really do BECOME what you consume.

Although some of this may be out of your control, so much of it isn’t! We have the power to ADD health by making better choices as often as we can…and when you put good stuff in….that’s what you’re going to get out!

**Slide 8:**

We source only the highest quality ingredients from around the globe, practicing fair trade, supporting local farmers, making sure we have a low-carbon footprint, and our certifications include: vegan, gluten-free, cruelty-free, kosher, and Non-GMO.

**Slide 9:**

All of Arbonne’s products are backed by a 45-day money back guarantee and our rock-solid, transparent, ingredient policy! It is all about high standards and rigorous testing!

Our “Never List” includes:

• synthetic dyes or fragrances

• animal products/by-products

• formaldehyde-donating preservatives

• mineral oil (which inhibits the skins natural detoxification by sitting on the skins surface and clogging pores)

• parabens

• phlalates

• free of the top 8 allergens including gluten

**Slide 10:**

Total body nourishment from the inside is from incorporating a clean diet and needed supplements.

The skin is the body's largest organ, and also the largest organ of detoxification.

The skin does best with both a toxic-free and also a nutrient rich skincare regimen.

**Slide 11:**

This is what Arbonne is about (read slide).

**Slide 12:**

We have a wide range of consumable products!

They are prestige products with targeted results!

We really have something for everyone to support your daily personal care product needs and also to support your inner & outer health!

**Slide 13:**

I love knowing that whatever product I’m getting from my Arbonne store is backed by this policy and upheld to the highest of standards! So whether I’m grabbing my toothpaste, foundation, body wash, mascara, or my vitamins I don’t have to worry about harmful ingredients and instead I can have the confidence that they will give me real results.

What is great is that most of these are products that you and your friends are already using. It’s already in your budget to buy shampoo, to buy mascara, to buy eye cream, to buy protein shakes, etc. So all I am here to do is to educate you on the benefits of using better products that are both good for you and DO what they say they will do, and then teach you how to shop at a discount. I personally use 20 – 30 of these products on a daily basis, run out of them and need to reorder them.

**Slide 14:**

We take your first order and set you up online, which means you can place your orders from your home. And I love that I don’t have to stock or deliver products, and that Arbonne gets them delivered to your doorstep.

**Slide 15:**

Our 2 most popular lines are the RE9 Anti-Aging Skin Care and the Nutrition Products, so those are the two lines we will be focusing on!

So the question is, are you ready for a change?

**Slide 16:**

So let's talk about our health on the inside. Luckily, Arbonne makes it easy for us to be healthy without sacrificing convenience through the 30 Days to Healthy Living plan that focuses on Clean Eating and Detoxing.

**Slide 17:**

Our hope is that this becomes a lifestyle change of health and wellness for you and your family.

This jump start to a healthier you will make you rethink how you're currently eating.

Even if you think you know nutrition, work out, and are healthy, this pause that eliminates common allergens and addictive foods, will be a reset for you.

You'll learn as you go, including the simple swaps to feel amazing and by using our products you'll likely save money on your food budget!

**Slide 18:**

This program will:

Reveal foods that are sabotaging your health.

Reset your metabolism

Reprogram your body to efficiently remove toxins

Reduce food cravings

Renew your skin

**Slide 19:**

There are no “points” or counting calories, fat grams etc.

Light exercise is suggested but not required, you CAN NOT out exercise a bad diet.

We will provide daily support through your personal coach and a private Facebook Support Group.

**Slide 20:**

Remember, "This isn't about what you can't do, but the focus becomes on what you can do and truly living your life with more energy and purpose."

**Slide 21:**

You'll also learn how to support your elimination organs, so they can function like they are designed to and perform optimally again. And then you'll learn how to introduce the eliminated foods back in to your life, and see if you have intolerances to these foods.

**Slide 22:**

Common thinking is if you lose weight you will get healthy, but in reality, if you get healthy, and detoxify, the weight takes care of itself.

**Slide 23:**

So, do you need to detox?

A toxin is anything your body cannot use as energy.

Toxins can come from your food, environment, skincare, haircare, etc. Virtually anything you put in your body, if it is not helping your body, it is harming it.

Here are a few physical signs of toxicity and imbalance in the body.

Have you experienced any of these symptoms like….

