

MAKING YOU HEALTHY AGAIN: GOOD FROM THE INSIDE OUT

Updated 3/19/25

Weekly

Bring your Arbonne product “menu” sheet and calendar open dates to share with guests!

This script guides Arbonne Independent Consultants through a presentation that promotes a holistic health and wellness business opportunity. It showcases Arbonne’s botanically inspired product line—focusing on metabolism, microbiome, and skin health—and introduces the 7-Day Fresh Start program with intermittent fasting. It also equips consultants with strategies to recruit clients, build their business through duplication, and highlight the financial rewards, all while emphasizing clean beauty and Arbonne’s mission.

Pre-Presentation Prep

Arrive 20-30 minutes early to greet guests as they arrive. Chat casually—build rapport from the door. Start on time (6:30 p.m.) or within 5 minutes to respect guests’ schedules, leaving room for one-on-one talks at the end. That’s where connections turn into commitments!

As you settle the room, offer: “Anyone need a refill—wine, water—before we start?” This grabs attention, shows you’re there to serve, and avoids a “salesy” vibe. Guests feel welcomed, not pitched. We’re confident every woman—even those dragged here reluctantly—will lean in when they hear about better sleep, weight loss, radiant skin, and more energy.

Presentation Outline

Welcome

“Thank you all for joining me for this short but life changing presentation! Take a deep breath, sip some tea, and let’s enjoy this time together.”

Healthy Habits for Life

“Let’s kick off with introductions. Please share your name, two things you’d like to change about your health or wealth, and what you do daily—job, parenting, whatever fills your hours.”

Your Story (2 Minutes)

“I’m [Your Name]. I started my Arbonne journey [insert when/how—e.g., ‘five years ago after a friend raved about the skincare’]. A quick bit about me: [e.g., ‘I’m a mom of two, studied biology, worked in retail’]. I was drawn to Arbonne because [e.g., ‘I wanted safer products and a flexible income’].

Now, let’s dive into what makes Arbonne special.”

Why Clean Products Matter: “Who here wants radiant skin?”

“Arbonne’s a 45-year-old network marketing company that’s more than a brand—it’s a movement to empower health and financial freedom. It all began in the 1970s, when skincare pioneer and founder Petter Morck saw a gap in the market. He worked with Swiss chemists to craft the first botanical-based products starting a trend for using plants with the power to transform skin health. Today, honest science backs his position and we have learned that anti-aging and even turning back the clock starts with what you put in and on your body. Arbonne nails both—clean beauty and wellness, from inside and out.”

Why does clean matter? In the U.S. skincare is largely unregulated—only 12 toxic and harmful ingredients are banned. The EU bans 1,200 but Arbonne bans a whopping 2,000 toxic offenders. Why does this matter? Take Yellow Dye #5 (tartrazine), found in everything from yogurt to lipstick. It’s linked to tumors, asthma, ADHD, hormone issues, leaky gut—you name it. Now imagine that combined with other unchecked chemicals. Arbonne’s stance? Radiant results shouldn’t harm your health—or your waistline. Yes. The NIH even ties many cosmetics to obesity-causing ‘obesogens.’”
“Today’s chemicals—like forever chemicals - stored in fat—bog down our metabolism, but show up on your skin, and that’s our ‘check engine light,’ reflecting what we eat and apply each day.

Think about your daily routine—shampoo to moisturizer. How many products touch your skin?” Some conservative estimates are 515 chemicals each day.

Let’s Start with INSIDE Metabolism & Microbiome Health

Doctors like Mindy Pelz, Mark Hyman, and Casey Means warn 90% of us are metabolically unfit, risking chronic disease younger than ever. They say we’ve got two engines: sugar-burning and fat-burning. Most of us never flip to fat-burning because we’re hooked on constant eating.”

Optional Video: Play Dr. Casey Means’ take on this crisis: [vimeo.com/1025263019].

“The good news? We can reverse it with intentional changes. Arbonne supports that—whether you count calories, carbs, or fast.”

The Chronic Root of Insulin Resistance

“Since the 1990s, the FDA’s food pyramid—pushed by food industry reps, not doctors—told us to eat 6-11 servings of grains daily. Science

now says that flipped us into high-fat, low-muscle bodies. We need is more protein, good fats, and veggies—less bread, pasta, cereal and rice. It seems there are no ‘essential carbs,’ only essential fats and amino acids! Critical. The low-fat craze over the past two decades scared us off fats, yet they’re a powerhouse fuel especially for the brain. Result? Obesity’s doubled since 1995, and chronic illness follows.”

