



HEALTH & BEAUTY

WORLD

03 | 2018

Happy EASTER



MORE QUALITY
for your life.

Happy EASTER

**ENJOY EASTER
WITH YOUR LOVED ONES!!**

The days of Easter delicacies are drawing near... The holiday treats are almost impossible to resist, and we often neglect to supply our body with the necessary nutrients. Improve your health and provide for your family without having to spend more time to take care of a balanced diet. LR LIFETAKT Daily Essentials provide your body with the essential nutrients it requires on a daily basis¹.



Daily Essentials

BASIC SOLUTION



Daily Essentials MONTHLY SET

**Aloe Vera Drinking Gel
Traditional Honey
3-piece Set**

80743 | 3 x 1000 ml

Greece **96,99 €** | Cyprus **82,99 €**

Pro Balance Tablets

80102 | 360 tablets/ 252 g

Greece **36,99 €**

Cyprus **31,99 €**

SPECIAL SET PRICE

Code: 80730

Greece **109,99 €** | Cyprus **97,99 €**

**18%
DISCOUNT**



¹ Vitamin C in the Aloe Vera Drinking Gel Traditional Honey contributes to the normal function of metabolic processes aimed at the production of energy and the normal function of the immune system. The magnesium in Pro Balance helps maintain electrolyte balance and reduce tiredness and fatigue.

² Vitamin D helps maintain normal bone health and contributes to the normal function of the musculature.

³ Vitamin B1 (thiamine) contributes to the normal function of metabolic processes aimed at the production of energy, the normal function of the nervous system and the normal psychological function.



Individuals

INDIVIDUAL SUPPLEMENTS

Consuming five portions of fruit and vegetables a day benefits and provides the body with essential vitamins, this beneficial eating habit is often neglected though. In that case, Vita Active offers our body the vitamins it needs on a daily basis.



Do you need an extra portion of vitamins?

Only one teaspoon of Vita Active is enough to provide the body with 10 essential vitamins every day^{2,3}.

Vita Active Red Fruits

80301 | 150 ml

Greece 21,99 €

17,49 €

(11,66 € per 100 ml)

Cyprus 17,99 €

14,39 €

(9,59 € per 100 ml)



Expert Tips

EXPERT TIPS

"Effective health management is based on an integrated approach, which includes advice on physical activity and lifestyle tips in addition to customized nutritional supplements."

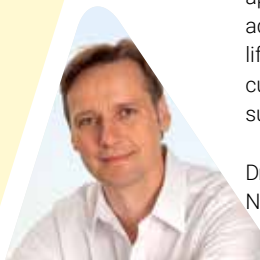
Dr. Sven Werchan,
Nutrition Expert



FITNESS & EXERCISE

Add physical activity to your every day life during Easter holidays.

After the feast, take the opportunity to go on a walk with your family out in the open!



Happy EASTER

**ENJOY EASTER
CAREFREE AND
VIGOROUS!**

Can't wait for Easter? Are you planning to spend quality time with your grandchildren? Nothing can stand in the way of your body's mobility^{1,2,3}, as LR LIFETAKT Pro Activity helps you maintain it, offering you a better quality of life.



Pro Activity

BASIC SOLUTION



Pro Activity MONTHLY SET

**Aloe Vera Drinking Gel
Active Freedom
3-piece Set**
80883 | 3 x 1000 ml

Greece **107,99 €** | Cyprus **91,49 €**

Active Freedom Capsules
80190 | 60 capsules / 37,2 g

Greece **35,99 €**
(96,75 € per 100 g)

Cyprus **29,99 €**
(80,62 € per 100 g)

SPECIAL SET PRICE
Code: 80881

Greece
136,99 €

Cyprus
115,49 €



¹ Vitamin C in the Aloe Vera Drinking Gel Active Freedom contributes to normal collagen formation for the normal function of blood vessels and the preservation of bones.

² Vitamin D in the Active Freedom Capsules helps preserve bone health.

³ The manganese in the Active Freedom Capsules contributes to the normal formation of connective tissue.

⁴ Proteins contribute to the maintenance and increase of muscle mass.



Individuals

INDIVIDUAL SUPPLEMENTS

Our muscles play a significant role in the function of our entire body, due to the fact that they are the support mechanism that is responsible for the movement of the human body. Whether you're actively involved in sports, or you just want to boost your muscle mass, Protein Power offers optimum support for muscle growth.⁴



**20 %
DISCOUNT**



Do you engage in sports and want to boost your muscle mass?

