

The  
most  
natural  
choice.

Wellness Bible



La scelta più naturale

## Index

<b>MEI. Le Migliori Erbe Italiane.....</b>	<b>4</b>
<b>Our production chain.....</b>	<b>5</b>
<b>MEI Absolutes.....</b>	<b>6</b>
<b>MEI Wellbeing Programs .....</b>	<b>10</b>
Detox.....	12
Calcium Metabolism .....	14
Maintenance.....	16
Anti Age.....	18
MeiSlim.....	20
<b>Natural Food Supplements.....</b>	<b>22</b>
The pillars of wellness.....	24
Skin and hair beauty & tissue firming.....	26
Detox.....	28
Intestine, digestion, relax & harmony .....	30
Blood circulation and tissue regeneration.....	32
Slimming, remodeling and anti-cellulite.....	34
Sport – ACTION+ Line.....	36
<b>Remedies for every need.....</b>	<b>38</b>
<b>Phytocosmetics.....</b>	<b>40</b>
Sensitive and delicate skin treatment.....	41
Shower Gels, Hands & Feet.....	42
Hair SPA.....	44
MEI Paradise Sun & Smog Protection.....	46
BimbiMEI – Baby Line.....	48
<b>Le Tisane di Casamei.....</b>	<b>50</b>
MEI SPA Aromatic Gold Line Herbal Teas.....	51
MEI SPA Herbal Teas and Teas.....	52
MEI SPA Flower and Fruit Infusions.....	53

# MEI. Le Migliori Erbe Italiane

## Since 1988 a Made in Italy Excellence

Our specialty is to realize completely organic products for the beauty and well-being of the person. An excellence of Made in Italy that is based on the vital force of wild plants.

In 1988, Adriana Titto made her dream come true: she founded MEI – Migliori Erbe Italiane, i.e. the best Italian herbs' company and since then, every day, our commitment has been to keep faith with this ideal. A dream that has become an established reality, in the second generation under the direction of Roberto Paladin who, after the national success, aims to conquer international markets.



**Roberto Paladin**  
CEO & Creative Director



**Adriana Titto**  
President & Founder

**Mei**

La scelta più naturale



100%  
NATURAL



ORGANIC  
PRODUCT



NON GMO



LAB  
TESTED



CRUELTY  
FREE



PARABEN  
FREE



NO TOXIC  
CHEMICALS



VEGAN  
PRODUCT

## Our production chain



We only use wild officinal plants, rich in essential oils and the highest quality active ingredients.



The plants are handpicked in their balsamic moment: the phase of maximum concentration of the active ingredients.



Cosmetics and supplements are made only with titrated plants according to the Official Pharmacopoeia.



The best herbs deserve the best processing. The ABSOLUTES are the food-grade essential oils, extracted using inert gases, with which we realize both phytocosmetics and supplements.

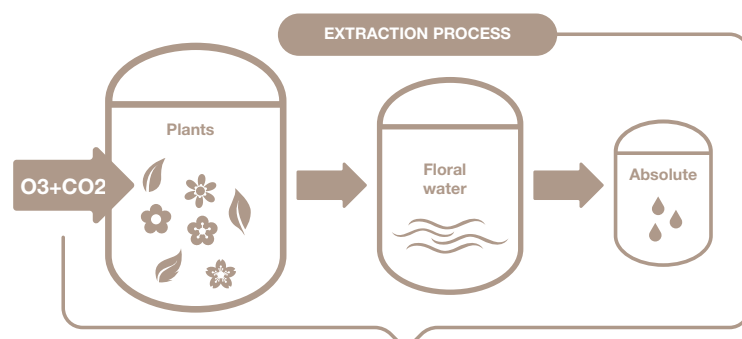


Thanks to an exclusive process, we restore the properties of natural spring water. Phytocosmetics are more velvet-like and liquid products more pleasant and effective. The water is more stable and we have replaced synthetic industrial preservatives with natural ones.

# MEI Absolutes

## Our special essential oils

The **ABSOLUTES** are essential oils of the highest purity and MEI is the only company that produces them thanks to an innovative cold extraction technology with inert gases and without CO<sub>2</sub> emissions. A unique and totally green manufacturing process, which concentrates the active ingredient in its entirety, without side effects or allergies. The oils are food grade, titrated according to the Official Pharmacopoeia and recommended for traditional uses in aromatherapy: direct inhalation, massage, sauna, Turkish bath or whirlpool, as well as to make cocktails, desserts and every culinary specialty! Discover all the properties of these extraordinary substances in the selection of notes we have realized for your well-being.



