

Natural skin care brand founded by Lenka Špaldová works magic. A dedicated mother treated her son and many others.

## Pharmaceutical products did not help her son. Lenka made her own remedy, which now helps others as well.

### 10ml against dozens of allergies

#### SOMETHING IS IN THE AIR

Allergy is an inappropriate response to the defensive mechanisms of the immune system to otherwise harmless substances from the surrounding environment. Their trigger are allergens, small microparticles scattered in the air that are trapped on the mucous membrane in contact with the eyes, and also when breathing on the mucosa of the nose, from where they can reach the lungs. The body sees allergens as a threat to the organism and therefore triggers the production of an antibody called immunoglobulin E that initiates the release of histamine in our cells. It is in a tranquil state inside the granule of the protein cells, but after the contact of the allergens with the body, these granulocytes break down and the immunoglobulin flows further into the body.

Allergens do not hurt us in normal circumstances, but for some people they can cause really tough times. The most common allergic symptoms include itching, but in extreme cases, allergens can cause a dreaded anaphylactic shock.

#### LOCAL FIRE ALARM

Allergens most often penetrate the human body through the nose and then come into contact with the immune system, which in the case of allergic person, also neglects the amount of the allergen by mistake as a threat to the body, and that is why they then produce antibodies to immunoglobulin E and then to histamine. Such body protection leads to the formation of inflammation and swelling to prevent their further action and, that our body can be informed of it through sensual perception. Our fantastic organism full of life is trying to convince us all about this so we can take the necessary steps to get it right.

Continued on Page 14



Lenka Špaldová and her family live peacefully in small town Malé Leváre in Western Slovakia. Together with her husband Jan, they started a company and today they are fully devoted to manufacturing own natural skin care products. They divided the tasks responsibly among themselves. „I cook and prepare formulas, and Janko creates label designs, lid engravings and takes care of

marketing. It is our family business, „Lenka told us.

The truth is, however, that the main reason to start own business was their son Matthew. He had been suffering from a severe atopic eczema almost all over his body when he was only three months old and his parents wanted to help him at all costs. „I had to learn how to formulate the products to be 100 % natural, safe

and soothing to his skin and to be able to help to cure the skin. We received some advice from a skin care physician. She particularly highlighted food allergies, artificial food coloring, and preservatives, „Lenka describes her beginnings. The products are suitable for the whole family, from the little children to adults. For adults we've created Tuli a Tuli range and Matthew Bubble for baby

product range. „Bubble has been a nickname for Matthew since birth and Tuli is a couple nickname for me and Jan,“ Lenka explains.

Children's skin care products, however, are very popular among mothers and pregnant women as well. Especially the after bath baby oil. Besides, as Lenka admitted, she makes all skin care products that her family needs at home.

„Lip Balm, Natural Shower Gel and Natural Shampoo came first. Then we created Matthew Bubble range and body butters, facial creams, body peelings, and healing oils came after. We also have products for mothers. And we couldn't leave out a natural nipple balm for breastfeeding either.

Continued on Page 2

## How Chamomile, Melissa and Mint went to Africa

### TULI A TULI WANDERINGS AROUND TANZANIA

A sunny continent with desert savannas. Tanzania is a place called cradle of life, where battle for life and death is routed daily. Dusty, hot by day and cold by night, where rush is alternating with peace, and love is expressed with endless hugs. This is Tanzania in Africa, country that

already smells after Slovak herbs.

### ...A FEW LINES ABOUT AFRICA

To write that to spend two weeks in the desert area of Dar es Salam in Tanzania was easy would be a lie. It was a lifetime experience with a sweet and savory flavor. If

you decide to come and volunteer in Africa, nobody will prepare you for what comes next, until you try it on your own. However, at the end we did it, and furthermore, Africa tried a piece of Slovakia on its own skin.

Continued on Page 6



Continued on Page 14



## Lenka made her own remedy, which now helps others as well

### continue THE JOURNEY TO OWN PRODUCTION

The fact that the inspiration for skin care products was little Matthew, we know already. But the family had to change more than we can imagine. „We changed the laundry detergents, skipped the softener. From the bathroom, I threw out all the products that were made of petroleum, sulphate, parabens, or with synthetic aromas. „Step by step, Lenka studied various oil and butter blending processes on the Internet. She was also inspired and taught by a great alternative medicine practitioner from Czech Republic. Today, the family has its own production in Malacky where all products are created,

manufactured, filled, labeled and then sent out to Slovakia, Czech Republic and gradually to Austria, Germany and Switzerland. But as Lenka admitted, “We have a dream to expand to the whole world.”



### HOW IT IS PRODUCED

The products are mainly made of oils. Shampoos and shower gels are no exception and are also oil based. It's an old fashioned way to make soap and Lenka follows it with reliability. „We use 100% pure, cold pressed oils from the first pressing. We also use plant based butters like Cocoa butter and almond butter, organic beeswax, Dead Sea salt and 100% natural essential oils. „All products are tested among all family members, then tested in independent laboratories and then offered to customers.”

In addition to the above-mentioned products, the potential customers will also find luxurious facial creams, make-up cleanser, peeling,

deodorants, healing oils, products for mothers, baby bath oil emulsion or diaper rash baby oil. This family business does not lack uniqueness and purity and this idea is greatly appreciated in today's world. In addition, Lenka and Jan are trying to save nature as well. They offer products in glass packaging and not in paper or different boxes. „Our skin care products are organic as well, pure vegan with recyclable packaging.“ At the end of the interview, we were told that they are preparing new products that they do not want to talk about yet. But Lenka admitted we had something to look forward to, and we believe her.

*Translation of the original text from dobrenoviny.sk portal*



## Matthew Bubble - for children from birth

Natural baby care products by brand name Matthew Bubble

Basically, if it was not for our children, the idea of producing healthy and healing cosmetics Tuli & Tuli would have never come to life. Thanks to our son we have bravely begun to look for product recipes that would help his skin to be still delicate, solid and full of nutrients. Today, we can safely say that we provide skin care for the smallest ones that could prevent the onset or mitigate the impact of diaper rash or generally sensitive baby skin. Natural children's cosmetics got their name after Matthew: Matthew Bubble.



### NATURAL DIAPER RASH BABY OIL

This oil has been manufactured to care for sensitive children's skin. It is made from the finest organic (BIO) extra virgin cold-pressed coconut oil and organic (BIO) cocoa butter. Together they create this delicate baby oil that perfectly hydrates and soothes your baby's skin.



### MATTHEW BUBBLE- NATURAL BABY OIL AFTER BATH

Natural baby oil made of only the highest quality raw materials, additives and preservatives free. Excellent for sensitive skin, which the oil hydrates, nourishes and protects from external influences. It is certified for use in children since birth by the independent testing laboratory Eurofins EVIC France in Bordeaux.

### BABY BATH OIL EMULSION

Our baby bath Oil emulsion is suitable for bathing newborns, babies and small children. It is anti-allergic, sulphates or parabens free and it is certified for use in children since birth by the independent testing laboratory Eurofins EVIC France in Bordeaux.



## Baby Care

Natural, healthy and healing cosmetic products for children under the name of Matthew Bubble

### WHAT TO USE ON THE BUTT?

Generally, clean water is enough to wash, regular diaper exchange + we recommend our Matthew Bubble – Natural Diaper Rash Baby Oil. Specialized creams for diaper rash do not need to be used continuously, only when the diaper rash appear.

- Natural baby oil after Bath on wet skin. If the skin is dry again in the morning after waking, it should be spread again.

### EXTRA DRY SKIN VERSUS MOIST WOUND

These are also the symptoms we find in the neonatal age. What about that? The wetted rattles on the cheeks will be smoothed by the argan oil. Almond butter will moisturize dry maps on the skin and creases. After bathing, do not wipe the baby with a towel, but just dry gently with a cotton diaper.

### DRY SKIN ITCHES

If your child has a dry skin, it needs to be moisturized. The foundation is an evening wash of the skin with warm, clean water. Spray 4 times the Matthew Bubble – Natural baby bath oil emulsion. After bathing, do not wipe the baby with a towel, but just dry gently with a cotton diaper. Spread the Matthew Bubble

## For pregnant and nursing mothers

Waiting for a new addition, babyhood, small and at the same time huge first steps. Pregnancy and maternity bring one unique moment after another, and in reality nothing is any more as before. We are very well aware of it all and we enjoy our little ones fully.

Basically, if it was not for our children, the idea of producing healthy and healing cosmetics Tuli & Tuli would have never come to life. Thanks to our son we have bravely begun

to look for product recipes that would help his skin to be still delicate, solid and full of nutrients. On the other hand, we had been looking for solutions to tackle obstacles that can complicate the lives of pregnant and nursing mothers, such as cracked nipples or stretch marks.

Today, we can safely say that we provide mothers with skin care that could prevent the onset or mitigate the impact of pregnancy and breastfeeding problems.

Here you can find our most effective and successful natural cosmetic products for mothers; the avocado oil for pregnancy or especially effective natural nipple balm.