Protein Power provides muscles and bones with the necessary proteins¹.

**Protein Power
Drink Powder Vanilla**
80550 | 375 g

Greece 48,99 €

38,99 €
(103,97 € per 1000g)

Cyprus 41,99 €

33,39 €
(89,04 € per 1000g)



Expert Tips

EXPERT TIPS



FITNESS & EXERCISE

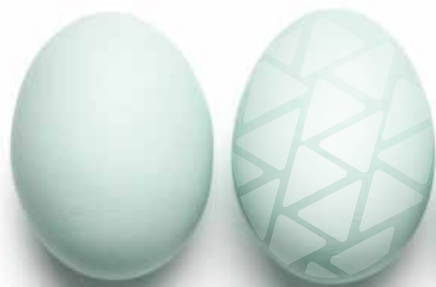
Try moving your hips as you walk, in order to relax your lower back after staying seated for excessively long periods of time.



"In addition to a balanced nutrition, it is of great importance to take small steps towards a healthier lifestyle with more exercise, as it will make a difference in the long run."

Dr. Sven Werchan
Nutrition Expert

Happy EASTER



DELICIOUS FLAVORS PUT YOU **IN THE MOOD FOR EASTER**

Do you want to enjoy guilt-free Easter flavors and maintain your slim body? LR LIFETAKE offers you the necessary support: Figu Active products are the ideal companions, thanks to their wide variety of delicious flavors. Just replace one of your three daily meals with a Figu Active product to maintain your ideal body weight with ease*, and enjoy the holidays in high spirits!





The new LR Shaker is ideal for on-the-go use!

YOU SAVE
15 €

Free
LR SHAKER



NEW: Shaker with a practical removable dosing container, for easy meal preparation

QUALITY
MADE IN
GERMANY



More delicious flavors:



YOU SAVE WITH THE SET

Figu Active Mix 3piece Set 80193

with a free choice of 3 among the following

Figu Active flavors (Shakes, Soups, Flakes):

Figu Active Shake Strawberry-Banana, Latte-Macchiato or Vanilla,

Figu Active Soup Potato-Auberge, Tomato-Mediterranée, Vegetable-Curry India,

Figu Active Flakes Crunchy Cranberry

+ FREE LR Shaker

Total Price 134,97 €

Special Set Price only 119,99 €

Cyprus from 116,97 € only 104,99 €

* Substituting one of your daily meals with a meal replacement as a part of a low-calorie diet contributes to the maintenance of the desired weight. In order to achieve the desired results, the replacement of 1-2 meals a day is recommended.

Happy EASTER

GO OUT FOR SOME FRESH AIR WITHOUT WORRYING!

Do you want to spend time outside with your family, even though spring pollen has made its comeback? Don't worry! Pro 12 helps you feel good in the springtime, promoting your overall well-being on a permanent basis as well as during the holiday season.



Enjoy Easter,
thanks to the support
of Pro 12.



Each Pro 12 capsule contains 1 billion bacteria. Its double microcapsules protect the bacteria much more effectively than other products.

YOU SAVE WITH THE 3-PIECE SET

Pro 12 Capsules 3-piece Set 80373
(3 x 30 capsules)

Total Price 131,97 €

SPECIAL SET PRICE 87,98 €

Cyprus from 113,97 € only 75,98 €



21 %
DISCOUNT

Happy EASTER

ALL EYES ON YOUR SHINING SWAROVSKI CRYSTALS!



Emma Hemming-Willis presents the LR Lightning Collection with brilliant Swarovski crystals, which includes the ideal fragrance for any occasion. Each exciting Perfume is one of a kind and puts you in a wonderful mood for glamorous moments in an enchanting atmosphere.



Essence of Amber

A warm and sensual glow for moments of unlimited energy.

Oriental · Powdery · Seductive
Perfume

30330-3 | 50 ml

Greece 38,99€ **30,99 €**

Cyprus 37,99€ **29,99 €**



Essence of Marine

A sparkling reflection of the light on the surface of crystal clear waters.

Aquatic · Flowery · Inspiring
Perfume

30330-1 | 50 ml

Greece 38,99€ **30,99 €**

Cyprus 37,99€ **29,99 €**



Essence of Rose

The sensual and fascinating glow of your romantic moments.