**Cold extraction process with inert gases. NO cooking - NO alcoholic distillation. Ecological process - closed circuit - without CO<sub>2</sub> emissions in the atmosphere.**



### Room fragrance

Dilute the essential oil in the aroma lamp to sanitize the air or scent the room.



### Inhalation and friction

Inhale directly or rub on your wrists or reflex points. Repeat as needed throughout the day for a maximum of three times.



### Sauna and Turkish bath

The essential oil can be used in the sauna, Turkish bath or diluted directly in the whirlpool.



### Massage

Dilute the essential oil chosen for the massage in the Macadamia and Corn base oil.



### Cosmetic booster

The essential oil can be mixed in creams or serums to boost the effect of the product.



### Oral use

Dilute the chosen essential oil in a warm herbal tea or directly in water.



### Gourmet use

Use in recipes to enhance the aroma and taste of your dishes.



Recommended number of drops based on use.



### SWEET ORANGE – *Citrus Aurantium*

Sweet Orange is a top note that counteracts tensions and stress. Its inhalation induces a positive mood and allows you to face daily life with greater enthusiasm. It has a draining and illuminating action on the skin and can be used to enhance herbal teas or to flavour cocktails, pastries or tasty recipes.



### CEYLON CINNAMON – *Cinnamomum Zeylanicum*

It is a base note that warms your heart, gives an immediate and enveloping feeling of protection, while inducing creativity and counteracting the inner cold. For external use, it has a revulsive (recall of blood in the treated body part) and decontracting action. It can be used to enhance herbal teas or give a spicy taste to recipes.



### CLOVES – *Eugenia Caryophyllata*

It is an invigorating base note that counteracts fatigue and strengthens the immune system. It is usually used as an ingredient to be added to other blends to enhance their effect. For external use, it has an anti-inflammatory action and helps recover from tiredness and muscle fatigue.





#### GERANIUM – Geranium Robertianum

Geranium has an unmistakable sweet note that makes it one of the most famous oils in the art of perfumes. From the first drop, it induces a pleasant sensation of harmony both by inhalation and by massage. It is the ideal oil for the skin beauty and, if applied directly on the spots, it has a strong lightening action.



#### LAVENDER – Lavandula Hybrida

It is the most famous heart note, the essential oil of inner peace, soft and floral with a calming and balsamic action on the respiratory tract. For external use, it counteracts impurities and skin inflammation. Our ABSOLUTE stands out because it is realized with the most effective botanical species and the exclusive extraction concentrates the active ingredient in the best possible way.



#### PEPPERMINT – Mentha Viridis

There are many species of mint, the Viridis or Piperita - hand-picked - is the one recognized by the Pharmacopoeia to obtain the best essential oil. It is a fresh and sparkling top note, with a tonifying and energizing action, ideal to counteract headaches, nausea, tiredness and loss of concentration. For external use, it is an effective refreshing, anti-itch and soothing remedy.



#### NIAOULY – Melaleuca Viridiflora

The Tea Tree family (Melaleuca) is one of the best known in the world of essential oils. Niaouly is part of it and well known for its balsamic action on the respiratory tract as well as antiseptic for the skin. The note is pleasant, ideal to scent and sanitize the indoor air. Also ideal as a natural bactericide and moth-killer in perfumed laundry bags.



#### SCOTS PINE – Pinus Sylvestris

It is the essential oil of the Nordic tradition par excellence, particularly suitable as a balsamic remedy for the respiratory tract, both diffused in the air and in a hot bath or sauna. Dispersed in honey, it can also be taken orally as a natural mucolytic remedy for the respiratory tract and calming of dry cough.



#### Macadamia and Corn neutral oil

An entirely plant-based oil, specially formulated to dilute essential oils for self-massage. Also particularly suitable as a neutral massage oil for people with delicate, fragile skin, with allergies or to keep pregnant belly supple. It is also recommended in the treatment of stretch marks in combination with Juniper Gel.





# Wellbeing Programs

Years of studies and experiences at a high level, certified by the thesis of 2013 at the University of Padua - Faculty of Medicine, have given birth to the DETOX WELLBEING PROGRAM: the prevention method in which healthy eating habits and herbal products act in synergy.