### NATURAL OIL FOR PREGNANCY

Natural avocado oil, thanks to its excellent qualities, penetrates deep into the skin tissue, thereby nourishing a lower skin layer called dermis. Avocado oil keeps the skin in good condition, promotes its elasticity and hydration. Natural avocado oil is suitable for pregnant, nursing mothers and also for daily skin care.

### NATURAL NIPPLE BALM

Nipple Balm is a 100% natural hypoallergenic product of plant origin. Balsam nourishes and heals sore and tender nursing nipples while helping to prevent small skin sores and cracked skin. Vegetable lanolin soothes and nourishes the skin, preventing it from cracking. It brings immediate relief from pain and acts as a protective skin barrier, leaving the skin soft, healthy and elastic.



## Deodorants

### NATURAL DEODORANT CITRUS-LAVENDER

True body refreshment in the summer heat, but also throughout the whole year, this natural deodorant is a great and original solution for you. We've hidden in it a selection of the finest ingredients that do not break down pores like silver or aluminum in antiperspirants, and yet effectively neutralize body odors and leave delicate citrus aroma.



Old wisdom says that not only to make mistakes but also to sweat is human. It is a natural part of our biological processes, and by sweating, our bodies wash off harmful substances. Even though it is a natural mechanism of our body, we do not like sweating and are trying to prevent it. However, as there is no effective natural method to

prevent sweating, antiperspirants with aluminum-containing pores are developed to inhibit sweat odors locally. The consequences of long-term use of antiperspirants may adversely affect the functioning of sweat glands and cause skin problems.

We at Tuli and Tuli know that sweating is human, and the

way to cope with it is to effectively counteract sweat odors and refresh the skin. Therefore, in this section you will find one of our most successful products - natural deodorant citrus - lavender. It contains a sweet touch of citrus fruit, soothing lavender and coconut oil that refresh your body for the whole day

## With your own design

Surprise your loved ones or business partners with a beautiful and original gift. All our products with a wood or cork caps can be ordered with your own design. Any theme, logo, text or graphics can be engraved on the cork or wood cap.



### NATURAL BODY LOTION LAVENDER

Natural Organic Body Lotion with high content of Organic Oils and Nilotica Shea Butter. Our body lotion is enriched with Aloe Vera and 100% Lavender essential oil. Lotion has a slightly velvet texture, leaving the skin smooth and soft. It is suitable for all skin types.



### NATURAL HAND LIQUID SOAP ROSEMARY- LEMONGRASS

Our liquid soap is enriched with organic vegetable glycerin, which moisturizes and softens the skin on hands. 100% natural lemon grass and rosemary essential oils give our soap a beautiful unmistakable scent, and also have strong antibacterial, antifungal and anti-viral effects.





## How to use essential oils in your home?

Thanks to the steam distillation process, they are the primary constituents of the essential oils that are widely used in medicine, natural healing, cosmetics or in drugstores

We love a fragrant world at Tuli a Tuli. We'd love to scent it completely because we know that pleasant smell can do far more than just affect the sensory cells.

Behind a beautiful scent are Terpenes – diverse class of organic compounds that are plant based. They serve to communicate with the environment in nature. Plants either attract insects or, on

your body, gives it a feeling of freshness, relaxes after a tough day, or even repels stinging insects if you choose to take a walk in nature after a bath.

We have expanded our offer of natural essential oils with a number of new products and today you can choose from over twenty kinds of scented miracles of nature. For your overview, and how to get the

**Tip 1:** Make a simple diffuser. Put a handful of rice into a bowl, sprinkle with cinnamon and orange essential oils and place, for example, in the entrance hall, on the porch or near the entrance door.

**FOR A SHINY KITCHEN**  
The power of nature handles everything, for example a dirty kitchen. For removing oil stains, an unpleasant smell of burns or dry spots on the

**OF FRESHNESS**  
If you add a few drops of eucalyptus essential oil to your detergent, the true freshness and cleanliness will reign in your bathroom. Significant antibacterial effects of eucalyptus essential oil dissolve the microcosm of impurities in a gentle breathe of nature, and in addition, by inhalation, it will support your immune system and bronchus.

ducing effects and as shown by many research studies, it can improve sleep quality significantly. Lavender Oil also helps to reduce headaches, depression, nervousness and various psychological problems.

**Tip 4:** Add 10 drops of lavender oil to 3dc of distilled water, shake well and spray onto bed sheets, your stuffed animals, or other favorite pla-

**Tip No. 5:** Use ylang ylang essential oil in a spray bottle as advised in a previous tip and spray the mixture on a pillow. You can also add a few drops into massaging oil for intimate massage. To enhance and deepen the intense floral aroma, we recommend adding the same amount of sandalwood oil into the massage oil.



the contrary, repel pests sensitive to these fragrances. In the same way they affect our nose. Nose registers them and sends a signal to the brain, which evaluates whether they are pleasant or not, hence coordinates other processes that stimulate body and mind.

Thanks to the steam distillation process, they are the primary constituents of the essential oils that are widely used in medicine, natural healing, cosmetics or in drugstores.

In our products, the use of natural essential oils is significant. With their help, the body cleanse harmonizes

best out of the essential oils, here are some tips, how to apart from your body make your home smell good and fresh for you to feel comfortable in and the guests return.

### WELL EVERYWHERE BUT AT FRAGRANT HOME IS BEST

As soon as you enter your home, the scent of cinnamon and orange is very pleasant, encouraging visitors to enter the room with peace and ease. Orange has an uplifting effect, relieves anxiety and enhances mood. Cinnamon stimulates memory centers in the brain and evokes the warmth of our home, moments of companionship and human proximity typical for Christmas

kitchen and dishes, citrus essential oils work well. All citrus oils from our offer (grapefruit, orange, lemon, and bergamot), thanks to their antibacterial and disinfecting properties, can easily handle large spring cleaning and, in addition, repel insects. Citrus households guarantee that flies and mosquitoes do not enter your home.

**Tip 2:** Add 3-10 drops of lemon or orange essential oil to 0.5l water or white vinegar, mix well and create a house cleanser to clean objects and surfaces. Mix essential oil with vegetable oil and use it to clean wooden furniture.

### BATHROOM AS THE KINGDOM

**Tip 3:** If molds occur in your bathroom or anywhere in the house, one of the most effective methods for killing mold is tea tree essential oil. Dilute this oil with water (1 tsp. in 2 cups of water), and use a spray bottle to apply it to affected areas.

### BEDROOM FOR A GOOD SLEEP AS WELL AS FOR WILD ROMANCE

If anyone knows about getting a good night sleep, then they are definitely French. Lavender, the purple jewel among plants, comes from France, and due to its intense aroma is used to fall asleep by millions of people around the world. Essential lavender oil is well known for its sleep in-

ces near the bed. Then you just need to inhale peacefully and allow a good night's rest to regenerate your body and mind.

If you are worried about mosquitoes and spiders, try a similar recipe with mint essential oil.

For a better bedroom life, add ylang-ylang essential oil into your detergent. In addition to its antiseptic properties, it has been known for its aphrodisiac effects for centuries. In today's world, dominated by stress, workaholism and other civilization diseases, even well-functioning relationships are lacking energy and sexual appetite.

Other essential aphrodisiac oils include cedar, neroli or patchouli, which you can also find in our offer. You will certainly find the most effective essence in which Amor dips its arrows. We wish you a pleasant time while discovering it.

*That would be a few tips from us. We believe you will not be afraid to experiment with discovering the rich world of fragrances, and gradually reveal yourself to what extend you can be captivated by essential oils and aromatherapy.*

## 100% Pure & Natural Essential Oils

Aromatherapy is a method of using natural oils extracted from flowers, bark, stems, leaves, roots or other parts of the plant to increase psychological and physical well-

being. Inhaled scent from these essential oils stimulates brain functions. Essential oils can also be absorbed through the skin, which promotes the treatment of the whole body

after crossing the blood stream. Nowadays, aromatherapy is also popular in the form of alternative medicine. It is used for various applications, including pain relief, mood

improvement and increased cognitive functions.

In our offer you will find dozens of genuine 100% essential oils, each with its own

specific scent and therapeutic properties.

Our essential oils are made by using a gentle method of steam distillation or through

the cold pressing process, thereby keeping their high quality and high content of healing and aromatic substances.



For Concentration



Sports Massage



For Immunity



For Cold and Flu



Stress Relief



For Allergies



For Good Sleep



For Headache



Fennel



Basil



Clove



Wintergreen



Lemon



Juniper



Bergamot



Peppermint



Cajeput



Fir Needle



Camphor



Eucalyptus



Orange



Mint



Grapefruit-Tangerine



Tangerine



Anise



Spruce



Thyme



Ylang-Ylang



Pine Needle



Grapefruit



Lime



Lavender



Cedarwood



Lemongrass



Patchouli



Rosemary



Cinnamon



Melissa



Palmarosa



Tea Tree



Fir Needle (Syberian)



Myrrh



## For body and skin

Daily we expose our organism to conditions that tire our skin. Sun, wind, water, make-up are constantly affecting the body, resulting in dry, cracked or otherwise stressed skin.