Flowery · Fruity · Seductive
Perfume

30330-2 | 50 ml

Greece 38,99€ **30,99 €**

Cyprus 37,99€ **29,99 €**

Surprise your
loved one
with Perfumes
and Jewellery!

Infinity Necklace with Swarovski crystals:

The timeless necklace with the elegant infinity symbol is the ultimate Easter gift for women of all ages, while its exclusive, chic design aims to impress!



Infinity Necklace with Swarovski crystals

- Designed exclusively for LR
- Elegant design
- Length: 50 cm (+ 5 cm extension)
- Stainless steel, decorated with Swarovski crystals
- With a shimmering infinity symbol at the center
- In an elegant gift box



69029

Greece **74,99 €**

Cyprus **72,49 €**





Happy EASTER

GIVE JOY TO YOUR LOVED ONES WITH THE **EXCLUSIVE STAR PERFUMES!**

Nothing makes us happier than spending quality time with our loved ones. Guido Maria Kretschmer's personal aromatic creations are unique gift ideas that are now available in an elegant gift box, personally designed by Guido, and are sure to impress your loved ones. Guido's Perfumes for Women and for Men radiate the distinctive charisma of the popular designer: elegant, timeless and authentic. The perfect gift for men and women!



TEST
the
Perfume
here

YOU SAVE WITH THE SET

Guido Maria Kretschmer	
Men Set	30227
Perfume for Men	
30220 · 50 ml	38,99 €
Shower Gel	
30222 · 200 ml	18,99 €
Total Price	57,98 €
Special Set Price only	45,99 €
Cyprus from 55,98 €	only 44,49 €



per
Set

UP TO
21%
DISCOUNT

Guido's Perfumes
are ideal
for any occasion!

TEST
the
Perfume
here



YOU SAVE WITH THE SET

Guido Maria Kretschmer	
Women Set	30206
Perfume for Women	
30200 · 50 ml	38,99 €
Body Lotion	
30201 · 200 ml	21,99 €
Total Price	60,98 €
Special Set Price only	48,49 €
Cyprus from 58,98 €	only 46,99 €



Happy EASTER

A PERFUME THAT BRINGS AN EXOTIC RADIANCE

Fascinating and seductive: aromatic gifts full of vitality and magnetism! Jungle Woman captivates the senses with its exotic floral-fruity radiance, providing an excellent gift option for passionate women. Jungle Man is an all-time classic that embodies the incompatible, independent character of the energetic adventure lover.

Jungle Man

Perfume for Men

Jungle Man seduces the senses with a unique combination of lavender, green mint and valuable Tonka beans.

3430 | 50 ml

Greece **27,99 €**

Cyprus **26,99 €**



Limited
Edition
Perfume

Jungle Woman Limited Edition

Perfume for Women

Jungle Woman mesmerizes with its exotic floral-fruity aromatic notes. Available again for limited time only.

30480 | 50 ml

Greece **27,99 €**

Cyprus **26,99 €**



A tropical scene featuring large green leaves, possibly from a Monstera plant, in the foreground. In the background, there is a body of water, likely a lagoon or a beach, with a sandy shore and more greenery. The overall atmosphere is serene and tropical.

A passionate
feast for the
senses!

21 %
DISCOUNT

**YOU SAVE WITH
THE SET**

Jungle Perfume Set	30481
Perfume for Women	
Perfume for Men	
Total Price	55,98 €
Special Set Price only	43,99 €

Cyprus from 53,98 € only 42,49 €

21 %
DISCOUNT

Happy
EASTER

EXPERIENCE THE INTENSE COLORS OF LR DELUXE!

In order to create the perfect spring makeup, start by applying the LR DELUXE Hollywood Powder Multicolour for an even, fresh complexion. Next, highlight your cheekbones, adding a fresh glow with the LR DELUXE Perfect Powder Blush. Create a seductive eye makeup with the LR DELUXE Artistic Quattro Eyeshadow and add intensity with the LR DELUXE Fantastic Mascara that provides rich volume, length and definition while seamlessly separating the lashes. For a fresh, refined look!