The DETOX PROGRAM is structured into three phases:

- 1. DETOX - 24 days**
- 2. CALCIUM METABOLISM - 30 days**
- 3. MAINTENANCE - 30 days**

The Program provides a nutrition education that is not a slimming diet, in which all nutrients are properly distributed throughout the day in 5 meals without limits in quantities. The synergistic action with herbal supplements allows achieving many results:

- Increased general psycho-physical energy
- Reactivation of the peripheral microcirculation
- Normalization of the sleep-wake biorhythm
- Regularization of bowel functions
- Reduction of possible overweight
- Increased skin elasticity and brightness



# Detox Program

The first phase sees the purification of the excretory organs and tissues, namely those responsible for the elimination of toxins and free radicals: **skin, kidneys, bowels, liver, blood.** The first phase lasts 24 days and is associated with a food education conceived with a 6-day-menu to be repeated four times. It is not a slimming diet and it does not limit food quantities since all useful nutrients are present and properly distributed over the day.

**Face and Body  
Regenerating Peeling  
BOTANICAL**  
exfoliating, skin purifier

**Horsetail Herb Tea**  
kidney purifier

**Dandelion and Artichoke**  
liver purifier

**Soy Lecithin**  
blood purifier

**Compound Drink**  
intestine detoxifying

**Vitagel**  
energetic, stimulating in general

**OrtoMei**  
dehydrated ready to eat meal  
with balanced calorie supply

Free **BioMei Apple Vinegar** and  
**Sunflower Seeds**

*Thanks to  
the general purifying  
action, which stimulates the  
metabolism and the lymphatic  
stagnation, a weight loss  
can be observed, variable  
according to one's  
situation.*



# Calcium Metabolism Program

After the purification of the first phase, the Calcium Metabolism is the ideal continuation. The mineral is supplied by Dolomite that, linked to vitamin D of Cod Liver Oil, conveys it to bones, ligaments and connective tissue (nails, teeth, eyes, hair). Together with Silicium, Calcium is an essential mineral for our life, whose supply in foods is becoming increasingly scarce. Given the deficiency caused by various forms of pollution and stress, the Calcium Metabolism can be extended beyond the 30 days of the second phase and repeated at least twice a year by the most exposed categories: women in menopause and pregnancy, children and teens in their growth phase, elderly people and sports people.

*The ideal intake period is the season's change (especially in spring).*

**Silicic Acid Gel**

connective tissue nutrient, calcium fixative

**Cod Liver Oil**

anti-inflammatory, calcium carrier (2 boxes)

**Flour for Bones**

calcium, magnesium and vitamin D3 supplier (2 boxes)

**+ Vitamins & Minerals**

mineralizing, antioxidant, it powers calcium absorption



# Maintenance Program

The Detox Program is completed by the Maintenance, which has the aim to fix the achieved results and consolidate the organic memory. The protagonist is MeiDei: pure juice of wild Aloe Barbadensis Miller with antioxidative and cell-regenerating action. The purifying action, triggered by the first two phases, is enhanced in the Maintenance by the synergy with Equisetum (pure micronized Horsetail) and BodyMei Capsules made of Alfalfa, Milk Thistle, Galega and Verbena. These supplements boost the action of MeiDei, improving at the same time blood values' rebalancing, counteracting water retention and the formation of free radicals, while giving new tone to the skin and firmness to the muscles.

**MeiDei**  
antioxidative and regenerating

**Equisetum**  
mineralizing and draining

**BodyMei Capsules**  
skin elastifying and lean mass tonifying

*It is  
recommended to perform  
the three phases of the DETOX  
PROGRAM at least once a year.  
After 4-6 months, you can refresh  
the results obtained by doing only the  
24 days of the first phase or  
the ANTI-AGE Program.*



## Anti-Age Program

To further stimulate the metabolism, it is recommended to include the Anti-Age phase lasting 18 days in the Detox Program. This Program lets excretory organs have a rest after the "hard work" of the Detox, counteracts free radicals and fosters body reshaping. The Anti-Age is thought to give relief to the body, especially increasing mental energy. The first 4 days of metabolic reactivation are followed by 14 days of guided menu. It allows losing weight and donates a pleasant sensation of freshness and general brightness. In the Detox Program, it can be inserted as second phase before the Calcium Metabolism.

