



HEALTH & BEAUTY

WORLD

02 | 2019

love is...

... MYSTERIOUS AND BEAUTIFUL

INNOVATION



MORE QUALITY
for your life.



5in1 BEAUTY ELIXIR

1.
YOUTHFUL
LOOK¹

2.
CLEAR SKIN²

3.
FIRM BODY²

4.
LUSCIOUS HAIR²

5.
STRONG NAILS²



DRINK THE MAGIC BEAUTY POTION!

With its innovative dual ingredient complex, the LR LIFETAKT 5in1 Beauty Elixir fulfils your greatest beauty wishes at once: a youthful look, clear skin, a firm body, luscious hair and strong nails!^{1,2}

Only one shot every day effectively activates the body's beauty processes and protects from the main causes of aging, offering you timeless beauty from head to toe at all ages.^{1,2}

¹ Proksch et al., 2014, Skin Pharmacol Physiol; 27:113-119.

² Biotin and zinc help preserve normal skin and normal hair. Zinc supports the preservation of healthy nails. Copper helps maintain a normal connective tissue.

LR LIFETA^ΔKT

5 IN 1 BEAUTY ELIXIR

Dreaming of youthful beauty?

Would you like to bring out your inner beauty?

Age is just a number to you?

The beauty ideal of today dictates a natural and healthy look.

Just one shot per day¹⁻⁵ of the revolutionary LR LIFETA^ΔKT 5in1 Beauty Elixir delivers **youthful beauty** from within. Its revolutionary, highly-effective **dual ingredient complex** includes the most **important active beauty ingredients** from science and nature, which fulfil your 5 main beauty wishes¹⁻⁵ in a unique way: a youthful look, clear skin, a firm body, luscious hair, strong nails.

You can drink your **magic beauty potion** every day, even if you are on the go, thanks to its practical package. It is a highly effective, natural and healthy beauty elixir that manages to tap into the power of nature. It has a fruity and refreshing taste and is completely free of sweeteners, artificial coloring, lactose and gluten.

With a dual ingredient complex, unique on the market

COMPLEX A^{ctive}

The **active ingredient complex** activates the body's beauty processes and combats signs of aging¹⁻⁵. It contains the most important beauty ingredients in high concentration:

- ⬢ 2.5 g **collagen peptides**
- ⬢ 50 mg **hyaluronic acid**
- ⬢ precious **copper**
- ⬢ effective **zinc**
- ⬢ 9 **vitamins** in high concentration:
100% vitamin E, B6, B12, C, thiamine, riboflavin, niacin, biotin per daily dosage* and 75% vitamin A per daily dosage*



COMPLEX P^{reventive}

The **preventive ingredient complex** protects from environmental aggressors and prevents the appearance of the signs of aging. It combines the most valuable natural ingredients:

- ⬢ 20% **Aloe Vera gel**
- ⬢ **Blood orange extract**
- ⬢ **Blueberry extract**
- ⬢ **Golden root (rhodiola rosea) extract**
- ⬢ **Green tea extract**



¹ Biotin, zinc, vitamin A, riboflavin and niacin help preserve normal skin. Copper helps maintain normal skin pigmentation. Vitamin C supports normal collagen formation for normal skin function.
² Copper helps maintain a normal connective tissue. ³ Biotin and zinc help maintain healthy hair. ⁴ Zinc supports the preservation of healthy nails. ⁵ Vitamin E helps protect the cells from oxidative stress. Thiamine contributes to a normal energy metabolism. Vitamin B6 and vitamin B12 help reduce tiredness and fatigue. *of the reference values for daily intake

FOR BEAUTY^{1,2} FROM WITHIN



5in1

Beauty Elixir

81030 | 30 x 25 ml

Greece 144,99 €
(19,32 € per 100 ml)

Cyprus 122,99 €
(16,40 € per 100 ml)

**Ask your LR partner about our
advantageous Abo offers!**

¹ Biotin and zinc help maintain healthy skin and hair. Zinc supports the preservation of healthy nails.

² Proksch et al., 2014, Skin Pharmacol Physiol; 27: 113-119.

LR BEAUTY MUST-HAVES

BEAUTY THAT STARTS FROM THE OUTSIDE



WOULD YOU LIKE TO LOOK BEAUTIFUL AND FEEL CONFIDENT?