The Solution: 7-Day Fresh Start

“Here’s a reasonable and easy fix: eat more greens, fats, and protein; cut out processed sugars and grains. Extend the time between meals to fire up your fat-burning engine. The key to this new eating pattern is Arbonne’s 7-Day Fresh Start. It’s simple: in over a week you can learn to fast 16-hours, eat in an 8-hour window. I don’t eat after dinner and fast for at least 12+ hours through the night. Dr. Pelz cites studies—like one from The New England Journal of Medicine—showing intermittent fasting fights obesity, diabetes, and more by tackling insulin resistance” the root of all chronic disease.

Five Principles to Make You Healthy Again:

- No eating 12 hours post-dinner; break your fasts with fat/protein.
- Skip sugars (honey, agave) and grains (wheat, rice).
- Choose whole foods (e.g., broccoli).
- Ditch processed oils (canola); embrace avocado, olive oil, butter.
- Toss toxic personal care products (artificial colors, fragrances).

Three Products in the 7 Day Fresh Start:

Matcha Tea: Antioxidant-packed to curb inflammation and hunger.

Golden Milk Protein: 24g vegan protein with turmeric to boost metabolism.

Omni-Gut: Probiotics to rebuild gut health damaged by glyphosate and antibiotics.

Day 8 & Beyond

“After 7 days, you hit autophagy—cellular cleanup that kicks in after 17+ hours fasting. It recycles weak cells, reboots your brain, heart, and immune system, stabilizes DNA, and restores metabolism with growth hormone and stem cells. On Day 8, start your Healthy Habits for Life: Feel Fit Pea Protein (10g, <1g sugar) and GreenSynergy (greens, probiotics, hyaluronic acid for gut, joints, and skin).”

Tossed the Toxins Now What: Clean & Radiant from the Inside OUT!

Remember Arbonne pioneered clean beauty—ranked #1 globally. I recommend the latest in skincare, whether the 3 piece or 5 piece system DermResults Advanced: Cleansing Balm (or Gel), VitaminC/Hyaluronic Acid, Peptide rich Serum, and luxurious Day/Night Moisturizer. Or add DermResults Glow Serum. Managing metabolism, microbiome works to turn back the clock and DermResults adds anti-aging with —hydration, firmness, wrinkle reduction—without toxins.”

Arbonne’s foundations and tints also contain antioxidants, vitamins B 3, and C, smoothing peptides to work in concert with DermResults further reducing the appearance of fine lines to make your skin appear and feel smooth and silky.

The skincare and finishing products are compatible together and support what we like to call the ‘skin-i-fication’ combining makeup and skincare to deliver maximum benefits, more than just concealment and coverup. Arbonne foundations and tints blends your skin and give you a beautiful dewy look.

Closing: Join the Movement

Now let's talk about joining the movement to Make Families (and especially children) Healthy Again!

Think about who you know, who else do you know who might like to have younger, healthy, dewy skin, lose unwanted weight, sleep better or have more energy? [And then I'm already painting a picture for them to host their own event.](#)

[Give them each the Essential Elements for Radiant, Dewy and Smooth Skin Menu to fill out and a pen: Shopping Time!!!](#)

I'm going to hand everybody a detailed order sheet with the products we talked about and a pen. As you see the 7 Day Fresh Start, then the protein and GreenSynergy and the pure, safe and beneficial skincare starter set.

These Steps are designed to stop inflammatory toxins going in and on your body to MAKE YOU HEALTHY AGAIN. On the back of the sheet, you will see where to put your personal info for ordering or more information and the summary of what we discussed.

The best way to join the movement—is to have a get-together or workshops like this or invite others to our presentation next week. Arbonne is about changing one life at a time both their health and financial positions.

So, if anybody books a presentation or get-together this evening, I'll give you a [\(7 Day Fresh Start or something else\)](#) at your presentation.

If I get three booking on my calendar tonight from this presentation and we do those, I will also give your host (insert name) my favorite anti-aging skin care trio set as an added thank you!

So, before I hand out the catalogs (order sheet), let me just tell you about the options for purchasing and using Arbonne.

**Who else do you know craving healthier skin, energy, or income?
Host your own event!**

- **Buy Products: 90-day money-back guarantee—use it, love it, or call me.**
- **Preferred Client: \$29/year for 20-35% off, free monthly gifts, and shipping perks. Optional auto-renewal keeps it easy.**
- **Consultant: Host a tea-and-talk like this—I'll help. Book tonight, get a gift! If your host books three dates, they earn the anti-aging trio.”**

Building Relationships and Overcoming the ‘Sales’ Vibe

When I began my Arbonne business, I started by contacting acquaintances before reaching out to my friends because I wasn't educated on what network marketing is and was afraid of coming off like a salesperson. I started to think, “I'm 25 years old. If I keep doing what I'm doing, I'm going to keep getting what I'm getting.”