*After 4-6 months from the three phases of the DETOX PROGRAM, the Anti-Age can be carried out in its own right to refresh the results obtained previously.*

**DimaMei**  
slimming

**DrenaMei**  
circulatory, lympho-draining

**+Strength**  
tonifying, fatty acid burning  
stimulant

**+Vitamins & Minerals**  
mineralizing, antioxidative

**Fenugreek**  
skin tissue tonifying, hormonal  
regulator

**Horsetail Herb Tea**  
kidney purifier

**Compound Drink**  
intestine detox

**Vitagel**  
general energetic, stimulating



# The MeiSlim Program

The study conducted by Dr. Alessandro Mazzocco, Specialized Doctor, has given birth to the MEISLIM PROGRAM: the method that combines the action of natural supplements with daily physical activity and a nutritional protocol to rebalance weight, composition and organic functions. MeiSlim consists of three phases that last a month each, which purify and reshape the body, reducing visceral or abdominal fat that tends to stifle our organs and can cause many diseases. Unlike common weight-loss diets, it does not reduce the lean mass that will on the contrary be toned and regenerated, triggering also an important preventive action of cardiovascular diseases and all illnesses related to poor eating habits and physical inactivity.

Thanks to the synergy with the mandatory physical activity, the Program allows to achieve many results:

- **Elimination of visceral fat**
- **Reduction of possible overweight**
- **Increased general psycho-physical energy**
- **Tonification of the muscular mass**
- **Reduction of possible localized swelling**
- **Increased skin elasticity and brightness**

Everyone can do MeiSlim, since it has no direct or indirect side effects. Being a structured Program that helps to reduce visceral fat and that provides a significant change in eating habits, MEI prefers to assist the customers, who decide to follow the method, with its own staff of experts.

**For any further information, do not hesitate to contact your MEI Wellness Center or write us directly at [info@meispa.it](mailto:info@meispa.it)**

**NOTE:** MEI Wellbeing Programs do not replace meals with substitute foods and do not involve the use of amphetamines or anorectic agents. MEI Wellbeing Programs are not a cure for diseases. Every possible pharmacological therapy should not be spontaneously changed or stopped. MEI Wellbeing Programs have no direct or indirect side effects and therefore can be matched to any pharmacological therapy in progress.



# Food supplements

## Natural wellness treatments

Our food supplements are notified to the Ministry of Health, are **100% natural** and concentrate the best hand-picked wild plants. Since 1988 we have been committed to creating an effective range, free from side effects and able to satisfy the most varied needs.

Our concept is based on the synergy among natural active ingredients. The supplements can be taken individually or combined with each other to enhance the effect. The best thing is to choose a treatment for at least two months. After that, you can continue with a product as a maintenance treatment or change it.

MEI supplements, thanks to the exclusive preparation techniques, fully preserve the phytocomplex (the set of natural molecules) of the plant. For this reason, once you have started it is always good to continue. It is the principle of daily prevention that helps you feel better and slows down aging, a different logic than drugs that should be used only when needed and on prescription.

On the following pages you will find advice on our natural wellness treatments. Ask your trusted center or contact us directly for any further information on the matter.

 **THE PILLARS OF WELLNESS**

 **SKIN AND HAIR BEAUTY**

 **DETOX**

 **INTESTINE, DIGESTION,  
RELAX & HARMONY**

 **BLOOD CIRCULATION,  
ANTI-AGING AND  
REGENERATING**

 **SLIMMING, REMODELING  
AND ANTI-CELLULITE**

 **SPORT**



# The pillars of wellness

The generous mother nature makes excellent sources of well-being available to all of us. Panaceas are those products suitable for everyone and with multiple properties.

**VITAGEL** is the sum of the best beehive products (honey-propolis-royal jelly), it gives immediate energy, helps mental concentration, strengthens the immune system, fights eating disorders.

**SILICIC ACID GEL** is a pure mineral silicium concentrate that stimulates the regeneration of connective tissue (skin, eyes, teeth, hair, blood, nails), protects your gastrointestinal tract naturally and can also be used externally for anti-inflammatory packs or beauty masks.



VITAGEL



MEIDEI

**MEIDEI** is the wild aloe barbadensis juice that concentrates all the recognized properties of the plant: blood pressure regulator, purifying of the urinary tract, detoxifying, tissue regenerating, immune defenses' stimulating, a true elixir of long life.

