

# FARMANAC®

*seen & herd around the farm*

## INSIDE

*this issue*

### JUST HARVESTED

Brightness you can see and feel!  
Bring on the vitamin C.

### FIND YOUR FLOCK

good fun tips, tricks and success  
stories from one farmie to another.

### ASK ANYTHING

Free expert skin consultations &  
loads of tips for your best skin yet!

### TRACK YOUR BATCH

See the animals you've helped save  
with our Track Your Batch code.

*new*

ILLUMINATION  
JUICE  
Facial Tonic

24-HOUR  
BRIGHTENING  
PEPTIDE

+ 11 SUPERFRUIT  
EXTRACTS

+ ORGANIC ALOE

## BRIGHTER DAYS

*ahead*

Illuminating  
Facial Toner

JUST HARVESTED



## MIGHTY BRIGHTY™

vitamin C + chamomile  
brightening mask

Welcome a new day with this vitamin C-rich chamomile blend that includes retinol, brightening clays, fermented lemon peel extract and antioxidant-full cucumber & watercress extracts grown on our farm. You'll feel tight and smooth, and skin will look clarified and refreshed.

## fresh harvest

*fhf-grown watercress*

### GET YOUR GREENS!

Might be pint-sized, but do not be fooled, this leafy beauty is very mighty with a plethora of good-for-skin nutrients! Watercress stems from the same plant family as kale, radishes and broccoli. It's high in vitamins A & K that work wonders to nourish complexions! It takes about 7 to 10 days to grow into its best self before we harvest in our hydroponic growhouse at our ranch.



"LOVE LOVE LOVE: This mask is wonderful!!! You will see immediate results! Your skin has an instant glow and the smell is really fresh and citrusy. It will get very tight on your face as it dries, but once you rinse with warm water it will leave your skin feeling very soft and silky!"

- NB Houston, TX



JUST HARVESTED

*introducing*

# THE GREAT AWAKE



*age eraser*

## TIMESCAPE™ micromazing™ face polish

It looks like a lotion, but it's actually thousands of tiny micromazing™ natural plant-based fiber particles that transform the feel and look of your skin. Give us 2 minutes of your morning! Here's what fellow farmies had to say: "My skin feels shiny and brand new." "I get compliments all the time."

## MIGHTY BRIGHTY™ sleep gelée

This hard working vitamin C sleep gelée brings beautiful silky skin mornings! Made with encapsulated retinol and luminating botanicals, including Licorice Root extract, Lavender Hydrosol, Evening Primrose oil, and calming FHF-grown cucumber extract.

*brighter mornings  
ahead*



"This moisturizer feels so luxurious. My face feels so soft and smooth and is getting brighter every day."  
- Constance M, CO



*brightening  
peptidal waves*

## ILLUMINATION JUICE® facial tonic

Super vibrancy & refreshment! This gorgeous 2-layer, organic aloe toner nourishes with a cocktail of 11 superfruit extracts, 9 botanical oils and a powerful 24-hour time-release peptide that brings nonstop waves of illumination.



JUST HARVESTED

*quench & glow*

## LUSTRE ROSE™

serum-in-oil

Does it seem like you never see or feel enough moisture? Do you want that coveted dewy "underglow"? Lustre Rose™ is here to bring rich, velvety hydration that does 3 things: helps brighten, moisturize & reduce the look of wrinkles. Four targeted hyaluronic acids work in concert to hydrate skin, plus it has rare Seaberry Fruit oil, encapsulated vitamin C and organic Rose Hydrosol. Use alone, or under your day or night cream.

*arrives  
in august!*

## fresh harvest

*organic rose hydrosol*

### STEEMINGLY HYDRATING!

When rose petals are steamed, and the vapors are collected, you end up with rose hydrosol - a beautifully fragrant moisturizing water that retains all the water-loving compounds of the plant. Pair this with 4 targeted hyaluronic acids and you've got a moisturizing mega quencher that transforms every nook and cranny!



JUST HARVESTED

# JUST 10 DAYS

TO TRANSFORM EYES, NECK AND FOREHEAD



Fine lines around eyes looked plumped and smooth.



Smoother looking skin, and the appearance of wrinkles is lessened with crepiness improved.



Forehead lines look less angry, smoothed and brightened.

