

ask.jacquie

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BEST PRACTICES

I hear we should always apply our perfume to “pulse points” for long-lasting fragrance. Is this true?

The notion of “pulse points” began a long time ago when perfumes were a very expensive luxury item. It was common to apply just a tiny drop of perfume to the inner wrists, behind the ears, the base of the throat, etc., because this is where the skin is warmest. Warm skin would make the perfume more noticeable and by applying just a little bit, the perfume could last a very long time. Fortunately, with today’s reasonably priced perfumes and colognes, we can mist our bodies from head to toe with fragrance



and frequently change our scent to suit our moods. Ladies can try Herbalife® scents Heart or Woman, and the guys can try Herbalife® scents Soul or Man for their fragrance needs.

I read somewhere that we need to switch shampoo regularly because our hair gets “used to it” and it won’t work anymore. Is this true?

The only reason you would need to switch your shampoo is if you have changed your hair! Color-treated, chemically processed or damaged hair needs shampoo and conditioner formulated specifically for those conditions.

In these cases, extra moisture or color preservation is usually required. Beyond these situations, you can most definitely stick with your favorite shampoo and conditioner. Try the color-preserving

formula of Herbal Aloe Strengthening Shampoo and Strengthening Conditioner for your basic hair care needs.

I occasionally have outbreaks of rosacea. Should I use moisturizer with SPF?

Sun protection is important for everyone, including those who suffer from rosacea. Because some substances can trigger rosacea on contact, please consult your doctor before using any skin care product if you have this condition. No Herbalife® products are treatments for rosacea.

If you have questions, please email me at: askjacquie@herbalife.com