At Tuli and Tuli a healthy and soft skin is the main focus in product development. The natural facial creams you find among our assortment are literally overflowed with nutrients. They contain ingredients such as apricot kernel oil, rose water that perfectly disinfects and cleanses the skin, aloe vera, organic shea butter, or organic coconut oil. Furthermore, the facial cre-

ams are created without any synthetic preservatives, which we have replaced with organic ones. Thanks to this, you can now choose from a range of softening natural face creams, enriched with a carefully selected scent of natural essential oils that caress your senses and attack your cells with their curative aromatic power.

In addition, we have an interesting selection of natural body butters and peelings, which, thanks to simple recipes, are considered the cleanest alternatives to facial creams. Their strength is mostly based on one effective

ingredient which dominates within the product, or more precisely these butters are made out of only one component. We offer almond butter, body butter cocoa - coconut with cocoa butter and coconut oil, natural body peeling with argon oil and Dead Sea salt, and natural raspberry body peeling with coconut oil, raspberry seeds, Epsom and Dead Sea salt.

The natural shower gels in our offer are also products soaked with nature that will remove dirt, richly nourish your skin with vitamins and give it a feeling of freshness.

## How Chamomile, Melissa and Mint went to Africa

*continue*

We honestly thought that when we came here as volunteers to teach English in local school, as such tourist standard will be maintained. However, the opposite was true. Instead of a shower we used a two-week bucket bath, stayed in one-bed room with a non-functional mosquito net that smelled after a repellent nonstop, and where habit of buying anything anytime became a dull memory. Nevertheless, we write these lines with a great enthusiasm.

People live here differently than we are used to. They do not have as many worries in life; they enjoy themselves more and smile. They do not worry about tax payments, retirement, or different insurance companies and they live fully from day to day.

Most food is harvested or provided by the cheapest line. But paradoxically, here in Africa, we did not feel hungry. Out of the products that they have here, such as flour, fish, potatoes or other kinds of vegetables and fruits, you can prepare incredibly tasty meals that fill you up for several hours. They love pepper and garlic, so expect it almost everywhere. Also, you won't be able to avoid bananas in all possible and impossible ways, as many varieties of bananas grow in Tanzania and the most popular way to prepare them is frying.

In Africa, in non-touristic areas where only a few non-native inhabitants are to be found, one fundamental rule applies: „Food is never

wasted!“ Above gold there is water, and unfortunately, education is not offered to everyone. Thereby, this chance is more appreciated when children get it.

### TULI A TULI IN ACTION

Hard work deserves a reward, Europe knows it, and Africa knows it too. Both women and men have to work hard here to provide and feed their families, but if they have time for themselves, they won't say no to different beautifying treatments. Women care about their looks and their hair is their dominant factor. Even the most remote villages have hair salons, or good neighborly relationships, where instead of coffee you get your hair braided.

African women also care to smell good. They love to use coconut milk and homemade creams made from this ingredient, which they use all over their body and hair. However, they do not always have the time to manufacture or to invest in cosmetics, so they are very thankful if any cosmetic products are found in a volunteer's suitcase. We took a few to Africa to make Tanzanian school smell after our herbs. Even while unpacking, children could not sit still and were stretching out to see what we were hiding behind.

After discovering what we were doing and after a brief explanation, they did not hesitate, and with enthusiasm known to children, they wan-



## Body Butters - cleanest alternatives to face and body lotions

At Tuli and Tuli a healthy and soft skin is the main focus in product development. We have an interesting selection of natural body butters which, thanks to simple recipes, are considered the cleanest alternatives to fac-

al creams. Their strength is mostly based on one effective ingredient which dominates within the product, or more precisely these butters are made out of only one component. We offer almond butter, body butter cocoa - coconut

with cocoa butter and coconut oil and body butter cocoa - almond - avocado, which, in addition to cocoa butter, also contains organic avocado and almond oil from the first press.



### NATURAL ALMOND BUTTER

Quality almond butter is an excellent choice for very dry skin of the whole body, rich in protein and vitamin D. It has nourishing and regenerating effects and softens dry skin.



### NATURAL BODY BUTTER COCOA-COCONUT

Natural body butter formulated with finest organic (BIO) extra virgin cold-pressed coconut oil and organic (BIO) cocoa butter. Together they create this delicate and aromatic body butter that perfectly replaces the skin creams and lotions. This butter leaves the skin feeling hydrated, rejuvenated and supple.



### NATURAL BODY BUTTER COCOA-ALMOND-AVOCADO

Natural body butter formulated with finest almond butter, organic cocoa butter and organic avocado oil. It is other additives, solvents or preservatives free.

## Tuli a Tuli works closely with NPO Vstúpte, n.o.

Lenka Spaldova is a special education teacher and her primary job was the coordinator of the NPO Vstúpte, n.o. - A facility for people with mental disabilities in Malacky. Working with special needs clients has affected her for life, in a positive way.

When Lenka left on maternity leave, she had no idea what will happen next, and that her new mission in Tuli a Tuli will come to existence. Her heart,

however, stayed with Vstúpte, thinking how the special needs facility and Tuli a Tuli could cooperate.

Our first step was a handmade production of aroma oil lamps Tuli a Tuli by the special needs clients. As time went on and we engaged more employees in the company, we were able to integrate a special needs client Mirka. Today, she has a permanent workplace for several hours a

week and is involved in finalizing the products.

This is very exciting for us and we have a plan to continue to cooperate and to provide a job to other individuals from the special needs facility.

By the way, are you aware that Vstúpte has a beautiful shop in Malacky called „Things with Souls“ where you can buy their handmade products?

ted to test everything on their chocolate skin.

However, pedagogical supervision came with a very striking question. No, she did not ask about the composition due to allergies or other parameters that we could possibly expect but, with a serious face, she asked whether the skin color would change to white after use.

After convincingly arguing that nothing as such is possible, a real discovery of the Slovak herb treasure began. Children exchanged math class very quickly for applying Tuli a Tuli products.

After convincingly arguing that nothing as such is po-

ssible, a real discovery of the Slovak herb treasure began. Children exchanged math class very quickly for applying Tuli a Tuli products.

However, in order to keep the educative nature, we managed to explain when and how to use these products in English, with the understanding from children and the teacher.

It did not last long, and the teacher also surrendered to childish curiosity in her. She was fascinated with the Melissa and Chamomile facial creams and herb garden balm. She didn't hesitate a second and carefully stowed the balm on the shelf at an unseen moment.

A typical African detection came after testing our products, about how much we have, because the sister, the neighbor across the street and the one on the left side of the house would also appreciate it. Thus, Slovak herbs got green light in Africa and had been welcomed with more than enthusiasm.

Tuli a Tuli have embarked on a daring adventure to help and bring a piece of pure Slovakia to different corners and cultures. We have succeeded in Tanzania and what will be the next piece of the world where Tuli and Tuli will go, we will see ... :)



## Lip Balms treat and protect the delicate skin of the lips

Fragrant and medicinal goods for your body

In the production of fragrant and medicinal goods for your body, we also thought of the ancient symbol of sensuality - your lips. A closer look at them reveals a lot about feelings and physical condition.

We have found a solution that not only soothes and hydrates the lips, but can speed up

wound healing, kills the bacteria or herpes, and primarily enrich their structure with vitamins and minerals.

Our natural lip balms are guaranteed to be the highest quality, as we use only the highest quality ingredients in the production. The main ingredients are BIO bee wax,

BIO coconut oil, and virgin almond oil, with a touch of nature from the use of essential oils cinnamon, mandarin, coffee, lavender and mint. Or even pure fruit extracts from wild berries and cherries.



### NATURAL LIP BALM CHERRY

Lip balm made from 100% natural ingredients cures and at the same time protects the delicate skin of the lips from external influences. Natural cherry extract gives the balm a pleasant smell of sweet touch of summer under a fruitful cherry tree.



### NATURAL LIP BALM ALMOND-CINNAMON

Lip balm made from 100% natural ingredients cures and at the same time protects the delicate skin of the lips from external influences. This lip balm will caress you with a loving winter Christmas mood due to its content of cinnamon essential oil.



### NATURAL LIP BALM WILD STRAWBERRY

Lip balm made from 100% natural ingredients cures and at the same time protects the delicate skin of the lips from external influences. The natural extract gives the lip balm the feel of a sweet kiss of wild strawberry.



### NATURAL LIP BALM BEE COCONUT

Lip balm made from 100% natural ingredients cures and at the same time protects the delicate skin of the lips from external influences. Coconut oil moisturizes the skin and supports the process of healing dry and chapped lips while BIO beewax provides antibacterial and anti-inflammatory effects.



### NATURAL LIP BALM COFFEE

Lip balm made from 100% natural ingredients cures and at the same time protects the delicate skin of the lips from external influences. 100% natural coffee essential oil gives the lip balm a very delicate touch of coffee-plantation.



### NATURAL LIP BALM TANGERINE

Lip balm made from 100% natural ingredients cures and at the same time protects the delicate skin of the lips from external influences. This lip balm contains a natural tangerine essential oil which gives it a specific, pleasant and fresh scent of tangerine.



### NATURAL LIP BALM HERB GARDEN

Lip balm made from 100% natural ingredients cures and at the same time protects the delicate skin of the lips from external influences. 100% natural lavender and peppermint essential oils are among the best you can use on your lips. Not only do they have a nice smell but also keep your lips beautiful, full and hydrated.