PHOTOGRAPHS AFTER 10 DAYS OF USE. WOMEN AGE 45+



SEEDS OF LOVE

# YOU MAKE US SMILE so bright

FROM ONE FARMIE TO ANOTHER

So much good skin, good fun, and good tips!

SHARE YOUR FARMIE LOVE: #FHFSKINCARE



## *hard to stop the cascade*

Elton, we couldn't be more proud to be your 'can't stop buying this stuff' go-to! Thank you @salongrenaissanceaz for introducing him to a lifetime of cascades of hydration!



## *pretty gal, pretty cool top*

@stylebycourtney - Thank you for rocking our Tee. It donated to fan installations in the stalls for summer! Big neighs from all our horses!



## *monday mud masks*

@lemonslavender - that's the best Monday plan we've heard of. Here's to saying goodbye to your self-proclaimed mile wide pores, and giving them a dose of Splendid Dirt® pore-perfecting tightening goodness.



## *peat obsessions*

@sydneychamberlainesthetics, we are feeding your obsession with a new dose of green matcha! Your fave here has been renamed Matcha Purity™ and it is even more calming, more cooling, more matcha-mazing!







### *a cabinet of dreams*

Kari, AZ - We know where to go when our own stash runs out! We are so glad you've found some favorites and hope you still have room for some new ones in the very near future.



### *free gift with purchase?*

@voguedowntownwaxahachie  
- you win the cutest display award furr sure!

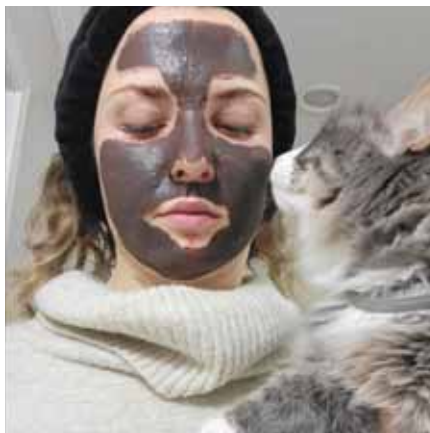


### *the prettiest bath*

We're relaxed just peeking at this beautiful bath setup by @sugarandbronzebr. You brought the spa right to our IG feed and we haven't been able to do any meaningful work since :)

### *a little nibble of sundae best®*

@lasersmoothco - it looks like your kittie agrees - that cocoa, coconut milk, honey & CoQ10 mask is a whisk of yummy new you! We hope your radiance was as rewarding as its taste.



### *bringing the light*

@brittneymoses- you are the brightest star this month - pairing our favorite Guac Star® nourishment with a shirt that speaks to the heart of us all. Feelin' groovy because of you!



SEEDS OF LOVE

# THE A-LIST

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## *you'll love these*

(WE'RE TOLD THEY ROCK)

### COVETEUR

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The Smoothie  
Ingredient The French  
Say You Need In Your  
Skin-Care Routine

"The only thing this banana-infused  
mask can't do is be baked."



*Turmeric & Banana*

98%  
natural

Tightener (with tingles)  
Radiance booster  
Wrinkle defender  
Just can't bake





"Give your face a lift while taking in the delicious banana scent with this mask!"

Celebrate National Banana Day With These Must-Have Banana Products



Lisa Kudrow

"To give Lisa's skin that healthy glow that can only come from sheer hydration, I prepped her face with FarmHouse Fresh's Moon Dip Facial Mousse. The perfect kiss of moisturizer that never feels heavy or interferes with makeup."

- Brett Freedman,  
Celebrity Makeup Artist



Chicago Tribune

Coffee Scrubs We Recommend:  
Best Of The Best

"This whipped scrub feels and smells heavenly."



SEEDS OF LOVE

# SAY HELLO!

TO EVEN BETTER RESULTS!



## PEAT PERFECTION JUST GOT MATCHA MORE CALMING!

Now Matcha Purity™ calm & clear purification mask. It's the same great product that Dr. Oz The Good Life magazine said would "calm bah humbug skin" - now even more calm and dreamy!

- Calms the sting of sunburns
- Balances oils and makes pores look refined
- Helps clear blemishes

### MATCHA IMPROVED FORMULA

Reformulated with a dose of pulverized green matcha tea leaves that impart all the plant's soothing properties directly to skin - especially loved by rosacea and acne sufferers.

