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Healthy Living

30-Day Detox Challenge

January 1, 2012

Get Healthy! · Detox! · Lose Weight! · Lose Inches!
And get SUPPORT from other participants at the same time!

Join the movement to get healthy in 2012 with this 30-day Detox Challenge! It's a fact that when people band together in support of one another in weight loss, they lose more and stay motivated!

Join your fellow detoxers on January 1, 2012 and realize your new year's resolution to get healthy!

WIN PRIZES!

You could win weekly prizes &
A \$500 VISA Gift Card goes to the BIGGEST LOSER!



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3 Steps to Participate:

Step 1: Get Your Detox Kit

- 5 kits to choose from
- Save up to 53%, exclusively for the challenge!
- Everything you need to get started, and stay on track!



Step 2: Connect With Facebook

- Go to: www.facebook.com/30daydetoxchallenge
- “Like” the page
- Get the diet plan, recipes, the rules to win, and more!
- Connect for support!



Step 3: Set Your Goals & Take Your “BEFORE” Pic

- On Dec. 31 (or on your start date during the challenge period) get your starting weight and stats
 - Measure your waist, hips and chest
 - Set your goals
- Take your “BEFORE” picture (optional)
 - Before and After pics will be required to win the grand prize, but are optional
 - Be sure to use a newspaper with the date on it
- Keep this to yourself, you’ll need it to qualify for consideration for the Grand Prize!



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Detox Kits

The **ULTIMATE** Detox Kit FOR THE BEST RESULTS

- 1 30-day Feeling Fit Kit, includes:
 - 2 Protein Shake Mixes - Chocolate or Vanilla
 - 2 Energy Fizz Tabs - Pomegranate or Citrus
 - 2 Fit Chews, Chocolate
 - 2 Herbal Detox Teas
 - 1 Daily Fiber Boost
- 1 7-Day Body Cleanse
- 1 Daily Power Packs - For Men or Women
- 1 Digestion Plus
- 1 SeaSource Detox Spa Purifying Sea Soak



The **COMPLETE** Detox Kit ALL THE BASICS

- 1 30-day Feeling Fit Kit, includes:
 - 2 Protein Shake Mixes - Chocolate or Vanilla
 - 2 Energy Fizz Tabs - Pomegranate or Citrus
 - 2 Fit Chews, Chocolate
 - 2 Herbal Detox Teas
 - 1 Daily Fiber Boost
- 1 7-Day Body Cleanse
- 1 Digestion Plus



The **EXPRESS** Detox Kit THE 2-WEEK STARTER

- 1 Protein Shake Mix - Chocolate or Vanilla
- 1 Energy Fizz Tabs - Pomegranate or Citrus
- 1 Herbal Detox Tea
- 1 Daily Fiber Boost
- 1 7-Day Body Cleanse



The **READY-MADE** Detox Kit THE MOST CONVENIENT

- 48 Protein Shakes (Ready Made) - Chocolate or Vanilla
- 2 Energy Fizz Tabs - Pomegranate or Citrus
- 2 Fit Chews, Chocolate
- 2 Herbal Detox Teas
- 1 Daily Fiber Boost
- 1 7-Day Body Cleanse
- 1 Digestion Plus



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The **BUDDY** Detox Kit
THE BEST DEAL OF ALL

YOU

- 1 30-day Feeling Fit Kit, includes:
- 2 Protein Shake Mixes - Chocolate or Vanilla
 - 2 Energy Fizz Tabs - Pomegranate or Citrus
 - 2 Fit Chews, Chocolate
 - 2 Herbal Detox Teas
 - 1 Daily Fiber Boost
- 1 7-Day Body Cleanse
- 1 Digestion Plus (\$49 value) **BONUS!**
- 1 Daily Power Pack - For Men or Women (\$99 value) **BONUS!**

YOUR BUDDY

- 1 30-day Feeling Fit Kit, includes:
- 2 Protein Shake Mixes - Chocolate or Vanilla
 - 2 Energy Fizz Tabs - Pomegranate or Citrus
 - 2 Fit Chews, Chocolate
 - 2 Herbal Detox Teas
 - 1 Daily Fiber Boost
- 1 7-Day Body Cleanse



Buddy Kits include a 1-year Preferred Client Membership

Annual Membership Benefits Include:

- A **20% discount** off of the suggested retail price on all products.
- Access to ongoing **Product Specials** and other monthly promotions.
- Great **Product gifts** for referrals and hosting Presentations.
- And more!

“Alone we can do so little; together we can do so much.”

-Helen Keller

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Challenge **Rules**

How to play:

From January 1, 2012 to January 30, 2012, entrants will participate in a weight loss challenge to get healthy, lose weight, lose inches, and detox! Participants may follow a recommended diet plan for 30 days. Participants are encouraged to utilize Arbonne International's Fit Essentials and Daily Essentials lines to participate.

Eligibility:

Everyone, including Arbonne Independent Consultants, Clients and Preferred Clients are eligible to participate in the challenge, however, Arbonne Independent Consultants that have a rank of District Manager or above are not eligible to win the Grand Prize. All participants are eligible to win weekly prizes.

Grand Prize:

The Grand Prize has been determined to be a VISA brand gift card in the amount of \$500. Changes to this Grand Prize may occur at any time and without notice.

How to Win:

The winner of the Grand Prize will be judged on total loss of weight as determined by a percentage of total starting weight. Participants will be asked to submit their starting weight and measurements, and their final weight and measurements on January 31, 2012 before 10pm PST. Participants submitting their results for the Grand Prize will also be required to submit a "before" photo with proof of date (by using a newspaper or other proof of date in the photo) and an "after" photo with the same proof of date. Submissions without "before" and "after" photos, and photos without proof of date will not be considered eligible to win. The Grand Prize winner will be notified by phone or email no later than February 10, 2012. By submitting an entry for consideration for the Grand Prize, participants will be encouraged to allow their photos and testimonials to be used in marketing materials for future promotion of Arbonne's products and events. No photos will be used publicly without permission of the winner.

Other Stuff:

Participation in this challenge is 100% voluntary by every participant, and is not considered a weight loss plan or medical plan of any kind. By participating, entrants agree to release leaders and organizers of this event from all liability. (In other words, you are taking responsibility for your own actions and agree to participate on your own and will not hold anyone else responsible if you don't like the way things turn out.) All participants agree to the disclaimers in this document.

Arbonne Healthy Living

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Challenge **Disclaimer**

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DISCLAIMER

The information provided in this Packet, on the Facebook page, or from the consultant should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider. It should not be used in place of a visit to, consultation with or the advice of a physician or other qualified health care provider.

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