## Summer Manual: how to get lush lips, softer skin and silky, smooth hair

Summer is for many people the most favorite and beautiful time of the year. But what are the steps to make our skin and hair also as beautiful?

Vacations, relax by the water, outdoor picnics - can it get any better? However, next to all these pleasures, we tend to forget to take care of our skin or hair. Avoid repairing the damage in the fall and tackle it right now. Products that will provide the needed help are the ones that will not layer your body with a lot of chemistry. How to correctly use natural oils and body butters, and which is used for what, will be recommended to us by founder of natural cosmetics brand Tuli a Tuli Lenka Špaldová.

### BODY BUTTER FOR SILKY AND SMOOTH SKIN

In the summer, you'll need to pay close attention to one important aspect of your body and skin: your hydration. Products made with natural oils are excellent for your skin - for example, avocado, almond and coconut oils. „For maximum hydration, we recommend applying body lotion, body oil or body butter immediately post shower or bath while your skin is still damp. Give the skin enough time to absorb the product. You can use natural body butters for extra dry skin - for example, avocado or cocoa.

Use body butter all over your body; in addition it is ideal for rougher skin areas, such as elbows, knees and hands



„says Lenka Špaldová.

We should pay special attention to the skin after sun exposure. Thanks to proper care, the skin will be smooth and at the same time sun tan will last longer. „In this case, once again, it is recommended to use a combination of virgin oils that moisturize and regenerate the skin after sun exposure and in addition have aroma therapeutic effects. Again, it is very important to apply this oil onto damp skin to have a hydrated and smooth skin, „recalls Lenka Špaldová.

### WHAT ABOUT THE SKIN OF YOUR FACE?

Do you suffer from dry skin on your face? It may be necessary to modify your skincare routine. Just washing with water causes the skin to dry. „Oil cleansing has become a well-established method. Massage the natural cleansing oil into the skin on your face and then gently remove it with a cotton pad. Cleansing oils provide quick removal of makeup and also excess sebum, clogged with dust and bacteria, „adds Lenka Špaldová. The skin should stay clean and hydrated.

We should not forget about the use of facial creams that protect the skin from the impact of weather and have many other positive effects. „For example, we have designed anti-bacterial, anti-parasitic, anti-inflammatory, regenerative products, also suitable for problematic

skin,“ says Lenka Špaldová. Apply our creams to dry or damp facial skin in the morning or in the evening before bedtime.

During hot days, you can refresh yourself with natural rose water. It moisturizes and soothes the skin, and in addition has a great scent. Rose water is suitable for women with both dry and oily skin. It is offered in a spray bottle so you can carry it with you and quickly refresh your skin at any time.

### BEESWAX FOR THE LIPS

The skin of the lips is significantly softer and more sensitive compared to the skin of the body. Our lips need more attention during the summer months as the sun and salty water can make the lips dry and cracked, and sometimes herpes appears. This is why quality natural lip balm is necessary. „I certainly recommend lip balms made from beeswax for its healing effects; it also takes care of chapped lips, or treats herpes, „says Lenka. She also uses beeswax in Tuli a Tuli products, where for example, in combination with cinnamon it adds volume to the lips and with mint it refreshes the lips.

If you would like to prepare your own natural lip balm, there is nothing more simple, adds Lenka. „You need to heat up three parts of 100 percent natural virgin oil (avocado, jojoba, sunflower) to 45 degrees and one part of

beeswax and let it melt. Stir the ingredients together, add a few drops of essential oil, stir again, pour into lip balm containers and let it set and harden. That's all. „

### MACADAMIA OIL FOR DAMAGED HAIR

Summer is a time to be special caring for our scalp and hair. We can help ourselves again with natural oils, such as macadamia nut oil. But, how can we use it for hair? „Pour a few drops of oil evenly onto the entire scalp and massage your head with your fingertips. You can also use it on the ends of your hair and leave it on for a while. Then shampoo your hair as usual. The second way is to use the oil after washing your hair. Pour a small amount of oil into your palms and rub your hands over hair ends and let it dry naturally. A small miracle will happen, „explains Lenka Špaldová from the natural cosmetics Tuli a Tuli.

### THE POWER OF ESSENTIAL OILS FOR INSECT BITES AND ALLERGIES

Say good bye to ugly bug bites and stings and forget all the smelly repellents. Natural essential oils also repel insects, but how and what to choose? „The scent of peppermint repels various kinds of insects such as mosquitoes, ticks and spiders. Lemon essential oil also repels mosquitoes. To defeat allergies, you can use a combination of eucalyptus, lavender, peppermint and cajeput. This will provide a

relief from a runny nose and watery and itchy eyes. This mixture is also proven to help with allergic rash or stings. Just stir the mixture of oils in a small amount of coconut or olive oil and apply a drop onto affected areas, „explains Lenka Špaldová.

A diffuser is a useful method to limit allergies and its effects but also to use other natural essential oils. „Making a diffuser is very simple. Put a handful of rice into a bowl, sprinkle with an essential oil of your choice and put it in the entrance hall, on the porch or near the entrance door. You can also add a mixture of oils for allergies into a solution of vinegar and water and spray around your home. „

### DISCOVER THE NATURAL COSMETICS TULI A TULI

Do you want to try the effects of above mentioned products on your own skin? Natural cosmetics Tuli a Tuli offers a wide range of quality natural products. In addition, you can also try natural shampoos, body lotions, deodorants, Matthew Bubble baby care products, products for pregnant and nursing mothers as well as essential oils. All products by Lenka Špaldová can be found at Tuliatuli.com.

*We have prepared this article in cooperation with Tuli a Tuli.*

## Natural cleansing waters

### Prevent fine lines and reduce wrinkles

Whether you have oily, dry or combination skin, natural cleansing waters can be added to your beauty regime. They help hydrate, revitalize and moisturize the skin and thanks to their anti-inflammatory properties these waters can help reduce the redness of irritated skin, get rid of acne, dermatitis and eczema.



### NATURAL ROSE WATER

100% natural organic rose water obtained by steam distillation from Rosa Damascena fragrant flowers, grown in the heart of the Rose Valley in Bulgaria. Rose water brings unquestionable benefits to all skin types. Calms and cools sensitive and irritated skin. The skin rejuvenates, cleanses, degreases and softens. Rose water is packed with antioxidants and vitamins, helping to prevent signs of aging while nourishing the skin.

### NATURAL MELISSA WATER

100% natural organic melissa water is obtained by steam distillation of fresh, organic Melissa flowers and it is very gentle but highly effective floral water which tones and awakens the skin and it is ideal for troublesome skin types. It will awake your skin and calm your mind in a same time.

### NATURAL LAVENDER WATER

100% natural organic lavender water is obtained by steam distillation of fresh, organic Lavender flowers and it is rich in antioxidants, soothes the skin, has anti-inflammatory effects, is great to clean small wounds and hydrates your skin.

## Conditioners and Hair oils

In addition to our shampoos, hair oil, which is 100% virgin cold-pressed macadamia oil, is also very popular. It has a high absorbability and therefore does not leave the hair greasy but instead nourishes it with vitamins A, B and E, unsaturated fatty acids, selenium, zinc and natural protective factor 3 to 4.



### NATURAL HAIR OIL MACADAMIA

100% natural cold pressed macadamia nut oil is the ideal solution for stressed, dyed, very dry and damaged hair that lack shine and vitality. It is suitable for itchy and dry scalp, for massaging and nourishment for hair follicles and hair. Oil penetrates deep into the skin and hair, nourishes, prolongs the durability of colored hair, and works well against fading.

### NATURAL HAIR OIL MACADAMIA 100 ML SPRAY

High-quality macadamia oil is the ideal beauty helper from head to toe. It is suitable for dry, sensitive and irritated skin, and extremely suitable for mature and ageing skin. Packed in spray glass bottle as an especially valuable tool to combat frizz and flyaways.

## Nourishing facial creams

Healthy and soft skin is the main focus in our product development

Daily we expose our organism to conditions that tire our skin. Sun, wind, water, make-up are constantly affecting the body, resulting in dry,

cracked or otherwise stressed skin. At Tuli and Tuli a healthy and soft skin is the main focus in product development. The

natural facial creams you find among our assortment are literally overflowed with nutrients. They contain ingredients such as apricot kernel

oil, rose water that perfectly disinfects and cleanses the skin, aloe vera, organic shea butter, or organic coconut oil. Furthermore, the facial cre-

ams are created without any synthetic preservatives, which we have replaced with organic ones. Thanks to this, you can now choose from a

range of softening natural face creams, enriched with a carefully selected scent of natural essential oils that caress your senses.

### NATURAL FACIAL CREAM LAVENDER

Natural Lavender Essential Oil has a sharp sweet floral-herbal scent. It has beautifying effects on the skin, is suitable for all skin types, has a significant effect on the formation of new skin cells and balances the activity of oil glands. It treats various skin diseases such as eczema, acne, wrinkles, psoriasis and other inflammatory conditions of the skin.



### NATURAL FACIAL CREAM NEROLI

Natural essential oil Neroli has a light, sweet floral scent. It rejuvenates and softens the skin, stimulates the elimination of dead skin cells and encourages the creation of new ones. It is suitable for all skin types, for irritated, red and dry skin. It has beneficial effects on spider and cracked veins, stretch marks, scars.