NEW LOOK!



## GOURMET MILK SOAPS

Our gourmet milk soaps come in an assortment of delicious varieties - but they'll be going vegan and getting bigger soon! Snap up these yummys while you can at \$10 each (with 20% off)!

MADE  
EXCLUSIVELY  
FOR



THE OPRAH  
MAGAZINE



## GOURMET MILK SOAP GIFT BOXES

Nearly a year's supply of soaps - perfect for gifting! Just \$75 (normally \$112).



# SAY GOODBYE

GOING, GOING... TO MAKE  
WAY FOR LOTS OF NEW!

100% natural powder  
blends that instantly  
polish & treat skin.

TO USE: add water &  
buff.

# 20% off



## BUFFING MASK MIX

Our 1-pound  
mineral bath bags  
include organic  
herbs and a blend  
of water-softening  
therapy salts. Stock  
up because they're  
not coming back.  
\$18 each.



## MINERAL BATH SOAKS



*Ryelan's 10th*

# B-DAY DONATION PARTY

BENEFITTING FARMHOUSE FRESH® SANCTUARY ANIMALS



## *the most generous of gifts*

What a beautiful farm party Ryelan and her mom catered for her 10th birthday. All the way down to the farm cake! This incredible young lady asked for donations in lieu of gifts—all to benefit the FarmHouse Fresh Sanctuary animals! We are so grateful! Little did Ryelan know that her guests' donations would help 2 baby lambs that had just arrived, and also begin the medical treatment for our newest horse rescue, Lucy. Ryelan, your great big heart was felt all the way to the barns here where you're helping the furries recover and live their best life! Happy Birthday from all of us at The Farm! XOXO



Randi & Ryelan Lamb

Baaa  
Love, Ryelan and her pets.

# SKIN CONCERNS?

OUR LICENSED SKIN EXPERT IS HERE TO HELP



**FREE CONSULTS:  
MONDAY - FRIDAY  
8 am - 5 pm CST**

**by email, chat, or virtual zoom**

Pop onto our website, and chat or email with our Licensed Medical Aesthetician. You can even book a 30 Min video chat at a time that's best for you! Ask all your skincare questions & receive a custom crafted daily skincare routine perfect for your skin type!

Trisha Grimes discovered her passion for skincare 15 years ago when she became a medical aesthetician and national makeup artist. She is passionate about teaching others how to utilize natural products daily to achieve healthy and glowing skin.



"It actually exceeded my expectations! I assumed it was all about selling products but it was more than that. At 55, I learned things I wish I had known when I was younger!"



"I thought this was a wonderful service. Skincare can be so overwhelming – where to begin, what products to pick and how to use them. I was thrilled to have an expert guide me."

## LET'S FIX THAT!

From weird bumps on our cheeks, to dry spots or lines that just don't seem to go away. We all get them. These are the kinds of everyday challenges Trisha loves to tackle, bringing thousands of hours of experience from the spa treatment room! Simple changes can bring big results - and sometimes just using your current products differently is all it takes.



FARMACIST®

*ask our*

FARMACIST®

TO PEEL OR NOT TO PEEL

DEAR  
FARMACIST,

*what good is a peel if  
I already exfoliate?*



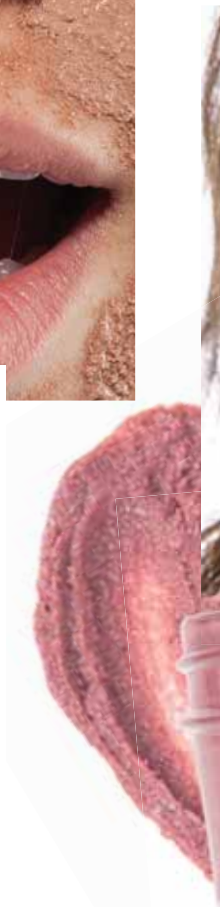
Holly Wydra  
LICENSED  
ESTHETICIAN

"You've probably been told by now that exfoliation is important to maintain healthy, beautiful skin. It is the best way to remove dead skin and stimulate new cell growth. Chemical exfoliators, like peels, penetrate deeper than physical exfoliation and can be less irritating. This makes them more popular when treating pigmentation and acne.