In order to enhance the effect of the 5in1 Beauty Elixir and achieve optimum results, it is recommended to combine it with an effective external care routine. We have put together the necessary products from our entire product portfolio that match the five main beauty wishes, ensuring.

1. For younger-looking, more elastic skin with fewer wrinkles

The LR ZEITGARD 2 is an electric anti-aging device with a thermal function of consecutive heating and cooling that ensures the effective transport of anti-aging ingredients into the deeper layers of the skin.

Restructuring Kit

71007 | GR 412,27 € 324,99 €

CY 407,27 € 319,99 €

The Set includes: ZEITGARD 2, Eye Serum · 30 ml | Restructuring Cream-Gel· 50 ml | FREE: LR ZEITGARD Travel Case



2. For clear, firm and healthy skin without irritations

With its special oscillation/vibration technology, the electric cleansing device LR ZEITGARD 1 provides deep and gentle face cleansing. This method is up to 10 times more effective than traditional face cleansing¹ and takes only one minute of your time!

Cleansing-System-Kit Classic

70036 | GR 230,98 € 209,99 € |

CY 224,98 € 204,99 €

The Set includes: ZEITGARD 1, 1 x Cleansing Product for normal skin · 125 ml | FREE: LR ZEITGARD Travel Case



¹ According to the results of a scientific study conducted by the renowned Dermatest Institute GmbH. Period of usage: 6 weeks (end of January – early March 2015), number of participants: 40

3. For a shapely figure with less cellulite

discount
28%

The LR ALOE VIA Toning Set offers intensive care with the power of Aloe Vera.

The products have a firming effect on the skin of the abdomen, the upper arms, the thighs and the upper legs.

Aloe Vera Toning Set

27529 | GR ~~59,98 €~~ 42,99 €

CY ~~57,98 €~~ 41,59 €

The Set includes: Aloe Vera Shaping Body Gel · 200 ml, Aloe Vera Multi-Corrective Body Cream · 200 ml, FREE: Shower Glove



4. For luscious and shiny hair

discount
23%

LR ALOE VIA Hair Care System contains a unique combination of Aloe Vera gel and 7 natural oils, which nourishes, strengthens and restores the hair while protecting it from damage and breakage.

Aloe Vera Hair Care System in a Set

20763 | GR ~~42,97 €~~ 32,99 € |

CY ~~41,37 €~~ 31,69 €

The Set includes: Aloe Vera Nutri-Repair Shampoo · 200 ml, Aloe Vera Nutri-Repair Conditioner · 200 ml, Aloe Vera Nutri-Repair Hair Mask · 200 ml



5. For strong and healthy nails

discount
33%

The LR COLOURS Hand & Nail Serum contains valuable oils and vitamins that offer intensive care. The LR COLOURS Nail Therapy improves elasticity and strength, contributing to healthy nail growth.

Nail Care Set

10406 | GR ~~20,98 €~~ 13,99 € |

CY ~~20,98 €~~ 13,99 €

The Set includes: Hand & Nail Serum · 15 ml, Nail Therapy · 5,5 ml



Love is...

...TO LEAD YOUR PARTNER
INTO TEMPTATION EVERY DAY.

Sensual



NEW: For velvet soft,
rose-scented skin.

Limited edition:

Sensual care with rose scent

**Lavish texture and
intense color effect**

Seductive



**Glossy finish with
a 3-D effect**

**Kissable lips
with your favorite products**



**Long-lasting
makeup base**

2

Deluxe

**uo to 21% OFF EVERY PRODUCT
ON THIS PAGE**

1 | Sensual Rose Body Butter | 27095 | Greece 16,99 € (8,50 € per 100 ml) | Cyprus 16,39 € (8,20 € per 100 ml) | 200 ml | Contains shea butter that provides intensive nourishment and helps the skin maintain its natural moisture balance | With exquisite rose scent. **2 | Eye & Lip base** | 11108 | Greece from ~~18,99 €~~ only 14,99 € | Cyprus from ~~18,99 €~~ only 14,99 € | 2,2 g | Makes your lip and eye makeup last longer | Use it before applying makeup on your eyes and lips. **3 | High Impact Lipstick** | 11130-X | Greece from ~~21,99 €~~ only 17,49 € | Cyprus from ~~21,99 €~~ only 17,49 € | 3,5 g | Its innovative texture provides intense color and a touch of luxury | With a long-lasting effect. **4 | Brilliant Lipgloss** | 11131-X | Greece from ~~16,99 €~~ only 13,49 € | Cyprus from ~~15,99 €~~ only 12,69 € | 4 ml | Volume and glow, with a 3-D effect | With valuable care ingredients.

