## Skin Balance Tea -

Ideal complement to Cattani cosmetic products, selected herbs support the regeneration of the skin from within.

Contains: Peppermint, sweet clover, marigold, horsetail, coriander, liquorice, balm,

Pansies, birch leaves, St. John's wort

Pour boiling water over 1 teaspoon of Skin Balance Tea, cover and leave to infuse for 10 minutes.

## **Skin Balance Herbs**

Our herbal mixture is based on the knowledge of Bertrand Heidelberger. Our mixture has been supplemented with other herbs that specifically support the skin from within. The mixture consists exclusively of powdered medicinal plants without chemical additives.

Contains: Aniseed, caraway, fennel, dandelion, juniper, yarrow, bibernelle small, turmeric, marigold, wormwood

Swallow 1 capsule each in the morning and evening with a glass of still water.

## Fitness 4 you

For more verve and energy

Do you also sometimes struggle with laziness and fatigue?

I'm just saying:

Vinegar, honey and herbs - three products that have become an integral part of my life.

Sour honey to get everything going again and support it.

Doctors of antiquity, like Hippocrates, have already sworn by them.

The active acetic acid bacteria of natural vinegar and cold-stirred honey

contains around 200 ingredients, including amino acids, minerals,

enzymes and much more in

Combined with dandelion, rosemary and horsetail provide pure power.

In the morning, mix one tablespoon of Fitness 4 you with 200ml warm water and enjoy

Filled in a beautiful violet glass bottle for optimum protection of

the product, without any additives, such as preservatives etc., completely natural

Also ideal for athletes - recommended on the Cologne anti-doping list