## #FARMIEGLOW

Exfoliation is one of the easiest ways to boost & maintain your Farmie Glow when done regularly. Not only does it give you that glow that just won't stop, it also clears away that top layer allowing your serums and moisturizers to soak in deeper and work more effectively. If you're short on time, scoop some exfoliator out and bring it into the shower! Make your first step a quick exfoliating facial cleanser!





## *physical exfoliation*

Involves scrubbing or rubbing a product with small abrasive particles to remove the top layer of your skin. Loofahs and pumice stones would also be considered physical exfoliation. FarmHouse Fresh® products contain finely ground bamboo, pumice stone, sugar or sea salt to gently exfoliate the skin. It is very easy to over exfoliate when using the physical form, because we get hooked on the instant gratification and clean feel, but you don't need to exfoliate more than 2-3 times a week.

### PRODUCTS:

One Fine Day® Facial Polish

skin type: dry | Overall Feeling: Hydrating

Finely Awake® Plantfoliant® Facial Polish

skin type: normal to oily | Overall Feeling: Refreshing

Timescape™ Micromazing Facial Polish

skin type: aging | Overall Feeling: Fine & gentle

Sanded Ground Clarifying Face Mask

skin type: all, especially acneic | Overall Feeling: Gritty



## *chemical exfoliation*

Usually involves a type of acid like an AHA, BHA or PHA that dissolves and loosens cells. At FarmHouse Fresh® we naturally source acids (like malic, glycolic and citric) & enzymes from fruits like papayas, blackberries and pumpkins. This type of exfoliator should only be used once a week, and for some only 1-2 times a month. It's important to find the perfect balance for your skin. Take it slow and increase frequency as your skin acclimates, but if your skin starts feeling dry and stripped, dial it down.

### PRODUCTS:

Illumination Fruit® Acid Peel Mask

skin type: dull | Overall Feeling: Tingling

Pudding Apeel® Glycolic Acid Mask

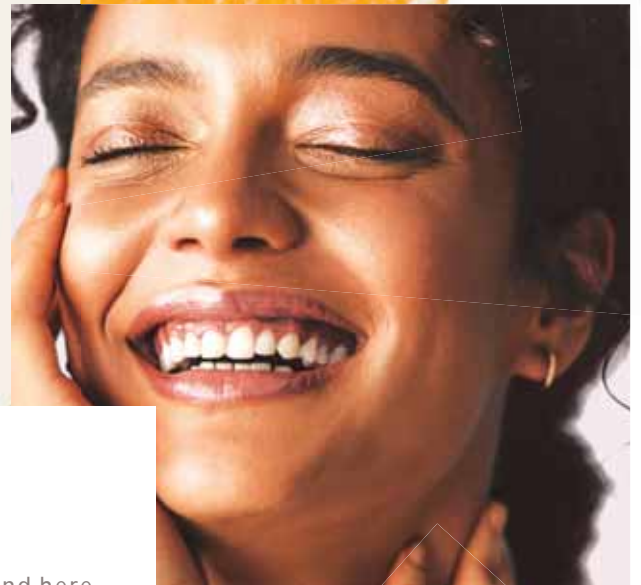
skin type: dull & aging | Overall Feeling: Gentle



*boost*

# YOUR RADIANCE

WITH GLOWY GOODNESS



## GLOW BABY GLOW

We all want our skin to have the glow of our youth, and here on the farm we've created products that quickly deliver! Consider adding even 1 new category below - you'll see a difference in your skin's shine, bounce and glow.

- Exfoliate at least once a week - keep that outer layer shedding at the rate we're used to as children.
- Treat your face to a mask 2-3 times a week. Targeted actives get soaked up and skin responds.
- Brighten uneven skin with peptides - in a serum or tonic.
- Moisturize & illuminate - nothing is better than dewy hydration. A bonus? Mineral-escence!

6





1



2



## 1. cleanse

### New Groove® Hemp Wash

Begin with a good cleanse using our New Groove foaming gel cleanser to remove all dirt and impurities.

## 2. exfoliate

### Illumination Fruit® acid peel Mask

We've created this brightening cocktail with three acids, including 5% Malic, 5% Lactic and 5% Citric. This mask is active and you will feel it going to work, so redness and tingling is to be expected. If you are using it for the first time, leave on for 1-2 minutes.