Hollywood Powder Multicolour

- Ideal for everyday use and for every skin tone
- Apply the yellow shade for a fresh glow
- The beige shade balances pigmentation
- The green shade covers redness, discoloration and the appearance of veins
- Acts as a setting powder that offers softness, smoothness and glow

11111 | 12 g

Greece ~~32,99€~~ **25,99 €**
(216,58 € per 100 g)

Cyprus ~~31,99€~~ **24,99 €**
(208,25 € per 100 g)



Perfect Powder Blush

- Silky-textured blusher for even color and a healthy, radiant glow
- The harmoniously combined matte shades deliver a fresh complexion and highlight the cheekbones naturally
- Double shades that can be used separately or combined, for unlimited color blends

01 | 11113-1 | 11,8 g Rose/Pink

02 | 11113-2 | 11,1 g Coral/Brown*

Greece ~~27,99€~~ **21,99 €**
(186,36 € per 100 g) *(198,11 € per 100 g)

Cyprus ~~26,99€~~ **20,99 €**
(177,88 € per 100 g) *(189,10 € per 100 g)



01 | Rose/Pink



02 | Coral/Brown



Experiment and try out new combinations for more intense results...

Create your own unique
2 piece Set

26 %
DISCOUNT

YOU SAVE WITH THE SET

Deluxe Artistic Quattro Eyeshadow

2-piece Set

11189

(2 x 4 x 0,5 g)

- 01 | 11150-1 Night Rock
- 02 | 11150-3 Velvet Vintage
- 03 | 11150-8 Secret Dawn
- 04 | 11150-10 Delighted Nude
- 05 | 11150-12 Sublime Marine



Total Price **77,98 €**

SPECIAL SET PRICE 57,99 €

Cyprus from **75,98 €** only **56,49 €**



05

03

20 %
DISCOUNT

Fantastic Mascara

- Longer, fuller, more voluminous lashes with a 3D-effect
- Smart texture with triple action: more color, more volume, more intensity with every brush stroke
- Innovative brush: with wave-like fibers for a flawless result from base to edges
- For an incredible "false lash" effect

11188 | 10 ml

Greece 24,99 €

19,99 €

(199,90 € per 100 ml)

Cyprus 23,99 €

18,99 €

(189,90 € per 100 ml)



B
Deluxe



Happy EASTER

Your age
remains a
secret!

LET THE SENSATIONAL WOW-EFFECT DAZZLE YOU!

Do you want to look absolutely ravishing not just during Easter but all the time? Experience the anti-aging innovation of the LR ZEITGARD Serox Instant Result Mask, for an instantly visible and noticeable anti-aging result. It is the first LR Mask for instant result after just one application! We also recommend two anti-aging companions for everyday use: The LR ZEITGARD Serox Instant Result Serum delivers a sustainable, youthful glow, while the LR ZEITGARD Serox Lip Optimizer boosts lip volume for an irresistible smile.

21 %
DISCOUNT



Serox Lip Optimizer

- Up to 15% more lip volume*
- Visibly reduces fine lines around the lips¹
- Highlights and improves lip contour¹
- Rich, nourishing texture, easy to apply
- With vitamin E



28240 | 15 ml
Greece 38,99 €

30,99 €
(206,60 € per 100 ml)

Cyprus 37,99 €

29,99 €
(199,93 € per 100 ml)



YOU SAVE
27 €

Serox Instant Result Serum

- Powerful anti-aging formula with a silky serum texture
- With top-quality active ingredients, such as Argireline®, Ameliox® and Poly lift®, that reduce wrinkle depth
- Relaxing and moisturizing effect for smoother skin
- Can be used in combination with the Serox Intensive Result Cream Mask for optimum results

28230 | 30 ml

Greece

76,99 €

(256,63 € per 100 ml)

Cyprus

74,99 €

(249,97 € per 100 ml)

YOU SAVE WITH THE SET

Serox Instant Result Set	28242
Instant Result Serum · 30 ml	76,99 €
Instant Result Mask · 50 ml	139,99 €
Total Price	216,98 €
Special Set Price only	189,99 €

Cyprus from 209,98 € only 183,49 €

Serox Instant Result Mask

Instantly visible and noticeable anti-aging effect after just one application:

- Smoothes the skin
 - Tightens the skin
 - Improves skin appearance
- For up to 12 hours.³



28241 | 50 ml

Greece

139,99 €

(279,98 € per 100 ml)

Cyprus

134,99 €

(269,98 € per 100 ml)

² Results may vary.