### NATURAL FACIAL CREAM CHAMOMILE

A natural facial cream that delivers soft and luxurious sensation to your skin. It has smoothing and soothing effects and helps to protect the skin. It is enriched with vitamins A, B1, B2, D and E and is silicones, parabens and sulphates free.

### NATURAL FACIAL CREAM MELISSA

Natural Melissa Essential Oil with a typical scent has healing effects on the skin, soothes, refreshes and cleanses. It cures acne, rashes and eczema. It has antibacterial effects while soothes and tones the skin. In our creams we use pure 100% essential Melissa officinalis Leaf Oil.





## Natural sun tanning oil

Every year, we experience yet the warmest year in human history, the ozone hole is still extremely large, and at a time of last-minute and ultra-cheap vacations, we tend to

### PROBLEM

One of a few really effective solutions for this unpleasant situation is to get a good sunscreen. But what does it mean?

sunlight is to hide from direct sunlight. If we are to go down to the details, for example, we do not even need to be in direct sunlight on a sandy beach for the dangerous UV

effects of UV radiation, but unfortunately our organism cannot do nothing more for us.

### CAN WE PRODUCE THAT?

cant photo protective properties, has not been released yet by any of the worlds renowned research institutes, using both of these natural oils for tanning have a positive effect

and provides protection from skin cancer. Unlike other Sun protection filters, such as titanium dioxide, which is also widely used in photo protective cosmetics, zinc oxide does not produce free radicals that are harmful to our organism. Zinc oxide absorbs radiation by a process called the electron excitation, which releases energy in the form of heat and the skin remains undamaged. However, its job does not end here, because, among other things, this highly valued natural powder has anti-inflammatory significant antibacterial effects.

That's how we got to our new photo protective recipe.

Most definitely, to protect your skin, we would like to recommend avoiding being out in the direct sun as much as possible, because from the pleasant sun tanning there is only a step to heat exhaustion, sunburn, or further sun damaged skin problems.

If you insist on the classic labeling of a protective factor under the title SPF, it's good to know what SPF means. So if the sunscreen has the SPF 30, it means you can stay 30 times longer in the sun so your skin does not get sunburned.

On the other hand, the SPF 15 does not mean half the efficiency of the sunscreen; it only shortens the amount of time sunscreen will protect you from UV rays.

SPF 15 filters to 93% UVB rays

SPF 30 filters to 97% UVB rays

SPF 50 filters to 98% UVB rays

Some individuals are prone to sunburn more than others, as people have different skin photo types depending on the amount of melanin within the skin. Calculations according to our composition show that our sun tanning oil has SPF 25.

Take natural sun tanning oil Tuli a Tuli with you as a necessary accessory whether you go on a hiking trip or to Maldives.

And do not forget to apply the oil regularly and in sufficient amount.



run away from unstable winter to warm countries where we are exposed to another intense sunlight.

Thanks to global warming, residents of warm countries, receive more sunlight every year than they did the previous year.

The world is changing right before our eyes. It is becoming smaller and more accessible, but on the contrary, the sun and the intensity of its radiation are increasing and more sensible. With the current global warming evolution, soon enough, we will not be able to hide anywhere from dangerous UV rays. Or, if we have to be really honest with each other, we have not been able to hide enough never before. It is the radiation that has always been here. The only difference is that as a result of our ruthless behavior, the natural UV filter of our planet radically diminished. We can lament over it, but nothing can change that easily.

UV HAS BEEN AND STILL IS A

If we should get used to an increasing supply of UV radiation, we should arm ourselves so that we do not cause further problems to ourselves. We have known for a long time that the higher the sun protection factor is, the greater the health risks are. Sun tanning lotions and oils with a high SPF contain synthetic UV filters that cannot be consumed by the body in any way, and, in addition, we are at risk of their nanoparticles getting into the bloodstream and negatively affect our bloodstream. Even by their regular application, we are not able to protect ourselves enough from direct sunlight during the entire stay. Every protection is only temporary and, apart from the UV protection itself, we can also name a whole list of side effects associated with the use of sunscreen lotions. So what really helps?

### HOLD ONTO YOUR SUN HATS

You may think that we are completely crazy, but the answer is very prosaic. The best protection against direct

rays to penetrate into the skin and to activate the immune system to alarm and to generate a counter-reaction. The sunrays are partially absorbed by the sand, but the rest reflect back and wander further, until they turn to our innocuous body, resting peacefully beneath the sun umbrella in sweet ignorance.

Even when we even stick our head out, we should not leave umbrellas shade without a good hat. Simply put, hold onto your sun hats. What we are so vehemently convinced about that it is the most gratifying activity during summer holidays, we could now rename from an attractive tan to a body alert and an allergic reaction. Yes, we are allergic to harmful UV rays and our body is trying to take all the necessary measures to reduce their impact when it comes to our skin. Sweat glands become activated; the lymphatic system registers the alarm on the skin surface and ensures adequate supply of melanin, causing the skin to darken. In this way, our system tries to defend itself from the

### IT'S RASPBERRY. AND CARROT, BEESWAX AND ZINC

A discussion of the photo protective properties of raspberry oil in the fight against unwanted UV radiation as well as the positive effects of carrot macerate in tanning has been led for some time now. Although the result, which would confirm signifi-

on your skin. They are extremely hydrating and rich in nutrients and enrich the skin exposed to intense sunlight. After careful consideration of all the benefits and risks associated with applying these two oils onto the skin, we have agreed that we have the right formula for our sun tanning oil.

Another ingredient that our skin will appreciate not only during the summer months is beeswax. In order to be able to enjoy even more intense physical activities and to ensure that the skin is well protected in case we fall asleep or get injured, beeswax will be our helper for such problems. Finally, we get to introduce the most important, photo protective ingredient. No chemistry, no nanoparticles, but zinc oxide. This mineral pigment, which is widely used, is available in micro particles that do not have the potential to penetrate into the skin and thus into the bloodstream. After applying zinc oxide to the skin, it provides a protective layer that intensively fights dangerous UV radiation, prevents burns

## Sun care

Intense exposure to sunlight has negative effect on our skin

We all love the sun, but staying out for long periods can have a negative effect on our skin.

Some individuals are prone to sunburn more than others, as people have different skin photo types depending on the amount of melanin within the skin.

Therefore we have developed natural sun care products that will accompany you on summer holidays, exotic trips, or just while doing yard work.

In this section you will find two very effective and certified products that have earned hearts of many sun lo-

vers. In order to be protected from the sun exclusively by nature, we have kept the formula simple and efficient, so that our natural sun tanning oil and after sun oil will soothe the skin after long periods of sunshine while enriching the skin with important substances needed to regenerate the skin.



### NATURAL AFTER SUN OIL

Natural oil after sunbathing is made up of the finest organic (BIO) extra virgin cold-pressed coconut oil and organic (BIO) cocoa butter. Together they create this delicate and aromatic oil that perfectly hydrates, soothes and promotes natural elasticity. Except for coconut oil and cocoa butter, there are no other additives and preservatives.

### NATURAL SUN TANNING OIL

Natural sunbathing oil for children and adults, which is suitable for any type of skin. Contains virgin raspberry oil, carrot oil, bio beeswax and zinc oxide. These components effectively absorb or reflect ultraviolet (UV-A and UV-B) light and thus help protect your skin from burning. Our sunbathing oil has a SPF factor of 25+, which means that it blocks at least 96% of UV radiation.

## Shampoos

We have created pure natural shampoos for you in order to enjoy a fragrant and rich foamy experience. Shampoos Tuli and Tuli simply suit each head and skin type.

Within this category you will find shampoos for everyday use - natural shampoo Melissa, Lavender, Lemon - lime, Pear, natural shampoo for men with camphor silica and natural shampoo with wild berry extract, which thanks to the delicate recipe is suitable for smallest children.

Besides that our shampoos suit all hair types; we have enriched them with panthenol (provitamin B5) that directly affects hair growth. Phytokeratin (keratin) which is one of the basic building hair components is also part of the composition. Our shampoos not only wash, but also treat and regenerate dry, brittle and damaged hair. Their use improves the hair gloss and restores the hair elasticity.



### NATURAL SHAMPOO LAVENDER

Natural shampoo, free of any sulphates, parabens and silicones. Our shampoo is made from raw materials that nourish and strengthen your hair, improve their elasticity and shine. It is suitable for all hair types and it is especially suitable for treating dry or damaged hair.



### NATURAL SHAMPOO WILD STRAWBERRY

Natural shampoo, free of any sulphates, parabens and silicones. Our shampoo is made from raw materials that nourish and strengthen your hair, improve their elasticity and shine. It is suitable for all hair types and it is especially suitable for treating dry or damaged hair. It is also suitable for small children.



### NATURAL SHAMPOO CAMPHOR

Natural shampoo free of any sulphates, parabens and silicones. Our shampoo is made from raw materials that nourish and strengthen your hair, improve their elasticity and shine while treating dry or damaged hair. It is suitable for all hair types, prevents hair loss and promotes hair growth.