## 3. mask

### Mighty Brighty™ Mask

This mask is a blend of vitamin C, chamomile, retinol, fermented lemon peel and FHF-grown cucumber extract. All work together to brighten, tighten and smooth! Apply a thin layer and leave on for 5-15 minutes. You may feel a slight tingle here too.

## 4. tone

### Illumination Juice® Face Tonic

This alcohol-free toner is infused with 11 superfruit extracts and 9 botanical oils. It delivers peptidal waves™ of illumination. You can mist your skin at any time for a dose of brightening power, it even works over makeup.

## 5. treat

### Eternal Light® Illuminating Serum

This is your second dose of a 24-hour brightening peptide! We've also added essential vitamins, which include vitamin C to even skin tone. Your serum is applied before your moisturizer and after another spritz of Illumination Juice®.

## 6. moisturize

### Full Moon Dip® Facial Mousse

Finally your skin will be instantly illuminated when you swipe on this light as air formula. It is loaded with peptides and time-release retinol to smooth skin texture and fight signs of aging. Natural mica gives you instant illumination that will make you want to forget about applying your foundation! Just let your glow show!

3



5



4





*we're full of*

# LIFE & LOVE

WELCOME FLOWER, BLOSSOM & LUCY



## *oh beautiful flower & blossom*

Have you heard these two when you call in to our headquarters? These weeks-old lambs are at our feet, eating our plants, stealing paper from our printers, and rolling balls down the hallway. We received a call from a local resident whose neighbor's sheep rejected its baby, and the farmer couldn't bottle feed it, so we offered to help! Our whole office pitches in.



Welcome Flower. And just a few weeks later — welcome Blossom — another rejected lamb (a female). Both named by Laurie, our Sanctuary Manager, who has surely earned the title MOM because she has been bottle feeding every 4 hours. Every 4 hours. For months! She even took Flower on a family camping trip. Both these babies



have had challenges. Several episodes of bloat, sudden fever and terrible diarrhea which had us drive Blossom to specialists at OSU for a rumen fluid transplant. Whew! They are currently healthy, and have moved to their deluxe *barnpartment* with our other FHF Sanctuary animals.





## *Lucy's getting lots of love*

Lucy arrived at a sale barn. She'd been seized from a cruel home and delivered by the sheriff's department. This was a no hesitation decision for us the moment we saw her, because last November we arrived too late to save a similarly starved horse - he passed away just hours after arriving to our sanctuary. We knew we would honor his memory and help another sweet soul in similar condition - and Lucy is our next mission.

We bought her, then raced her to the hospital for evaluation. She is a grade 1-2 out of 10 on the health scale, is blind in one eye, with rotten pointy teeth that make it painful to eat, and most importantly, she needs a careful balance of food and medication to survive her re-feeding program. She is 20+ years old and 300 pounds underweight!

Lucy is the dearest of animals. She loves to be touched. She leans into you, and moves her body through your hands from neck to tail and back again. It is hard to leave her side. She doesn't want you to go. We are pouring



every bit of care into her, as she is very sick. After 30 days of quarantine, we woke to find bulges in her neck and thick mucus in her nose. She's on antibiotics, as we work to improve her weight. She's going to get better. We tell her every day, because we will not give up making sure we give her the life she always deserved. Lucy is home, and we are grateful for you, our customers, whose skincare purchases pay for rehabilitating animals like Lucy! - XOXO



# TRACK YOUR BATCH

& SEE THE ANIMALS YOU HELPED US RESCUE



See all the wonderful rescue initiatives made possible by YOU, in the very month your batch came off the line!

Locate your batch code - it's printed on the under side of our jars and bottles, and crimped into the top long edge of hand cream tubes. Go to the "Rescues" area of our website where you can type your codes into a search bar to learn more about the animals your purchase helped save.

*in a given month, your purchases help us buy 6,000 pounds of hay, 1,000 pounds of grain, and provide nearly \$1,000 in medical expenses for the farmhouse fresh® sanctuary animals.*



## OTHER WAYS YOU CAN HELP:

All new ultra-soft & comfy white tees contribute 100% of the proceeds toward the care of animals at the FHF Sanctuary. Sold in long & short sleeve, Small - 2X sizes!

Be on the lookout for our Hey Girl, Hay! emails. Make your FHF purchase that day and 20% of sales immediately donates hay to one of our favorite local rescue groups!