Love is...

TO ALWAYS CATCH THE EYE
OF YOUR BELOVED.

playful



1 | Lipliner | 10032-X | Greece from 5,99 € only 4,69 € | Cyprus from 5,99 € only 4,69 € | 1,16 g | Ideal for outlining the desired lip shape and correcting lip makeup. | A wide shade range, matching to the shades of LR Colours Lipsticks. **2 | Glossy Lipstick** | 10031-X | Greece from 8,99 € only 6,99 € | Cyprus from 8,99 € only 6,99 € | 1,6 g | A perfect combination of lipstick and lip-gloss | Long lasting color and hydration | With a delicious, fruity taste. **3 | Lipstick** | 10431-X | Greece from 10,99 € only 8,69 € | Cyprus from 10,99 € only 8,69 € | Creamy lipstick with rich color and glow | Intense, full, long-lasting color | A wide shade range varying from red to brown shades | Contains vitamin E for extra lip care. **4 | Lipgloss** | 10029-X | Greece from 7,99 € only 6,39 € | Cyprus from 7,99 € only 6,39 € | 10 ml | Intense shine and long-lasting color | With vitamin E and rosemary extract for extra nourishment.

bewitching

10029-201

10031-1

10031-2

10031-3

10031-4

10031-5

10031-6

2 in 1: Gloss & Lipstick

2

10431-101

10431-102

10431-103

10431-104

10431-105

10431-107

10431-108

Intense color effect and striking glow

10029-202

10029-203

10032-1

10032-2

10032-3

10032-4

10032-5

10032-7

10032-8

Vibrant, shimmering color

3

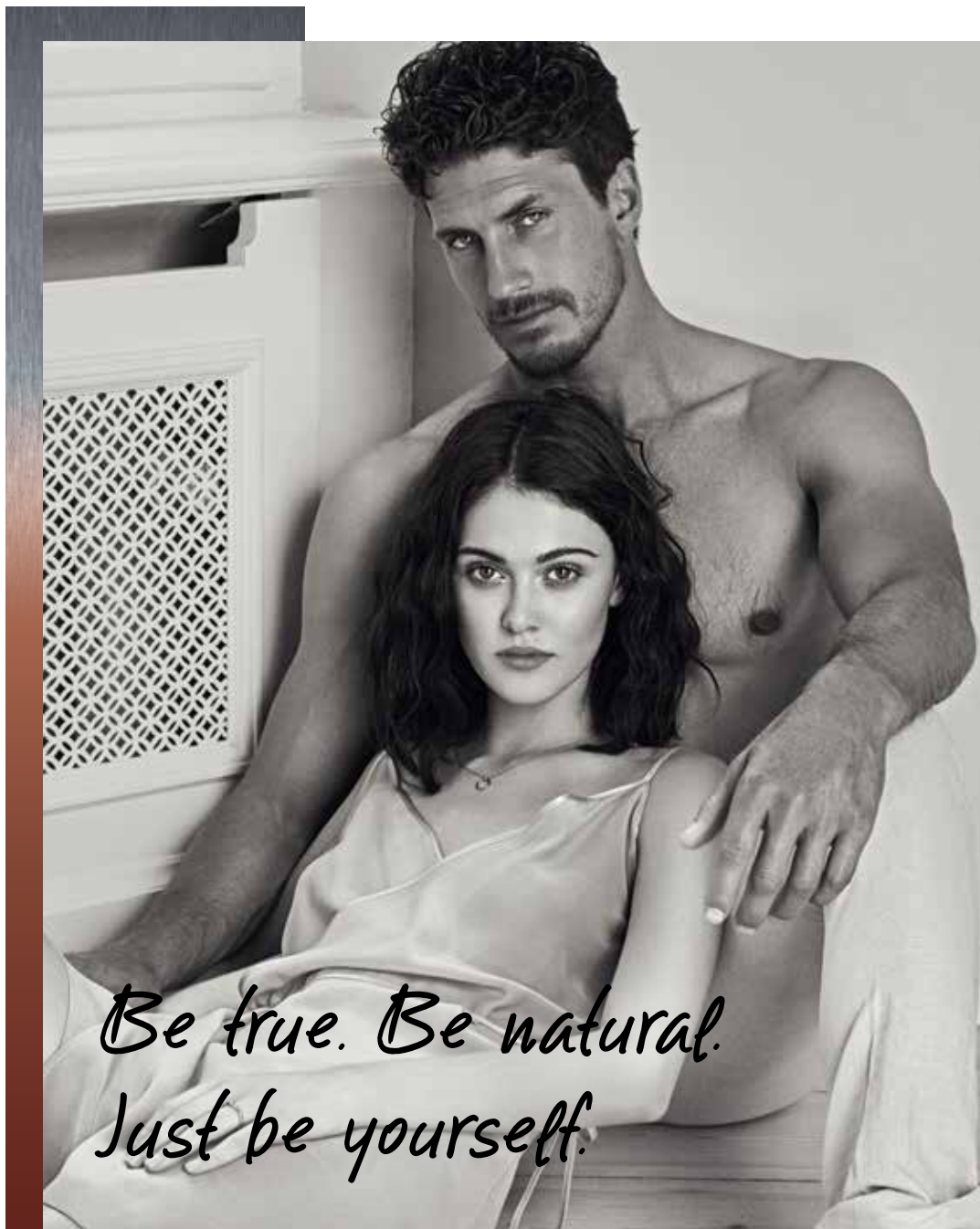
Well-designed contour and lip volume

4

Breathtaking lip essentials

COLOURS

up to **22%** OFF THE PRODUCTS
ON THIS PAGE



*Be true. Be natural.
Just be yourself.*

PURE

BY GUIDO MARIA KRETSCHMER

27%
OFF
the set

*Softly stroke the
perfume bottles
to try my new
fragrances.*



TEST **TEST**
the perfume here the perfume here

"Be true, be natural, just be yourself". This is the message of the celebrated fashion designer Guido Maria Kretschmer, who stays loyal to it by motivating people with his positive vibes and his lust for life.