### NATURAL SHAMPOO LEMON-LIME

Natural shampoo free of any sulphates, parabens and silicones. Our shampoo is made from raw materials that nourish and strengthen your hair, improve their elasticity and shine. It is suitable for all hair types and it is especially suitable for treating greasy and damaged hair.



### NATURAL SHAMPOO MELISSA

Natural shampoo, free of any sulphates, parabens and silicones. Our shampoo is made from raw materials that nourish and strengthen your hair, improve their elasticity and shine. It is suitable for all hair types and it is especially suited for the treatment of greasy hair, preventing it from falling out.



### NATURAL SHAMPOO PEAR

Natural shampoo free of any sulphates, parabens and silicones. Our shampoo is made from raw materials that nourish and strengthen your hair, improve their elasticity and shine. It is suitable for all hair types and it is especially suitable for treating dry or damaged hair.





## Healing body oils

Ideal beauty helpers from head to toe

Our health and inner balance are closely related to the total supply of vitamins and minerals to our body. In their absence, they can be supplemented internally, by consuming, but their distribution into the skin is best done by massaging the skin with high-quality oils filled with vitamins and nutrients.

In this section you can find 100% virgin cold pressed oils that literally act as vitamin

and nutritional bombs for your skin.

Problems such as dry, cracked, irritated, or otherwise tormented skin have a clear solution. Natural Argan body oil from our assortment comes from the provenance of Morocco, and is generally one of the most valued oils, that is gaining increasing popularity around the world. In addition, here you will also find our certified natural oil

for pregnant women, which is a 100% natural avocado pulp oil. Its greatest contribution lies in the power to smooth out unevenness on the skin and increase its elasticity. This will definitely be appreciated by ladies during pregnancy, while growing belly and waiting for a new addition can cause stretch marks and other unevenness on the skin.

### NATURAL OIL FOR PREGNANCY

Natural avocado oil, thanks to its excellent qualities, penetrates deep into the skin tissue, thereby nourishing a lower skin layer called dermis. Avocado oil keeps the skin in good condition, promotes its elasticity and hydration. Natural avocado oil is suitable for pregnant, nursing mothers and also for daily skin care.



### NATURAL HAIR OIL MACADAMIA

100% natural cold pressed macadamia nut oil is the ideal solution for stressed, dyed, very dry and damaged hair that lack shine and vitality. It is suitable for itchy and dry scalp, for massaging and nourishment for hair follicles and hair. Oil penetrates deep into the skin and hair, nourishes, prolongs the durability of colored hair, and works well against fading.



### NATURAL SKIN OIL ARGAN

100% virgin, cold-pressed argan oil, often called 'liquid gold'. Thanks to its strong regenerative, healing, antibacterial and anti-inflammatory properties, it has become an important and precious commodity that we bring to you from Moroccan province in the highest possible quality. The list of effects that this oil has on the body is countless.



## Natural repellent = A real peace in nature

While the insects have their unmistakable place in nature, sometimes they can extremely bother us. As is the case, they can often cause serious health problems apart from nervous collapse. Even though it is long after the summer season, nothing is going to end there. We Slovaks are traveling more and more often in exotics, to avoid unpleasant winter. That's how we can safely avoid the winter, however the risk of the bites is bigger in foreign countries. So how do we defend against the ravages of ferocious insects who would like to parasite our hot blood?

### MOSQUITO? WELL!

Truly, even a mosquito is just a human being when he is already sitting down to us. Even occasionally, thanks to his unforgettable visit, we can, in addition to a dozen stingers and a crude vocabu-

lary, also bring West Nile fever from an innocent excursion to Čunovo or near another favorite water area.

Why to scare you of, it's enough if this despicable „friend“ scares you on the shore of the lake or in the middle of the monsoon rainforest. It simply occurs all over the world. However, if it seems to think that it is the only one to be at home near the water, it is mistaken. He simply does not know what can be packed in our backpack before going near the water or to exotics.

### FULL BACKPACK OF REPELLENT

For example, such lemon grass is so in the form of an essential oil that a complete fragrance ingredient from more than 150 grams of dried leaves will be placed in a 10 ml vial. In practice, this

means that if only one of the grass blades could pull away a few mosquitoes, ants, and a lot of other creatures, a bottle of fragrant essence would have sufficed for the whole season. The main repellent component of lemon grass is geraniol and citronelal terpenes, which, according to us, and many experiments and experimental studies, effectively repel mosquitoes. A very simple application is achieved by mixing this refreshing fragrance essence with water into the sprayer and thus protecting yourself while being near the water, even if it is a small amount sprayed on the skin. The essential oils of lemon, mint or eucalyptus are also effective against mosquitoes.

### PHOBIA FROM TICKS

We are afraid of ticks, but such a tick is not afraid of us nor of our protective dogs. No

one asked him for his „examination“ and no one had agreed with an appointment with him. So we did not have the chance to tell him to at least order the clean tools. Due to his unwanted examination of a vampire-shaped blood drop, we can, in worse cases, ask for a month-long sickleave to fight dozens of pathogens capable of ensuing encephalitis or inflammation of the brain.

### SAVE ON CHRISTMAS PUNCH

If you want to avoid this unwanted forest control, it will help you exactly what will help you in toothache. If you have a clove essential oil at your hand, its only drop has enough eugenol monoterpene to repel this creature from the wild. The same is true for toothache when one drop is enough to apply directly to the painful tooth and the pain is quickly gone. As the season

### TSETSE FLY... ..cedar.

Yes exactly. You can advise housewives once again to bet on the inexpressible force of nature that is hidden in ten milliliters of cedar essential oil. This essential oil, made

of Christmas socks is slowly approaching, and we know that maybe this time, instead of the traditional Christmas markets, you will have some fun on the opposite hemisphere, save on the punch, but under no circumstances try save on the cloves. Put in your luggage our essential oil clove, full of eugenol, and besides the ticks you will also find that other annoying and dangerous insects will get around you. The ticks do not sit on you even if you use the essential oil juniper, thyme or grapefruit. The options are countless, just try.

Flies, apart from the cedar essence, are strongly repelled by the terpenes contained in essential oils such as eucalyptus, tea tree, lemon grass, lavender, orange and last but not least pine. As creativity is without the limit, it is up to you how you will protect your household from these insects.

Of all the active oils and their terpenes, terpenes geraniol, citronelal and linalool are generally the most effective in repelling insects. If you are looking for a reliable natural

repellent that contains all of these active ingredients, you can also find them in our natural repellent with fragrances dissolved in jojoba oil, which are all very appealing to us and, in contrary, for insect they are very repelling. Due to its composition, very reminiscent of the natural environment of the skin, it pleasantly affects the skin not only in adults, but also in the smallest children. The natural repellent Tuli and Tuli is the best companion for traveling around the world, but also for excursions to our

lakes or dams. All the ingredients come from carefully selected raw materials of first class quality and, if possible, we obtain them from their countries of origin, ie directly from where they actually come from.

FOR ALL HUMAN BEINGS WITH FEELINGS  
But what we really are proud of, and we consider it one of the most important aspects of natural cosmetics production in general, all our repellents are repelling instead of killing insects and are therefore sui-

table for lovers of all living beings. Their splendid scents can help you with undisturbed meditation, whether in nature or in shrines anywhere in the world.

WHAT TO USE AFTER SHOWERING OR BATHING?  
The next step towards a pleasant and supple skin starts right after the shower, when it comes to the application of body milk or butter. Thanks to their positive effects, our skin not only moisturizes, but also gets healthy nutrients into the body.

### FOR ALL HUMAN BEINGS WITH FEELINGS

In order for this procedure not only to be pleasant but also useful, there are a number of recommendations on which to achieve the desired effect.

### NATURAL INSECT REPELLENT TULI A TULI

Natural insect repellent contains pure organic jojoba oil and 100% natural essential oils that naturally repel insects. The repellent is effective against mosquitoes, flies, spiders, and other stinging insects. It also protects against ticks partially. It is also very effective as a treatment for insect bites and stings.



## What to do with dry skin

Make sure to pay extra attention to proper skin hydration

Our body is protected from external influences by the skin, which is the largest organ of the human body. Moreover, it is the entrance gate of the whole body. It regulates the supply and excretion of large amounts of substances in the body and its proper functioning is ensured if its surface layer contains sufficient water. Otherwise, the skin is dried, which affects a number of factors. The role is played by an inadequate drinking regime, hectic lifestyle, staying in air-conditioned rooms, excessive sunbathing, as well as cosmetics whose inadequate composition and application can dry the top layer of the skin. To overcome this, you should pay extra attention to proper skin hydration, which begins with basic hygiene.

and slightly wet, so it is advisable to moisturize it after a warm shower.

• If the skin gets cold, it will help warm it up with a warm wet towel. Then the pores will be sufficiently opened and ready to receive the moisturizer.

• The water should not be too hot, as the skin is hypersensitive and irritated

• After evening shower, we recommend Natural Body Butter Cocoa-Coconut. After a morning shower, Natural Body Lotion Lavender is perfectly suited.

• On very dry parts such as elbows, heel, and shin skin is Natural Almond Butter an excellent helper.