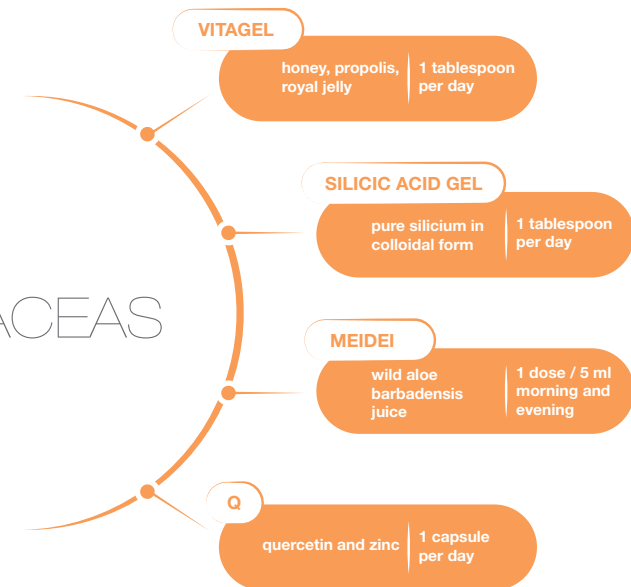
**VITAGEL, SILICIC ACID GEL** and **MEIDEI**, as cure-all products without side effects, can be taken together and even for prolonged periods. When specific treatments are performed, they can always be combined to boost the effect.

**QUERCETIN and ZINC** in an effective formula to protect ourselves from viruses and infections.



QUERCETIN and ZINC

## PANACEAS



**PROPOLMEI SPRAY** works thanks to the synergy of propolis and black currant extracts. Spray it into the mouth several times a day.



MYRTLE

**MYRTLE** capsules are a true miracle for the respiratory tract and against bad breath, while **ORIGANUM** contains all the power of the essential oil of oregano, recommended in case of cough and hoarseness.



DEVIL'S CLAW

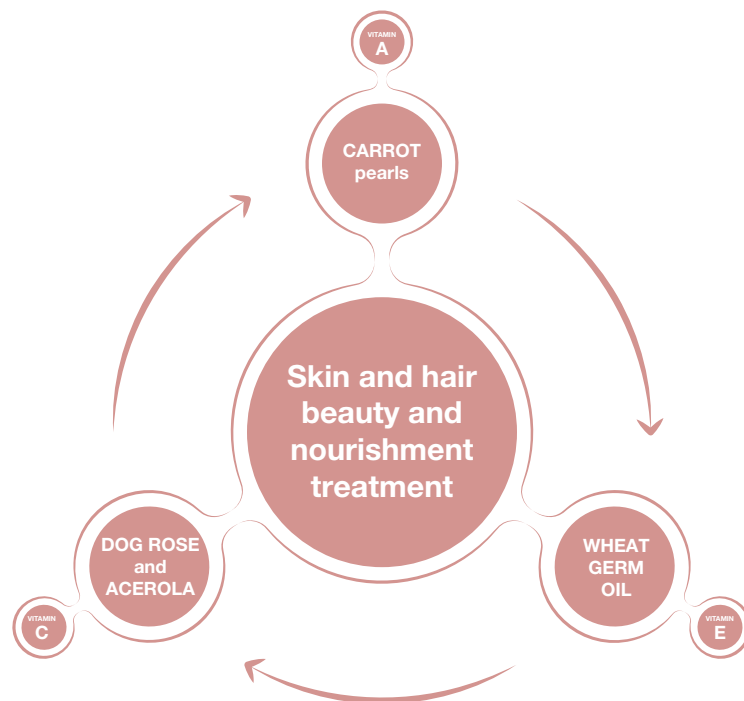
Despite its name, the **DEVIL'S CLAW** is a beneficial root, very helpful in case of pain, arthritis, migraine, fever, inflammation or digestive heaviness. It can be taken as prevention or in a higher dosage if needed. Must have at home!

DEVIL'S CLAW	capsules	1 to 3 per day as needed
PROPOLMEI SPRAY	propolis and black currant	spray several times a day in the mouth
MYRTLE capsules	myrtle dry extract and essential oil	2 capsules per day
ORIGANUM capsules	oregano essential oil	2 capsules per day

## Skin and hair beauty & tissue firming

Radiant skin and strong hair are the result of a number of factors and it is essential that they receive the right nourishment in terms of vitamins and trace elements. Our tissues regenerate and benefit greatly from the constant supply of these substances.