Guido has therefore created a true feel-good fragrance that captures his optimistic outlook on life, accompanying you at every moment of your everyday life and encouraging you to

just be yourself. You get a stylish accessory with the new fragrance: A practical cloth pouch for keeping your beauty essentials, your sunglasses or your smartphone in place.

1 | NEW PURE by Guido Maria Kretschmer for women | 30530 | Greece 54,99 € | Cyprus 52,79 € | 50 ml | Fresh – Floral – Inspiring | An aromatic combination of peach, jasmine and cedar wood.

2 | NEW PURE by Guido Maria Kretschmer for men | 30540 | Greece 54,99 € | Cyprus 52,79 € | 50 ml | Woody – Spicy – Charismatic | An aromatic combination of saffron, Guaiacum and amber.

3 | NEW PURE by Guido Maria Kretschmer-Set | 30551 | Greece from ~~109,98~~ € 79,99 € | Cyprus from ~~105,58~~ € only 76,99 € 2 x 50 ml | The Set includes: Free choice of 2 pieces among the fragrances PURE for women and PURE for men.

Love is...

...TO SURPRISE YOUR SWEETHEART
FROM TIME TO TIME.



NEW: A dazzling piece of
jewellery with an authentic
Swarovski® crystal



**Limited edition: A stylish
eye-catcher for your wrist**

1 | Bracelet with Swarovski® crystal | 69036 | Greece 42,99 € | Cyprus 41,29 € | Exclusive LR design | Gold-plated stainless steel in rose gold, with braided textile strap (adjustable length 15,9 cm - 24,8 cm) | The centerpiece of the bracelet is the Swarovski® crystal "Fancy Stone", roughly 1 cm in size. | In a gift box
2 | Beauty Diamonds Radiant Youth Oil | 28314 | Greece from 43,99 € only 34,99 € (116,63 € per 100 ml) | Cyprus from 43,99 € only 34,99 € (116,63 € per 100 ml) | 30 ml | A combination of 6 nourishing oils and selected vitamins that nourish, regenerate and protect the skin.

exclusive

enchanting



**Nourishing oil with
valuable vitamins**



discount
20%

LR
ZEITGARD

**Additional anti-aging care
for glowing skin**

Love is...

...TO TAKE CARE OF YOUR
LOVED ONES.