I didn't like the idea of that in the next 5, 10 years or 15 years down the road. I started this business with butterflies in my stomach, but decided to see if this business actually did work, if I worked? I committed to following other successful people.

I love that I didn't have to be creative or reinvent the wheel. I did nothing original. I just copied what other successful people did because I thought, “If she can do it, I can do it.” And so, I set out to treat it like a business instead of a hobby. I began weaving my business into the nooks and crannies of **an already full-time job and raising children (personalize this).**

I wove 10-12 hours weekly into my busy life, copying what worked. Ten months in, I hit Regional Vice President, earned an \$800/month Mercedes bonus, and averaged \$5,000-\$12,000 monthly. Belief kicked in. Whether \$500 or \$50,000 monthly motivates you, check Earnings.Arbonne.com.”

ARBONNE WORKS

So, how does someone even get started? This is how it looks: for example, if **(insert the name of the guest there who has been most interactive and fun that evening)** here started, we would get some presentations, like this, on her calendar. I would come with her and partner with her, working alongside her to show her the ropes. We'd get more presentations from that presentation because, like tonight, there'll be two or three of you that book from this. Eventually we find people who want to partner with Jen, who then I help teach and train as well.

So, it's a learn-as-you-go system, and she's not going to be able to shake me off, because this is a learn-as-you-go partnership. That is what it looks like to get started!

The fourth way—is having a get-together like this. If you want to host your own workshop- and you all know what that looks like now. Just invite a few people to sit around the table and I'll bring everything we need!

(MESSAGE TO CURRENT HOST) Thank you again _____. Invite a big crowd or even if there are two to three people, I'm here for it! Smile!

When your group book three get-togethers from tonight's group, our host (insert her name) will get the DermResults set **(or whatever big thing you want to offer)**. I have my open dates calendar with me and as soon as we have those dates nailed down and we have those three get-togethers, she will get her skin care set as an added thank you!!

Host will get the set when the three presentations are booked and executed- otherwise, you could have cancellations. This will also

incentivize the host to partner with you in getting more bookings- and getting them hosted sooner because she wants her set! 😊

When someone is booking and we're picking dates, I'm like, "Hey, can we scooch it a little closer so I can get Susie her skincare set faster?" Ideally, you're booking all within one to two weeks. Also, if you ghost me and I'm not hearing back from you, then I call Susie, and I'm like, "Susie, your friend is ghosting me." She's like, "Well, let me call her or can I just do another one? Or my neighbor said she'd do one." It's really genius—really genius.

How to nail down a presentation date

Be sure to have your open dates determined before your presentation. When you ask someone about dates- you have to help lead that conversation or they say they'll have to check their calendar. So, I usually like to ask people, "are weeknights or weekends generally better for you?" If they say weeknights, "are Tuesdays or Thursdays generally better for you?" Tuesdays are usually pretty good they say. "Great! Can I pencil in next Tuesday and hold it for you? If you need to tweak it- no problem at all, but we can just put this one on the calendar to hold your spot."

Shopping Time!!!

At this point, I say, I'm going to hand everybody a catalog or order sheet? and does everyone have their Essential Elements Menu and a pen? Let me know if you have any questions and I'll help you when you're ready to order.

If anyone has to leave pretty soon, let me know or give me a little wave and I'll come meet with you first." So, I hand out catalogs and order forms and most everybody places an order at presentations. And then, when the first person's ready, I'll be like, "Hey, why don't

you come over here?” You know? And I kind of pull you aside so I can ask you all the questions.”

Sources (For Your Reference, Not Presentation)

Toxicology Reports (2024): Tartrazine’s impact on gut and hormones.

Environmental Health Perspectives (2023): Obesogens in cosmetics.

Lancet (2025): Metabolic unfitnes in 88% of U.S. adults.

Cell Metabolism (2024): Reversing metabolic damage.

Nature Reviews Endocrinology (2023): Food pyramid’s obesity link.

Journal of Nutrition (2024): Fats’ role in energy/hormones.

New England Journal of Medicine (2019): Fasting vs. chronic disease.

Nature Metabolism (2025): 16:8 fasting reduces inflammation.

Antioxidants (2024): Matcha’s anti-inflammatory power.

Nutrients (2023): Turmeric boosts metabolism.

Microbiome (2025): Probiotics counter glyphosate.

Autophagy (2024): Cellular benefits of fasting.

Journal of Clinical Nutrition (2023): Greens/probiotics for wellness.

Dermatology Advances (2024): Botanical skincare efficacy.

This version adds heft with 2023-2025 research, grounding claims in science without bogging down the delivery. Let me know if you’d like more!