**Slide 24:**

We plateau in traditional weight loss programs because we don’t eliminate the toxic influx. When you are in toxic overload, your fat cells surround the toxins to keep them safe from entering your body. If you decrease your toxic load and detoxify, the toxins go away and the fat has no reason to stay.

This person in Figure 1 decides to diet, cut calories or exercise and they lose weight. But they don’t get rid of the toxins. They are actually more toxic than before (Figure 2). This triggers the body’s need to create fat (fat cells protect vital organs from toxins). This results in rebounding, and the weight is regained. • But cellular cleansing (Figure 3), removes toxins from the body, creates lean muscle and melts away excess fat. • Maintaining nutritional balance keeps the body naturally lean while cleansing manages toxins.

**Slide 25:**

(optional) Bathtub analogy: The faucet is on and is bringing toxins in the body. If the drain is clogged, the tub will gradually fill up and spill over the sides (i.e., muffin top). Then we grab a mop (prescriptions or medicine) to clean up the mess! What we do in our detox is turn down the faucet by taking in less toxins, and we unclog the drain so everything is flowing smoothly.

**Slide 26:**

You will:

* Learn choices that are realistic & sustainable
* Replace 1-2 meals with shakes
* Learn proper portion sizes
* Utilize supplements to maximize your health
* Progress towards a healthier you!
* Be coached, encouraged, & educated

**Slide 27:**

And you are not going to be alone....your consultant will be your personal coach and we also have a FB group with accountability, encouragement, education, weekly meal plans, shopping lists and so much more.

**Slide 28:**

In this plan we will be eating clean and focusing on increasing the nutrients that we are putting into our body. Focusing on what we CAN have, vs what we can't.

We'll eat real, whole foods free of synthetic chemicals, food coloring and dyes.

Organic

No hormones

Grass fed beef

Cage free eggs

Free range chicken

Wild caught fish

Healthy complex carbs

Healthy fats

**Slide 29:**

And we want to eat mindfully. Eating our meals every 4-6 hours and having snacks if needed. Enjoying your food, not overeating. And then we leave a 12-hour minimum fasting window at night. So if you eat dinner at 7 PM, you're not going to have breakfast till 7 AM. That gives your body 8 hours to digest and 4 hours to detoxify.

**Slide 30:**

We are going to be eliminating foods that don't serve us, or are common allergens. Things like:

Gluten

Dairy

Soy

Refined sugar

Artificial sweeteners, additives or preservatives

coffee

alcohol

and vinegar (except Apple Cider vinegar)

**Slide 31:**

We get rid of these things temporarily, and then can show you at the end how to add them back in slowly to see if they cause you trouble. Most of the time, you find they aren't serving you and most people keep them out of their daily lives.

(Say 1 or 2 things about each item or share your experience with them)

**Slide 32:**

While we press pause on what doesn't serve you, we are also focusing on adding health so you can feel so good!

**Slide 33:**

The products you use on the 30-day program are like a tool kit for your success. All our products are formulated for maximum nutrient absorption, are vegan, and formulated without: animal products/byproducts, dairy, gluten, soy, GMOs, cholesterol, trans fats, artificial colors, flavors or sweeteners.

**Slide 34:**

A key to all of this is that our products support a busy lifestyle & are less expensive than regular grocery shopping, coffee runs, or eating out!

**Slide 35:**

When you buy the set, you are allowed in to the Facebook group at no additional cost. The groups start the 1st and 3rd Monday of every month and are filled with so much support, experience, and expertise, including from personal trainers, doctors, and consultants with a wealth of experience.

**Slide 36:**

With your nutrition set you get everything you need.

**Slide 37:**

This includes 2 bags of protein, fiber, 2 boxes of fizz sticks, 2 boxes of detox tea, Digestion Plus for the 30 days, and your body cleanse.

**Slide 38:**

(Say 1 or 2 facts and one LOVE about the product).

Example:

This helps detoxify your body and has awesome beneficial herbs in it

...and what I love about it is that it makes me feel calm and my habit at night of reaching for snacks.

**Slide 39:**

(Say 1 or 2 facts and one LOVE about the product).

Example:

This has 20 grams of Vegan protein and has a complete amino acid profile, which most vegan proteins don't. It's also low glycemic and I love it because it tastes absolutely AMAZING!