Care experts for beautiful skin

**Nourishes and
regenerates the
skin during the night**

50%
ALOE VERA



50%
ALOE VERA



50%
ALOE VERA



discount
21%

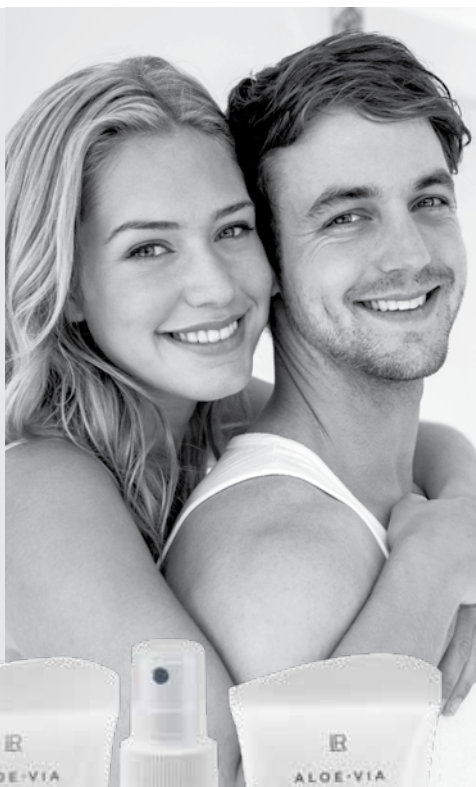
**Lightweight texture for
intensive moisture**

**Revitalizes extra
stressed skin**

- 1 | Aloe Vera Multi Active Day Cream** | 20674 | Greece 22,99 € (45,98 € per 100 ml) | Cyprus 22,99 € (45,98 € per 100 ml) | 50 ml | Its lightweight texture nourishes the skin during the day | Offers intensive moisture and helps preserve the skin's natural moisture level
- 2 | Aloe Vera Extra Rich Day Cream** | 20740 | Greece only ~~22,99 €~~ from 17,99 € (35,98 € per 100 ml) | Cyprus from 22,99 € only 17,99 € (35,98 € per 100 ml) | 50 ml | Stimulates the process of cell regeneration, protects from moisture loss and reduces dryness | With 50% Aloe Vera and nourishing argan oil.
- 3 | Aloe Vera Regenerating Night Cream** | 20675 | Greece 22,99 € (45,98 € per 100 ml) | Cyprus 22,99 € (45,98 € per 100 ml) | 50 ml | Nourishing face cream that nurtures the skin during the night | Nourishes, regenerates and reconstructs the skin.

carina

beneficial



4

Aloe Vera Experts for all cases



Emergency care
for stressed skin

13% OFF THE SET

Aloe Vera Special Care Box	20650
Total price	-50,87 €
Special Set price only	43,99 €
Cyprus from 48,77 €	only 41,99 €

4 | Aloe Vera Special Care Box | 20650 | Greece 43,99 € | Cyprus 41,99 € | The Set includes: Propolis Cream · 100 ml, Concentrated Gel · 100 ml, Instant Emergency Spray · special 150 ml package, available only with the Box | Free info brochure

Love is...

...TO LOOK OUT FOR EACH OTHER.

Everyday skincare essentials

refreshing



1

**Rich face and
body cream**



2

**refreshing Rich face and body
cream Reliable, alcohol-free
protection from perspiration**

discount
21%

- 1 | Aloe Vera Soft Skin Cream** | 20631 | Greece from 11,49 € only 8,99 € | Cyprus from 11,49 € only 8,99 € | 100 ml | Rich face and body cream | With 35% Aloe Vera gel and organic magnolia extract | Absorbs easily.
- 2 | Aloe Vera Protecting Deo Roll-on** | 20643 | Greece 7,39 € (14,78 € per 100 ml) | Cyprus 7,39 € (14,78 € per 100 ml) | 50 ml | Skin-friendly, alcohol-free protection from perspiration | With 15% Aloe Vera gel and organic cotton extract | Reliable protection from perspiration and odor.



protecting

Thorough cleansing
of teeth and gums



40%
ALOE VERA



Mild care for
velvety lips

Perfect partners for a bright smile

3 | Aloe Vera Extra Freshness Tooth Gel | 20690 | Greece 7,39 € | Cyprus 7,39 € | 100 ml | Tooth gel for daily teeth cleansing | With 43% Aloe Vera gel | Effective cleansing of teeth and gums.

4 | Aloe Vera Moisturizing Lip Balm | 20676 | Greece 6,29 € | Cyprus 6,29 € | 4,8 g | Lip balm for intensive moisture with 40% Aloe Vera and natural oils.

Love is...