### How about very dry skin of children?

• Let's start from bathing. If the skin is very dry, we recommend „Matthew Bubble – Natural baby bath oil emulsion“. Excellently soothes the skin during bathing.

• After drying the skin, the whole-body „Matthew Bubble - Natural baby oil after Bath“ is suitable. The skin remains fragrant, supple and perfectly moisturized. For the smallest, it is the diaper rash protection that is obviously extremely important. Even here we have been looking to select raw materials suitable for children since birth.

„Matthew Bubble – Natural diaper rash Baby Oil“ is the right choice of a healthy cream against diaper rash. If you take into account what's going on in the body through the skin and the mucous membrane, you should know that the raw materials in the line Matthew Bubble are edible and therefore perfectly suitable for use for children.

• If skin eczema or seborrheic dermatitis or other food allergies occur, we recommend the use of argan oil.

### What about the skin?

If we took care of the whole body, we get to the most sensitive part of human skin, and that's the face. Besides other parts of the body, the face is almost constantly exposed and thus most tested by ex-

ternal influences. The face is the mirror of the whole body care and we are glamorizing it with aesthetic cosmetics. It is also particularly sensitive to cleaning with water itself. One of the best methods for skin care is therefore oil treatment.

For additional softening of the skin and face, weather protection, antibacterial and antiparasitic protection, or removal of inflammation, we have developed a range of natural facial creams for you. Their composition is tailored to all skin types and you will definitely find your favorite among them. Try our new products, natural skin creams with essential oils of melissa and lavender. Their application is easier because of their unique composition. They contain a mixture of oils such as apricot kernel oil and cannabis oil, which are easy to absorb and can be applied to both dry and moist skin, both in the morning and in the evening before bedtime. Organic shea butter, which forms the basis of these creams, then creates a fine microfilm on the surface of the skin that prevents it from getting dirt inside.

If you use a make-up remover, try our natural make-up remover oil. Its main ingredients are organic coconut oil and rose water, which we sensitively blend with respect to the various skin quality. This oil, in addition to make-up, deeply cleanses the pores that are trapped by air, dust and bacteria, and removes their excess skin sebum and dead cells.

Moisturize and heal your lips

For a perfect skin feeling, it's good to have a natural lip balm. In the summer months, it provides protection against drying and UV radiation. In winter it protects the lips from wind, cold, and unhealthy viral diseases. Thanks to bee wax, lip balm is antiseptic and long lasting.

• The skin should be warm



## 10ml against dozens of allergies

### continue

Although it is not easy to perceive it from the positive side, we should not take our body as to be evil because it is all for the sake of our good.

A person with an improperly developed immunity to harmless amounts of allergens suffers during their entire period of occurrence, in any environment where these allergens are freely present. But all this applies only if the allergic person suffers through the whole time, ignoring a massive fire alarm, and not taking the next steps necessary for a natural remedy.

### RESCUE FROM NATURE

There are a number of solutions on the basis of which mankind can cope today with the weaknesses of the immune system and cannot even go in the nature, where the whole season is. In this case, when removing symptoms and mitigating the impact of allergy, for example, our favorite base oils will help.

### HEALING ESSENCES

Essential oils have been one of the most natural ways to support the immune system. They help treat the symptoms of allergic reactions as they have the ability to fight inflammation. Our mixture of Essential Oils for Allergy helps to detoxify the body while fighting infections,

bacteria, parasites, microorganisms and harmful toxins, but more importantly, it greatly reduces the body's tendency to react with external sources of allergic reactions and alleviates disproportionate responses of the immune system.

Some oils suppress acute respiratory problems, and the subsequent stimulation of diuretic and sweaty expressions accelerate the secretion of toxins.

**Essential peppermint oil** is able to accelerate the replacement of countless different nasal sprays thanks to its positive effects, which we are now willing to apply to nostrils. In the form of pure essential oils, however, we do not even have to introduce anything into the nose because it is enough to drip a few drops into the aromalamp and to breathe freely. This way we can get rid of mucus, not only from allergic reactions. It is not just our subjective opinion, as you can also read about the positive anti-inflammatory and anti-allergic effects in the European Public Health Journal.

**Lavender Essential oil** is a well-known antihistamine that is also effective for chronic allergies. By using a very simple method, you can test its anti-inflammatory effects.

If the allergic reaction causes your eyes to tear and start to rumble, drop a few drops of essential oil into your hands, wring the eyes and cover them for a while. Let the lavender work for at least half a minute, and you will get a positive result. In addition, this Provencal essential oil from your aromalamp helps to relieve headaches or calm down even after a severe allergic reaction resulting from longer interactions of allergens with your mucous membranes.

**Eucalyptus essential oil** is another carefully selected ingredient of our allergy blend. It has the most effective effect on airway release and its antimicrobial and antimycotic properties are also well known. Among several effective terpenes, anti-inflammatory and analgesic acts on the monoterpenoid citronellal, which, in addition to exuding citrus tones, stimulates the mucous membrane and facilitates coughing. This effectively helps to cleanse the body from toxins and a wide range of microorganisms that act as allergens in the body. You will use it also when cleaning your house and when you are hypersensitive to a dusty environment full of unpleasant microorganisms.

**Lemon essential oil** and specifically its most important component, terpene limone-

ne, demonstrably supports the lymphatic system. His help is that by its action of limonene it breaks down the fat barrier in the lymphatic system and thus helps to improve the water penetration in the body. The result of this process is the alleviation of headaches, mucus formation and stiffness of the muscles and joints, which are one of the unpleasant symptoms of allergic reactions. Regular inhalation of this essence has undisputable effects on the entire organism. Studies have also shown that limonene prevents the growth of bacteria, so by using it in the household it helps preventing and avoiding the organic allergen stay in a dusty environment.

The last ingredient of our healing essential oil for allergy is cajeput. It is a type of tea tree, whose home and natural environment for growth are different regions of South East Asia and Australia. The name cajeput is a derivation of the word „kayu putih“, which in Indonesian means „white wood“. Like other essential oils obtained from wood, cajeput essential oil contains turpentine, a rich mixture of mono-terpene alpha and beta-pinene. They are just brave fighters against airborne pathogens, where hundreds of bacteria, fungi and yeasts fall victim. Another of its fragrant ingredi-

ents, monoterpen eucalyptol, also known as cineol, is an excellent physician after raid of stinging insects. Once it is applied to the swelling site, it relieves tension under the skin, relieves redness and swelling.

### COMPLETE HELP IN ONE VIAL

As you can see, in a small 10 ml vial we almost got the entire allergy clinic. And as it is in a good outpatient prescription drug, every good doctor would not forget to warn you that all good can also be a bad thing in a way. In any case, you do not have to forget about the risks associated with overstocking in excessive amounts or the inappropriate internal use of this fantastic essence against allergy. Even the most delicate essential scent can lead to other headaches in a closed environment. If you overdo the application to the swollen or otherwise damaged areas on the skin or near the mucous membrane, you risk only more and even more severe irritation. Therefore, you need to find the right procedure and the way to get the best results. Know that to obtain such a small amount of essential oil, you need a disproportionately large number of plant parts. For the sake of imagination, it is enough to say that about 2 ml of lavender essential oil, which is found in our mixture for allergy, requires about

200 grams of dried flowers of the plant. So you can imagine what a full bag of healing power is hiding in the whole bottle.

### RECOMMENDED USE

In the treatment of seasonal allergy, use our essential oil for allergies in the aromalamp, diffusers or direct inhalation. If you want to disinfect your household from allergens, add 10 drops of this essential oil with a little bit of white vinegar to 50 ml of water and splash the mixture around your home.

When it comes to allergic rashes, swelling or insect bites it should be applied directly to the affected areas. Best to dissolve a couple of drops of essential oil in a spoonful of coconut or olive oil and smear over the affected area as needed.

To treat acute respiratory problems associated with allergies, disperse five drops at home using the aromalamp (diffuser) or apply the essential oil locally in the carrier oil to the chest. To release and clean the nasal passages, pour the boiling water into the cup and add 1-2 drops of essential oil for allergy. Then lay a towel on your head and inhale deeply for 5-10 minutes.



All of our shower gels are enriched with glycerin, which is a natural part of the human body, has regenerative capabilities, moisturizes skin tissue and creates a protective barrier against dry skin

## Natural shower gels for everyday use

The natural shower gels in our offer are products soaked with nature that will remove dirt, richly nourish your skin with vitamins and give it a feeling of freshness. All of our shower gels are enriched with glycerin, which is a natural part of the human body,

has regenerative capabilities, moisturizes skin tissue and creates a protective barrier against dry skin. Versatile ingredients in our shower gels are also 100% natural essential oils, which, in addition to pleasant aromatherapy, provide many positive effects on

the human body.

Here you will find shower gels for everyday use and natural Shower Gel with wild berry Extract, which thanks to the delicate recipe is suitable for the smallest children.



### NATURAL SHOWER GEL NEROLI

Natural shampoo free of any sulphates, parabens and silicones. It is made of organic vegetable oils, fine natural surface-active substances, skin softening ingredients and 100% natural essential oil Neroli.



### NATURAL SHOWER GEL LAVENDER

Natural shampoo free of any sulphates, parabens and silicones. It is made of organic vegetable oils, fine natural surface-active substances, skin softening ingredients and 100% natural essential oil Lavender.



