

# testimonials

"Wow, what a difference **be lite** made. Kept the stretch marks away from my belly, and helped control the fluid retention in my feet and legs, it really worked. I still use **be lite** and the **be lite firming & toning lotion** on my belly, hips and thighs, they are looking great for a person who gave birth 12 weeks ago." Rachael

"**be lite** is a miracle in a bottle. I have always been interested in aromatherapy but never believed that it could improve the cellulite that I have. The results I have are amazing to say the least. I could feel it on day one. When I rubbed the oil on before I went to bed I could feel the **be lite** being absorbed into the skin. Two months later you would not think that they were my legs." Louise

"I have just recently purchased **be lite** and the **be lite firming & toning lotion** and I wanted to let you know how wonderful these products are. They have given me relief from tummy pains, bloating and fluid retention, both of which were concerning me." Narelle Robins

"Every morning and evening I rubbed **be lite** oil vigorously into the underside and tops of my arms. Only a week later the greater firmness and tone was amazing. You could see the improvement, and the flab didn't wobble nearly as much. All this WITHOUT additional exercise! It seems to give me an all over metabolism boost too, in both mood and physical bounce." Louise Smithers

For more information about these **be lite** natural products or any of our range of natural pain relief and skincare products go to: [www.aroma.com.au](http://www.aroma.com.au) or contact us at:

BALANCED ESSENTIALS PTY LIMITED

Horizon Estate

46 Cockatoo Place

Glenorie NSW 2157 Australia

Tel: (02) 9652 0555

Email: [be@aroma.com.au](mailto:be@aroma.com.au)

*Be* Balanced Essentials™

# be lite

## all natural relief from cellulite and fluid



**be lite** for  
cellulite and fluid  
**be lite firming  
& toning lotion**  
for noticeably  
less cellulite and  
firmer skin tone



for **cellulite** and **fluid**

**be lite** is detoxifying and diuretic in its actions. It encourages the body to speed up its process of elimination which is important for health. **be lite** also helps reduce fluid retention and assists with blood circulation as well as providing additional benefits such as stimulating digestion and improving general well-being, including the symptomatic relief of irritable bowel syndrome.

The essential oils of Cypress and Juniper have a stimulating action on the lymphatic system, which is responsible for draining excess fluid from the body tissues. Frankincense oil contains astringent properties and together with Ginger oil assists in the maintenance of peripheral circulation. Geranium, Lemon, Lime and Lavender oils stimulate the digestive process and help assist with the removal of skin congestion associated with cellulite. Orange oil stimulates lymph fluids, which is helpful in reducing swollen tissue and Sage oil acts as a tonic to the digestion.

The Moonstone crystal bead helps disperse the benefits of the natural ingredients.

**be lite** for: increasing blood circulation, gout, menstrual pain, breast pain, muscular cramps, spasms, rheumatism, aching legs associated with enlarged or varicose veins; irritable bowel syndrome and improvement in well-being.



(Aust L 69556)

firming & toning lotion

**be lite firming & toning lotion** contains a similar blend of essential oil ingredients to **be lite** for cellulite and fluid but in different ratios and with the addition of Fennel oil and Pullulan due to their exceptional firming and toning qualities. It can be used on its own all over the body and is especially beneficial for dry, sensitive skin, wrinkles and stretch marks and is soothing to sun damaged skin.

**Ingredients:** Karite seed butter, Sweet Almond, Wheatgerm and Macadamia oils, Pullulan in Colloidal Silver Water and essential oils of Lavender, Geranium, Sweet Orange, Sage, Frankincense, Lime, Lemon, Fennel, Cypress, Ginger and Juniper with a Clear Quartz crystal bead to help amplify the natural energy of the essential oils.



Use **be lite** daily to moisturise and protect your body using essential oils that are detoxing and benefit your health.