³ According to a study conducted by the Dermatess Institute in 20 participants in August and September 2017.

Happy EASTER

Free
SKIN
TONER

+

24 %
DISCOUNT

ENJOY EASTER WITH A RADIANT COMPLEXION!

Discover our luxurious products that offer skin a remarkable glow: Nano Gold products deliver a youthful glow during the holidays. The valuable active ingredients of the products, such as gold and silk proteins, protect your skin during the day from UVA radiation, acting effectively against premature aging of the skin. During the night, the skin is regenerated and restored from the damage caused by solar radiation. The ideal skincare for Easter!

YOU SAVE WITH THE SET

Nanogold Set	28188
Day Cream · 50 ml	31,99 €
Night Cream · 50 ml	36,99 €
+Free Skin Toner	value13,99 €
Total Price	82,97 €
Special Set Price only	62,99 €

Cyprus from 80,97 € only 61,99 €

Pamper yourself
during your beauty
sleep!

23 %
DISCOUNT

The LR ZEITGARD Sleeping Mask allows your skin to take a break from everyday stress! Before and right after Easter, our skin requires extra care, so that you look absolutely ravishing at the family gathering and impress everyone with your glowing complexion. Make good use of your resting hours during the night, as the skin is effectively regenerated while you sleep.



LR ZEITGARD Sleeping Mask

- Nurtures and regenerates the skin during the night
- With Jojoba oil for extra moisture
- With Ultra Filling Spheres for anti-aging results
- With Schisandra berries for natural skin regeneration
- Do not wash off the mask. For optimum results, apply it twice a week instead of your Night Cream

71011 | 50 ml

Greece 27,99 €

16,99 €
(33,98 € per 100 ml)

Cyprus 27,49 €

16,49 €
(32,98 € per 100 ml)



Happy EASTER

TAKE DELIGHT IN A STIMULATING WALK IN NATURE!

LR ALOE VIA products turn your spring walks into a fun experience. Your skin is nurtured and naturally protected from all weather conditions, come rain or shine. The Face Care Set is now available in an impressive Easter Gift Box!



Aloe Vera Protecting Propolis Cream

Rich cream for dry skin
in need of extra care

- With 79% Aloe Vera gel and beeswax extract
- Offers intensive moisture and nurtures the skin
- Replenishes the skin's natural barrier and disperses a protective coat on the skin
- Soothes and relaxes the skin

20602 | 100 ml

Greece

20,99 €

Cyprus

19,99 €



Surprise your loved ones with a caring gift for healthy, radiant skin!

YOU SAVE WITH THE SET

Aloe Vera	20747
Face Care Set	
Day Cream · 50 ml	21,99 €
Night Cream · 50 ml	21,99 €
Eye Cream · 15 ml	21,99 €
Total Price	65,97 €
Special Set Price only	52,49 €

Cyprus from 65,97 € only 52,49 €



Happy EASTER

CATCH EVERYONE'S ATTENTION WITH YOUR FLAWLESSNESS!

We present you the ultimate skincare products for men that offer a spotless complexion. LR ALOE VIA Men Care provides the skin with softness, freshness and nourishment, while L-Recapin products help increase hair density. Feel good and confident about your appearance, thanks to your healthy skin and your shiny hair.



