

Cita Lieta  
cosmetics

# SPA at Home

Relax | Refresh | Reward



+371 67175992 ✉ info@soap.lv 🔍 www.citalieta.com





nce in a while your mind and body are suggesting taking a break from the pressure of the daily routine. You desire to pamper yourself with beauty care rituals that will make you feel good and will lift the spirits. Self-pampering is very important, especially after a hard and exhausting week at work, and urban bustles. For what it is worth, self-care does not take hours of beauty procedures, but only a little “me time”. Time spent discovering self-care habits and practicing mindfulness of thoughts is a great way to push a pause button on life. It not only works great for your soul, but also takes care of your skin that can suffer from stress and environmental factors.

Skin care beauty products will not only soften, nourish and moisturize the skin, but also improve its look and microcirculation, stimulate regeneration of skin cells and remove dead, dull and dry skin cells.



# ESSENTIAL OILS

Inside many plants – hidden in roots, seeds, flowers, bark – are concentrated, highly potent natural compounds. These natural compounds are the essence of a plants, they capture the plant's scent and flavour, or “essence”. Distilled and prepared to bring the power of nature into your home. Unique aromatic compounds give each essential oil its characteristic essence.

Essential oils can be used in two ways – through smell and applied to the skin. Through smell it calls “aromatic” use of essential oils. It includes any application method that helps you experience the aroma of the oil. Way to use essential oil on your skin is adding it to lotions, moisturizes or others cosmetic products.

## Features & Benefits



Calms anxiety and manages stress levels



Brings your mind and body to a place of balance



Cleanses and soothes minor skin irritations



Can be soothing to the skin after a day in the sun



Supports mature skin





# BODY SCRUBS

Exfoliating sugar, salt and oily scrubs are useful helpers that will help to remove dead, dull and dry skin cells. All our body scrubs contain natural abrasive components and the purest quality ingredients to give skin smooth and glowing look.

## Recommended:

All skin types, especially dry skin



## Key ingredients:



### Apricot Kernel Seed Powder

High quality abrasive component ensures a gentle and pleasant peeling effect.



### Salt

High quality abrasive component efficiently removes dead, dull and dry skin cells and makes skin smooth, fresh and radiant.



### Sugar

High quality abrasive component helps exfoliate dead skin cells, improves blood circulation and invigorates metabolism in the skin, improves the skin tone and stimulates cell renewal.



### Coffee Seed Powder

High quality abrasive component gently cleanses the skin, tones it, and improves microcirculation and look of the skin.



### Avocado Oil

Contains lecithin, the fatty acids necessary for the skin and vitamins A, C, E and D. The oil deeply penetrates into the skin and nourishes it.



### Shea butter

A youth agent that protects, hydrates and strengthens the skin. It gets quickly absorbed leaving the skin velvety soft.



### Grapeseed Oil

It is known for its anti-inflammatory, antimicrobial and antioxidant properties. These properties, along with the high amounts of omega chain fatty acids and vitamin E make skin clearer. It also improves skin's moisture and softness.



### Jojoba oil

It seals skin with a protective barrier to keep skin from losing moisture. Contains natural forms of vitamin E which works with skin as an antioxidant. The antioxidants help body produce collagen and skin looks younger.

# COSMETIC OILS

For a long-time cosmetic oils have been underestimated, being considered too heavy for the skin care. However, recently they have earned their spotlight in the field of body care thanks to advanced formulations, intense nourishment, and dry and silky finish.

Cosmetic oils can be used for the preparation or enrichment of various cosmetic products, for example, body moisturizers, lotions, conditioners and much more.



## Features & Benefits



Reduce the appearance of aging, such as premature wrinkles and fine lines



Soothe acne and reduce chances of future outbreaks



Promote moisture retention in skin and hair



Protect skin against damage caused by UV radiation



Stimulate production of collagen



Boost the growth of healthy-looking nails



Lighten unwanted blemishes and dark spots, thus balancing skin tone to create an even glow



## Salt Cream Scrub 200g

Product title	Product ID
Breath of Roses	4751012522344
Chocolate	4751012522337
Coffee	4751012522351
Cool Water	4751012522368
Discreet Fresh	4751012522375
Grapefruit	4751012522382
Linden	4751012522399
Magic Flower	4751012522405
Mango	4751012522405
Red Grape	4751012522429
Romantic Love	4751012522436
Smell of Flowers	4751012522443
Spring Fever	4751012522450
Strawberry	4751012522467
Sunlight	4751012522474
Cranberry	4752092101382
Lemongrass	4752092026784
Raspberry	4752092027309

## Essential oils 10ml

Product title	Product ID
Tea Tree essential oil	4752092097876
Lavender essential oil	4751012524263
Bergamot essential oil	4752092136742
Eucalyptus essential oil	4752092136650
Orange essential oil	4751012524294
Grapefruit essential oil	4752092136667
Peppermint essential oil	4751012524270
Lemongrass essential oil	4751012524287

## Salt & Oil body scrub 300g

Product title	Product ID
Anti-cellulite	4751012522061
Coffee	4751012522078
Grapefruit	4751012522085
Peppermint	4751012522092

## Sugar Scrub 200g

Product title	Product ID
Grapefruit	4751012522481
Melon	4751012522511
Red Grape	4751012522528
Smell of Flowers	4751012522535
Sunlight	4751012522542

## Cosmetic oils 100ml

Product title	Product ID
Argan oil	4752092136674
Avocado oil	4752092136681
Sweet Almond oil	4752092136698
Macadamia oil	4752092136704
Apricot oil	4752092136711
Jojoba oil	4752092136728
Grape seed oil	4752092136735
Prickly pear oil	4752092136759
Hemp seed oil	4752092136766

# Cita Lieta

c o s m e t i c s

📍 Cita Lieta Ltd., Braslas street 29 – 3, Riga, LV-1084, Latvia

📞 +371 67175992 ✉ info@soap.lv 🔍 [www.citalieta.com](http://www.citalieta.com)