**Slide 40:**

(Say 1 or 2 facts and one LOVE about the product).

Example:

This is a powerhouse in the line and has prebiotics, probiotics and digestive enzymes to help you both absorb more nutrients from the food you're eating and also helps you digest them. Plus, like 80% of your immune system and serotonin is in your gut.

I love this because it makes any tummy troubles go away if I've had something that doesn't work with my system, and I never get sick. You should really take this for the rest of your life.

**Slide 41:**

(Say 1 or 2 facts and one LOVE about the product).

Example:

This helps pull the excess sugars through your body and acts like a sponge for the toxins. I love it because it helps my feel fuller longer when I drink the shakes.

**Slide 42:**

(Say 1 or 2 facts and one LOVE about the product).

Example:

These magic sticks have chromium to support blood sugar and tons of vitamin B for energy. I love them because they make me feel happy and focused. They come in Pomegranate and Citrus and sometimes other surprise flavors.

**Slide 43:**

(Say 1 or 2 facts and one LOVE about the product).

Example:

The Body Cleanse we take on week 3. Its helps your body's natural physiology to support your GI tract and good digestion. I love it because it tastes like delicious lemonade and helps me drink more water.

**Slide 44:**

So this is a sample day when you are on the plan….

Wake-Up:

- Cup of Detox Tea and/or Fizz Stick (if you need a morning energy boost).

- Breakfast:

Protein Shake with Fiber and Digestion Plus (or you can have DP after your meal)

- Snack:

(Optional) Fit Chews, handful of nuts, green apple or brown rice cake with almond butter, berries, veggies and hummus, or a hard-boiled egg, Fizz Stick. - Lunch: (4 hours after breakfast)

Protein Shake or Clean Meal (fist size of lean protein, non-starchy veggies, approved complex carbohydrate (brown rice, quinoa, or sweet potato), a small amount of healthy fat).

- Snack – (Optional - see above)

- Dinner:

Protein Shake or Clean Meal (see above).

After Dinner: If you are hungry, have Detox Tea, water, or a Fit Chew.

Leave a 12-hour window of fasting between dinner and breakfast to digest and detox!

**Slide 45:**

So those are the products that come in the set and that you need for the 30 days Healthy Living Challenge, and we have some other recommended items that almost everyone adds on to their set…or gets as their Free product with the set! (next page)

**Slide 46:**

Fit Chews

Chocolate, Caramel, Lemon.

Appetite suppressant, control hunger and give you energy.

Only 30 calories, a safe sweet cheat without the guilt.

Protein Snack Bars

2 Flavors: Dark Chocolate and Sea Salt or Iced Lemon

10 Grams of Vegan Protein

Delicious and an “Easy Button” for on-the-go!

Greens Balance

One scoop = a serving of vegetables.

37 non-GMO, alkaline-forming and antioxidant-rich fruits and veggies.

Loaded with anti-inflammatories, omega 3’s and toxin-cleansing powerhouses.

Add to your fizz drink or your favorite protein shake.

Plus this Shaker Cup and Water Bottle are the perfect size to use when you are doing the program.

**Slide 47:**

And here are some of the results.

**Slide 53:**

So let's transition from gut health to skin health. Did you know that a healthy digestive system helps ensure you are absorbing nutrients effectively, which will then help nourish the skin from the inside out?

**Slide 54:**

We have skincare for every body, from the cradle to acne, to millennials, men, and healthy-aging....

**Slide 55:**

Healthy looking skin, even when aging, is radiant, we call it the Arbonne glow, it is firm, hydrated, smooth and there are smaller pores and less dark spots.

We are going to focus on our flagship, and #1 selling skincare line: the RE9 line. While we have a men's line, we will focus on the unisex RE9 Advanced line here.

**Slide 56:**

So what does Re9 do? Short answer: Re9 can actually change your skin by improving hydration and firmness while minimizing the appearance of lines and wrinkles. These formulations include sustainable orange stem which are loaded with anti-aging benefits! The products work together as a system to repair & rejuvenate your skin, rebuild collagen, reverse aging, and renew that natural glow!

**Slide 57:**

There are 6 products, 5 steps, in this line that work together as a system! It’s very concentrated with no unnecessary fillers like animal fats or mineral oil so a little goes a long way! One pump is all you need. And the best part is – it takes under a minute, twice a day to support your skin health and get amazing results! You’ll be AMAZED.