### NATURAL SHOWER GEL CAMPHOR

Natural shampoo free of any sulphates, parabens and silicones. It is made of organic vegetable oils, fine natural surface-active substances, skin softening ingredients and 100% natural essential oil Camphor with a cooling effect and less pronounced scent.



### NATURAL SHOWER GEL WILD STRAWBERRY

Natural shampoo free of any sulphates, parabens and silicones. It is made of organic vegetable oils, fine natural surface-active substances and skin softening ingredients. Thanks to its gentle formulation, it is also safe for bathing infants and small children.



### NATURAL SHOWER GEL LEMON-LIME

Natural shampoo free of any sulphates, parabens and silicones. It is made of organic vegetable oils, fine natural surface-active substances, skin softening ingredients and 100% natural Lemon and Lime essential oils.



### NATURAL SHOWER GEL MELISSA

Natural shampoo free of any sulphates, parabens and silicones. It is made of organic vegetable oils, fine natural surface-active substances, skin softening ingredients and 100% natural essential oil Melissa.



### NATURAL SHOWER GEL PEAR

Natural shampoo free of any sulphates, parabens and silicones. It is made of organic vegetable oils, fine natural surface-active substances, skin softening ingredients and Pear Fragrance oil, which gives this gel a classic unmistakable fruity pear aroma.

## Body peelings

The top layer of the epidermis is subjected to continuous cell renewal process

At Tuli and Tuli a healthy and soft skin is the main focus in product development. In our offer you will find a natural body peeling with argon oil and Dead Sea salt, and natural raspberry body peeling with coconut oil, raspberry seeds, Epsom and Dead Sea salt.



### NATURAL BODY PEELING RASPBERRY

The main ingredient used in our natural peeling is BIO coconut oil with the addition of Epsom salt, Dead Sea salt and raspberry seeds for even more intense skin cleansing.



### NATURAL BODY PEELING ARGAN

The main ingredient used in our natural peeling is healing argan oil, which is used to treat skin conditions such as psoriasis, atopic eczema, inflammatory skin conditions, or acne. It contains vitamins, A, E, F, essential fatty acids, squalene, carotenoids, natural antioxidants and sterols. Its anti-oxidant effect makes argan oil the ideal anti-aging product.





# Foundation for everything is nature

We in Tuli a Tuli value the mother Earth. In any process that occurs in our company, we think primarily of the environment and then of simplicity and profit.

Organic raw materials and ecological production

We are looking for producers of raw materials that have BIO (organic) certificates so we can guarantee that the raw materials have been grown with respect to the environment and without the use of any chemicals. All our products are hand-cooked on the stove and without the use of unnecessary technologies, chemicals, dyes, silicones and surfactants. Our cosmetics are not perfumed but by nature. After you open the product, you get the raw materials or 100% natural essential oils. Our products are organic and therefore do not need to be tested on animals.

#### GLASS PACKAGING

Natural cosmetics in glass has been a clear choice for us.

We consider glass to be the most environmentally friendly material, since it is recyclable. In addition to this, our glass packaging is returnable so that our customers are even more motivated to return us our glass and we have been able to reuse it. We also offer our gift boxes without plastic.

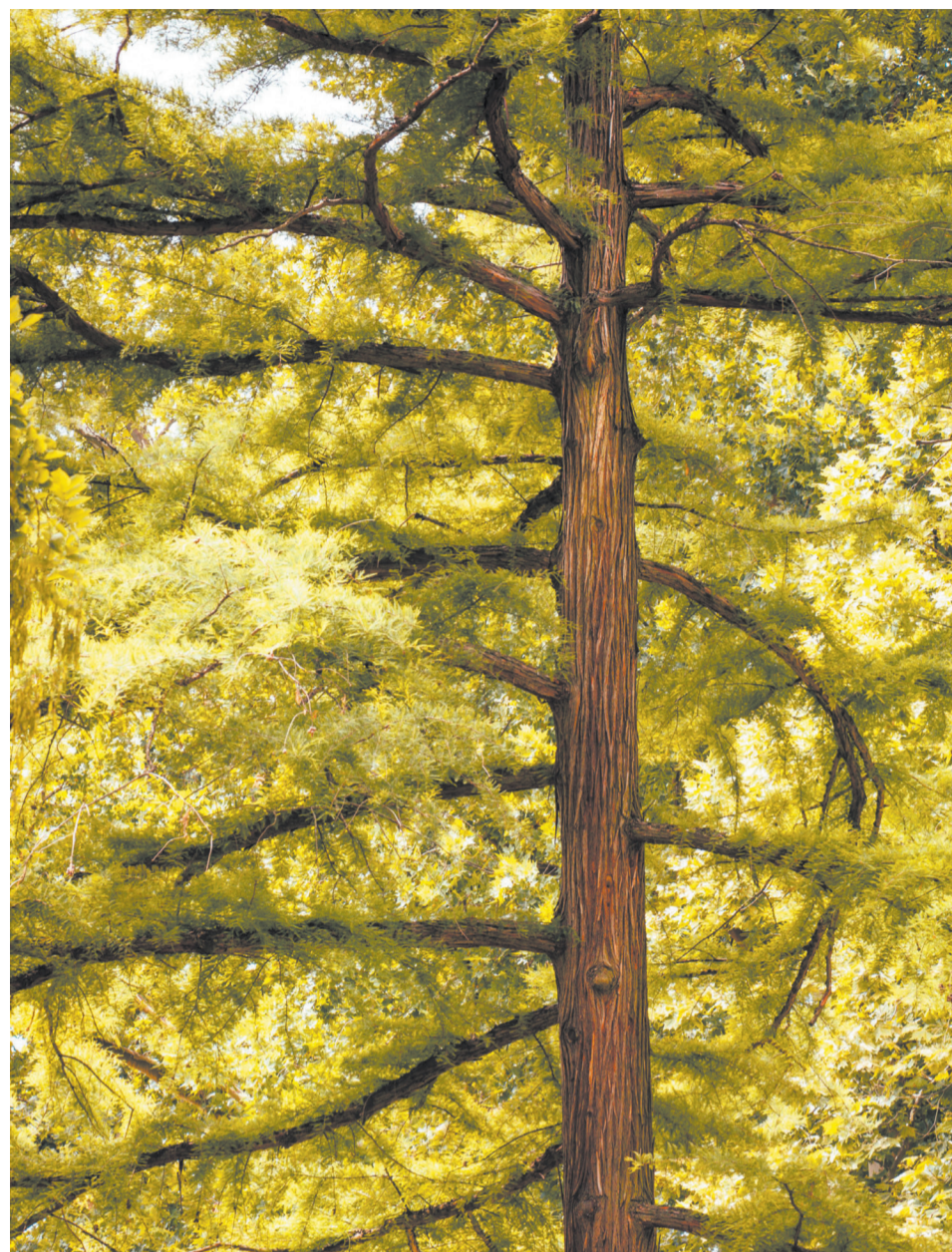
#### WASTE MANAGEMENT AND LOGISTICS

Most of the packaging material that comes to us with the raw materials will be reused so that it will not be dumped into the landfill. Separation of residual waste is of course natural. At our factory work 6-8 people and they produce less waste than the average Slovak household.

Creating and processing waste is an age-old problem of progress. It is largely the result of industrial production and it is not easy to avoid it. Each order from the warehouse to the customer goes through a long journey, during which the goods must be

protected and packed sufficiently. Often, a single order contains a multitude of surplus packaging with disposable recycling, not to mention the spent and burnt energy needed for reliable delivery. Packages to our customers are packed with no unnecessary plastic. We do not use bubble foil, plastic packaging and filler material, and plastic adhesive tapes. We do not load the invoice, we send it by email.

It is also very important that whoever delivers your order and also our partner in transport follows the same principles as we do. Our exclusive carrier in Slovakia is DPD, which, from May 2015, has been the first to deliver the electric vans of Voltia eNV200 Maxi with zero emissions to deliver in Slovak cities. This step is part of their corporate strategy, called DrivingChange™, which has led them to reduce their emissions to zero.



You didn't you find in our portfolio the natural product you are interested in? Never mind!  
We can develop products made-to-order, just ask us.



## Tuli a Tuli

### Natural cosmetics & aromatherapy

#### Headquarters & Office for EUROPE

Pezinska 7, Malacky, 901 01, Slovakia  
europe@tuliatuli.com, www.tuliatuli.com

#### Office GCC (United Arab Emirates, Bahrain, Kuwait, Oman, Qatar, Saudi Arabia)

Euro - Arab Business Women Council  
Level 41 Emirates Towers  
Sheikh Zayed Road, Dubaj  
United Arab Emirates  
gcc@tuliatuli.com, www.tuliatuli.com



Quality handmade products from Slovakia



Cosmetic products are certified as safe under the Regulation of the European Parliament and Council No. 1223/2009 on cosmetic products. Products have been certified by CERTEX Certification Body, which is qualified according to ISO / IEC 17065: 2012 to perform cosmetic product certification.



Children's products have been tested and certified in one of the most prestigious independent laboratories, EVIC France in Bordeaux.