Set 1



Set 2



YOU SAVE WITH THE SET

Aloe Vera Men Care

Set I • 20424

Anti-Irritation Shaving

Foam · 200 ml

After Shave Balsam · 100 ml

Anti-Stress Cream · 100 ml

Aloe Vera Men Care Set II • 20425

Anti-Irritation Shaving Gel · 150 ml

After Shave Balsam · 100 ml

Anti-Stress Cream · 100 ml

Total Price per Set

38,97 €

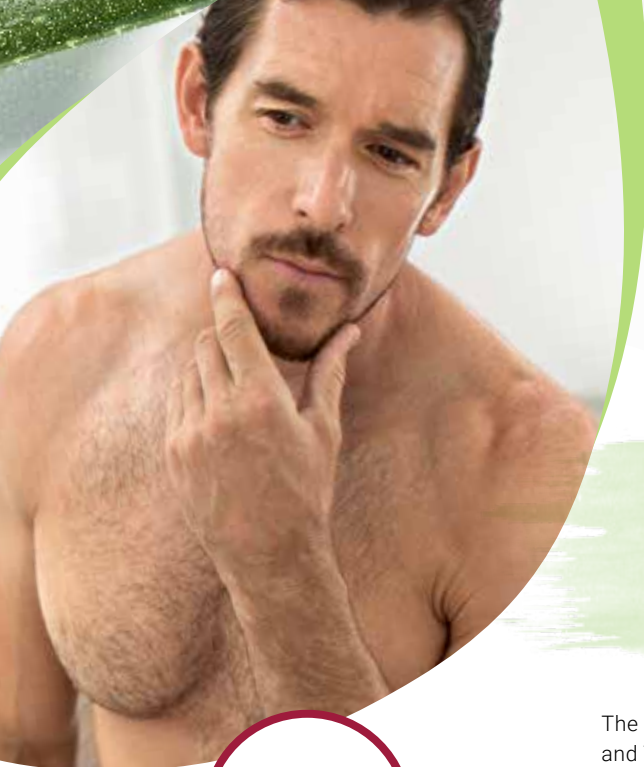
Special Set Price only

26,99 €

Cyprus from 37,97 €

only 25,99 €

31 %
DISCOUNT
on every
set



Men need
effective
skincare, too!

**15 %
DISCOUNT**

The combination of the L-Recapin Shampoo and Tonic combats hereditary hair loss in men and increases hair density.* The combined use of products is recommended for optimum results.



YOU SAVE WITH THE SET

L-Recapin Set 1+1	27004
L-Recapin Shampoo · 200 ml	22,99 €
L-Recapin Tonic · 200 ml	44,99 €
Total Price	67,98 €
Special Set Price only	57,99 €

Cyprus from 64,98-€ only 55,99 €

*STUDY ON THE L-RECAPIN TONIC

– 76% of participants confirmed the improvement of their hair density, proving that their hair remains in its natural growth stage for longer.

– 76% of participants confirmed the effectiveness of the product.

(The Tonic was tested by Derma Tronnier on 20 men aged 21-60 for a period of 4 months in 2005)

Happy EASTER

RELY ON OPTIMUM QUALITY

Are you familiar with our LR ALOE VIA face cleansing products? Deep cleansing is an essential basis for effective skin care. The Balancing Cleansing Milk removes makeup and dirt residue, while the Clarifying Face Tonic soothes and refreshes the skin. The Aloe Vera Caring Cleansing Tissues are particularly handy for use on the go.



Aloe Vera Balancing Cleansing Milk

Mild face cleansing emulsion

- With 50% Aloe Vera gel and wild rose extract
- Provides mild cleansing, removes makeup and dirt residue
- Helps maintain the skin's natural moisture levels

20670 | 200 ml

Greece

13,99 €

(7,00€ per 100 ml)

Cyprus

13,99 €

(7,00 € per 100 ml)



Aloe Vera Clarifying Face Tonic

Alcohol-free face cleansing toner

- With 50% Aloe Vera gel and wild rose extract
- Unclogs pores by removing makeup and dirt residue
- Cleanses, soothes and regenerates the skin
- Moisturizes the skin

20671 | 200 ml

Greece

13,99 €

(7,00€ per 100 ml)

Cyprus

13,99 €

(7,00€ per 100 ml)



THE
ABSOLUTE
MUST-HAVE

Versatile products
for every need!

limited
edition
2-piece
Set!

25 %
DISCOUNT



YOU SAVE WITH **THE SET**

Aloe Vera Caring Cleansing Tissues	
2-piece Set	20762
(2 x 25 pcs)	
Total Price	11,98 €
SPECIAL SET PRICE	8,99 €
Cyprus from 11,98 €	only 8,99 €

Emergency care IN A 2-PIECE SET

For never-ending protection from skin irritations, the Aloe Vera Instant Emergency Spray is here for you in a 2-piece Set. The combination of Aloe Vera gel and selected herbal extracts soothes, revives and cools irritated skin.

Special Care X2

**25 %
DISCOUNT**

limited
edition
**2-PIECE
SET!**



YOU SAVE WITH THE SET

Aloe Vera Instant Emergency Spray 2-piece Set (2 x 400 ml)	20625
Total Price	43,98 €
SPECIAL SET PRICE	32,89 €
Cyprus from 41,98 €	only 31,39 €

LR Health & Beauty Systems MEPE
14452 Metamorphosi Attiki

Your LR Partner