Plus, you can get this set at 40-50% off as well!

**Slide 58:**

Step 1 is to cleanse, which is a 2-part process. Our cleanser won't strip your skin, but removes makeup and impurities, and is creamy and feels like a cloud washing your face.

The toner comes next and is so refreshing with just a little spritz on your face. It helps remove excess oils and dead skin cells, and resets the pH balance of your skin too.

**Slide 59:**

Next is the Intensive Renewal Serum. This is a powerhouse of anti-aging ingredients and I love it because it will give you that healthy glow by speeding up the rate that your skin cells turnover.

And the Eye Cream is amazing. It will get rid of puffiness, fine lines and dark circles. A little bit goes a ling way!

**Slide 60:**

The final step is either a Day Creme or a Night Cream.

The Day Creme is the "protector" and you can get it with or without SPF. The night creme is the "Corrector" providing you nutrients and regenerating new skin cells while you sleep. I love it because it your skin still feels so soft when you wake up in the morning!

**Slide 61:**

Here are some of the results from the RE9 Line!

**Slide 66:**

And we also have a beautiful make-up line whether you are getting Red Carpet Ready or doing your 5 min face! If you are looking to replace your makeup with healthy makeup that truly gives you results without any animal products and fillers, we do have a set that is 40-50% off.

**Slide 67:**

Friends do let friends pay retail, so we have some great deals for you

Preferred Client (PC) - $29

20% off everything and 40% off Arbonne Special Value Packs (ASVP) all year!

Free shipping and Free product with purchase of the ASVP’s for New PC’s!

Free Shipping always on 150 QV orders.

PC Reward: Free Product Choice on next 150 QV purchase within 2 full months.

Consultant (IC) - $49

35% off everything and 50% off Arbonne Special Value Packs all year!

Free Product Choice with purchase of 250 QV or more for New IC’s.

Free shipping with a 500 QV order for New IC’s.

Earn income off of sales and referrals.

\*Talk to your Consultant about hosting a fun event to get specials and deals on your products!

**Slide 68:**

So here are the Special Value Packs that we went over and here is the pricing.

For the Nutrition, its $266 as a Preferred Client or $222 as a Consultant.

For the Skin Care, its $212 as a PC or $172 as an IC.

**Slide 69:**

I know there are a few people (or at least 1 person) that wanted to hear more about the Consultant option. Let me share with you my top 3 why I decided to earn an income by sharing these incredible products:

\*This business is SIMPLE: You saw what my business looks like tonight. I just share these products with others, either like this, or in person. I love it that the products are consumable, so you introduce the products to people once, and they continue to reorder for themselves.

**Slide 70:**

\*This business is FLEXIBLE: It’s perfect for people who are busy and need to work this around the nooks and crannies of their day. You can work this business around your family or career, and still be successful because you leverage your time. If I work 10 hours a week and I find 3 people who want to work 10 hours a week, I can get compensated for working 40 hours! That’s time leveraging!

**Slide 71:**

This business is LUCRATIVE: Financial experts say that everyone should have a 2nd income stream so we can be ready for impact. We can teach you how to earn anywhere from a few hundred dollars a month to a 6-figure income plus if that’s what you desire.

Plus there are other benefits like Tax deductions, travel, MB car bonus at both VP levels, will your business to family.

I am looking for people who are open to taking a look at this business. If you are even a bit curious,

**Slide 72:**

Here are some of our VPs on our team! We have over 60 now!

I know that there might be someone here who could benefit from having a 2nd income stream for college, retirement, savings, etc. Or maybe you have a heart to make an impact and are looking for the means to be able to do that.

**Slide 73:**

I want to encourage you to Dream Big!

Where do you want your skin to be?

Where do you want your health to be?

Where do you want your finances?

Whatever you are looking for, we can help you with that.

But if you keep doing what you are doing, where will you be in 5 years? Your life, health and skin can be completely different. The choice is yours. And instead of asking yourself what if it doesn’t work, ask yourself: What if it does???

Thanks for joining us! Let us know…..Are you interested in the Skin Care, the Nutrition program, the income opportunity….or all 3... and we will work with you to find you the best deal to get you started. Let the person who invited you to listen in know any questions you have and how we can help you!