

## RioLife's 2 week "Açaí Vitality Challenge"



[www.RioLife.com.au/VitalityChallenge](http://www.RioLife.com.au/VitalityChallenge)

Want to look good & feel great?

Then take the challenge!

Include RioLife's NEW 100% Certified organic freeze dried Açaí (pronounced Ah-Sigh-Ee) powder in your health & beauty routine every day for 2 weeks and discover the secrets of nature's perfect health and beauty formula for yourself!

To complete the challenge just use our recipes below with your daily breakfast and/or lunch, coupled with a balanced diet and exercise. You may also like to try out our Açaí face masks to revitalize your skin!

**To say thank you for completing RioLife's 2 week Açaí Vitality Challenge we will send you 1 x 150g Certified Organic Freeze Dried Açaí (RRP: \$44.95) absolutely FREE!**

Fill out this questionnaire and fax to (02) 9810 5418 or simply head to [www.riolife.com.au/VitalityChallenge](http://www.riolife.com.au/VitalityChallenge) and fill it out quickly & easily online.

<b>COMPLETE THIS QUESTIONNAIRE BEFORE YOU START THE CHALLENGE AT <a href="http://WWW.RIOLIFE.COM.AU/VITALITYCHALLENGE">WWW.RIOLIFE.COM.AU/VITALITYCHALLENGE</a> OR FAX TO (02) 9810 5418</b>						
		Enter Figure				
1.	What is your current weight?	Very High	High	Average	Below Average	Low
2.	Rate your current energy level					
3.	Rate your current skin vibrancy					
4.	Rate your current feeling of youthfulness & vitality					
5.	Rate your current energy levels when exercising					
6.	Rate your current regularity of bowel movements					
7.	Rate your current cholesterol level					
<b>Name:</b>						
<b>Phone number:</b>						
<b>Email address:</b>						
<b>Date of birth:</b>						
<b>Occupation:</b>						
<b>Business:</b>						
<b>Subscribe to Riolife's Newsletter to receive exclusive specials and prizes?</b>						



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		Enter Figure				
		Very High	High	Average	Below Average	Low
1.	What is your current weight?					
2.	Rate your energy level with RioLife acai					
3.	Rate your current skin vibrancy with acai					
4.	Rate your new feeling of youthfulness & vitality					
5.	Rate your energy levels when exercising w/ RioLife					
6.	Rate your regularity of bowel movements					
7.	Rate your cholesterol level with RioLife acai					
8.	Did you experience any other positive effects with acai? (Explain)					
9.	Did you experience any negative effects with acai? (Explain)					
10.	Do you have any other suggestions for RioLife?					
	<b>Name:</b>					
	<b>Phone number:</b>					
	<b>Email address:</b>					
	<b>Date of birth:</b>					
	<b>Occupation:</b>					
	<b>Business:</b>					
	<b>Subscribe to Riolife's Newsletter to receive exclusive specials and prizes?</b>					

## A breakfast/lunch recipe for every day of the week

All recipes should be mixed in a blender and served cold. Just add protein powder and/or oats to bulk these recipes up into a complete meal replacement.



### Day 1 - RioLife Açaí crush smoothie:

- 1 Cup apple mango juice
- 1 Table spoon RioLife organic freeze dried Açaí
- 1/2 Cup mixed berries

### Day 2 - RioLife Açaí Plush smoothie:

- 1 Cup soy milk
- 1 Table spoon RioLife organic freeze dried Açaí
- 1 Banana

### Day 3 - Rioliife Açaí Lush Cocktail:

- 1 Cup apple juice
- 1 Table spoon RioLife organic freeze dried Açaí
- 1/2 Banana
- 1 Cup mixed fruit (Mango, Pineapple, Watermelon, Papaya)

### Day 4 - RioLife Açaí Rush Cocktail:

- 1 Cup apple juice
- 1 Table spoon RioLife organic freeze dried Açaí
- 1 Cup mixed fruit (Mango, Pineapple, Watermelon, Papaya)
- 1 Serve guarana

### Day 5 - Rioliife Açaí workout smoothie:

- 1 Cup apple juice
- 2 Table spoons RioLife organic freeze dried Açaí
- 1 Banana
- 1/2 Cup mixed berries
- 1 Serve protein powder

### Day 6 - RioLife Açaí cereal topping:

- 1 serve natural yoghurt
- 1 Scoop RioLife organic freeze dried Açaí
- 1 Cup mixed fruit and berries
- Mix & serve on any cereal or eat by itself

### Day 7 - RioLife meal replacement smoothie

- 1 Cup soy milk
- 2 Table spoons RioLife organic freeze dried Açaí
- 1 Banana
- 1 Serve oats

## RioLife's beauty recipes

### Açaí Banana Botox

Excellent for dry or ageing skin, banana is a powerhouse of goodness - moisturising and smoothing. For use as an anti aging organic skin care, this mask should be applied 3 to 4 times per week up to twenty times as one course.

- 1 Scoop RioLife Açaí
- 1 mashed Banana
- 1 Egg yolk (optional)
- 1 teaspoon Honey
- 1 Tablespoon Oats ground up (or you can just rub to small bits)

Mix well - to a thick creamy texture. If it is too runny add more oats. Apply liberally to a clean face, avoid delicate eye area and allow mask to sit for 25 to 30 minutes.

### Açaí Berry Mask

This incredibly fresh mask is sheer organic temptation for your skin. The raspberries' natural acids refresh and invigorate your skin to give you a beautiful, healthy glow.

- 1 Scoop RioLife Açaí
- 1/4 cup Raspberries
- 2 Tablespoon Honey
- 2 Tablespoon Cream
- Ground oats for thickening

Blend well, pour into a bowl and add oat flour until it forms a very thick cream. Apply to a clean face (away from eyes) immediately after mixing, allow the mask to set for 30 minutes, and rinse with warm water.

### Herbal Honey Goo

A nutritious, moisturizing, antibacterial - healing, exfoliating and balancing mask that is rich in antioxidants. Can be used by oily, combination or dry skins types.

- 1/2 scoop RioLife Açaí
- 2 teaspoon finely chopped parsley leaves
- 2 tablespoon Honey
- 1 drop Lavender Essential Oil (optional)
- 1 capsule Vit E Oil (optional)
- 1/4 cup natural yoghurt

Mix well, apply generously, avoid eye area and leave for 10 - 20 minutes. Rinse with warm water.

### Relax-AAH-sigh-EEE

3 of natures best kept secrets; Açaí, Avocado and Honey - Easy, inExpensive and Effective.

- 1 Scoop RioLife Açaí
- 1/4 Mashed Avocado
- 1 Tablespoon Honey

Mix well, apply liberally to a clean face and avoid delicate eye area. Let this sit for 10 - 20 minutes. Rinse off with warm water.