...TO GET THROUGH MANY ADVENTURES TOGETHER.

**Protects from
oxidative stress***



20% OFF THE SET

Mind Master 5-piece Set	80935
Total price	84,95-€
Special Set price only only	67,49 €
Cyprus from 69,95-€	only 54,99 €

vitalizing

A top product for high performance**

1 | Mind Master 5er-Set | 80935 | Greece 67,49 € | Cyprus 54,99 € | 5 x 500 ml | The Set includes: 5 pieces of Mind Master – free choice among Formula Green and Formula Red. | For long-term support of your physical and mental performance** and the protection of the cells from oxidative stress*.

2 | Mind Master Extreme Performance Powder – 2 piece Set | 80982 | Greece 52,49 € | Cyprus 44,49 € | 14 Sticks per 2,5 g | Every package includes 14 sticks of 2,5 g | A quick energy kick for physical and mental performance***. | Protects from oxidative stress*. | High performance to-go, without added sugar.

3 | Pro 12 Capsules – 3-piece Set | 80373 | Greece 87,98 € | Cyprus 75,98 € | 30 capsules each | Every capsule contains 1 billion bacteria. | Supports your overall wellness.

* Vitamin E helps protect cells from oxidative stress. ** Vitamin B12 contributes to the normal function of metabolic processes aimed at the production of energy and helps reduce tiredness and fatigue. *** The caffeine in Guarana enhances alertness and concentration. The caffeine in Guarana increases stamina and performance.

The No. 1 instant energy kick***



Instant energy boost***
to-go, without added sugar



20% OFF THE SET

Mind Master Extreme Performance Powder – 2-piece Set	80982
Total price	65,98 €
Special Set price only only	52,49 €
Cyprus from 55,98 €	only 44,49 €

2+1 PIECE FOR FREE

Pro 12 Capsules – Set	
2+1 free	80373
Total price	131,97 €
Special Set price only only	87,98 €
Cyprus from 113,97 €	only 75,98 €

Our wellness experts



With 12 bacterial strains

Love is...

...TO MOVE FORWARD TOGETHER.

activating



1 | Pro Balance Tablets | 80102 | Greece from ~~36,99 €~~ only 28,99 € (11,50 € per 100 g) | Cyprus from ~~31,99 €~~ only 24,99 € (9,92 € per 100 g) | 360 tablets / 252 g | A combination of basic minerals and trace elements that supports your inner balance and helps reduce tiredness and fatigue*.

2 | Aloe Vera Drinking Gel Active Freedom 3-piece Set | 80883 | Greece 107,99 € (36,00 € per 1000 ml) | Cyprus 91,49 € (30,50 € per 1000 ml) | 3 x 1000 ml | With 88% Aloe Vera gel, enriched with vitamin C and E that strengthen the musculoskeletal system**.

* Magnesium helps reduce tiredness and fatigue and helps maintain electrolyte balance.

** The vitamin C found in the Aloe Vera Drinking Gel Freedom contributes to the normal formation of collagen for the normal function of blood vessels, bones and cartilage.

discount
21%



1

**Basic minerals & trace elements for
the reduction of tiredness and fatigue***

**Our all-time classic
for your inner balance***

**Optimum support for your
musculoskeletal system! ****



2

7% OFF WITH THE SET

Aloe Vera Drinking Gel Active Freedom	
3-piece Set	80883
Total price	116,97 €
Special Set price only	107,99 €
Cyprus from 98,97-€	only 91,49 €

**Our specialist for
freedom of movement****

Love is...

...TO SPOIL YOUR PARTNER WITH LOVING GIFTS.

21% OFF THE SET

Aloe Vera Relieving Thermo Lotion
2-piece Set 20728
Total price 35,78 €
Special Set price only only **27,99 €**
Cyprus from 33,58 € only 26,29 €



Aloe Vera Relieving Thermo Lotion
2-piece Set | 20728 | Greece 27,99 € (14,00 € per 100 ml)
Cyprus 26,29 € (13,15 € per 100 ml) | Provides moisture
& boosts blood circulation in the muscles.

Our favorite product

for warmth and relaxation

LR Health & Beauty Systems – 14452 Metamorphosi Attiki

LR Health & Beauty Systems reserves the right to bring about changes on the products due to technical and quality improvements and disclaims any responsibility for misunderstandings due to typographical errors.

All prices include VAT

Code.: 95370-110

GR/CY