**MEI TREATMENT** is specially designed to create an effective synergy between the vitamin A provided by **CARROT pearls** (beta-carotene) and the natural vitamin E (tocopherol) of **WHEAT GERM OIL**. Both are powerful anti-free radicals that slow down aging of the skin and hair, and favour their regeneration. These precious vitamins need an “activation key” represented by natural vitamin C, supplied in large quantities and without side effects from the delicious **DOG ROSE and ACEROLA tablets**.



**Recommended duration of treatment\*** 2 months

**Frequency** 1 or 2 times a year

\* Extend the duration as needed.

**FENUGREEK** and **EQUISETUM** can be taken as firming and toning supplements combined with physical activity, fitness, gym, diets, body remodeling programs or to reduce the formation of stretch marks.



FENUGREEK



EQUISETUM

*plus*

**Recommended duration of treatment\*** 2 months

**Frequency** 1 or 2 times a year

\* Extend the duration as needed.



CARROT



DOG ROSE  
AND ACEROLA

We especially recommend **CARROT pearls** as a preparation for sun exposure and prevention of erythema, sun spots and premature aging.

**DOG ROSE and ACEROLA tablets** can be used, even all year round, as a specific natural antioxidant and immune system boosting supplement.

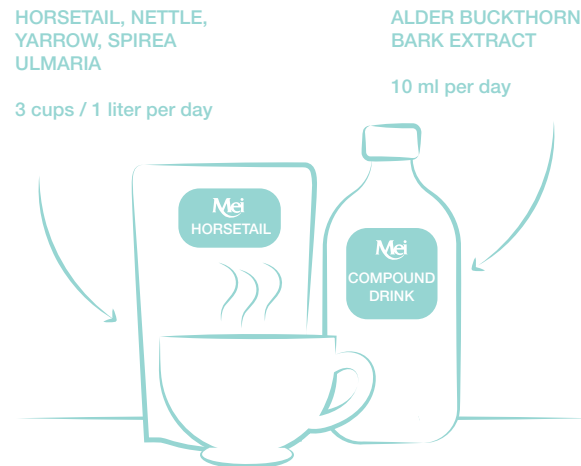
CARROT	beta-carotene	1 pearl per day
WHEAT GERM OIL	natural vitamin E	1 pearl after the 2 main meals
DOG ROSE and ACEROLA	natural vitamin C	2 tablets per day
FENUGREEK	Greek hay	1 capsule before the 3 meals
EQUISETUM	horsetail	1 capsule before the 3 meals



# Detox

Detoxification is one of the inspiring principles of the MEI philosophy. Regular detoxification from free radicals, harmful substances present in foods, drugs and environmental pollution help maintain a more beautiful skin, better immune defenses and a more active metabolism. The **HORSETAIL HERB TEA** is a blend of herbs enhanced with spirea ulmaria, yarrow and nettle with a diuretic, mineralizing and purifying effect. It can be drunk in cups or 1 liter a day to counteract swelling, promote diuresis and brighten your skin.

The **COMPOUND DRINK** detoxifies the intestine and removes any toxicity, while regulating its functions thanks to the action of the alder buckthorn bark extract.



They are a perfect match and the DRINK can be used to sweeten the HERB TEA. It is no coincidence that these two products are also part of the **DETOX WELLBEING PROGRAM**, in which they are dedicated to kidney and intestinal purification.

**Recommended duration of treatment\*** 2 months of which 1 in the DETOX WELLBEING PROGRAM

**Frequency** 2 times / year

\* Extend the duration as needed.



GARLIC

**GARLIC** is the blood purifier that helps keep blood pressure regulated. One of the best-known general detoxifiers, called the "street sweeper" of the body for its important action of absorption and elimination of all toxicities. Powerful intestinal antiseptic remedy.

- 1 PEARL DURING MEALS

**MEI TIPS:** being a powerful vermifuge, garlic can also be used in the treatment of roundworms in children. In case of pressure problems, we recommend using in 4-month cycles with a break.

**DANDELION and ARTICHOKE** help to support the liver and the entire digestive system.

- 1 CAPSULE BEFORE LUNCH AND DINNER

**SOY LECITHIN** nourishes our brain with its precious phospholipids and softens the venous walls to prevent sclerosis.

- 1 PEARL AFTER LUNCH AND DINNER

**MEI TIPS:** from middle age onwards, it is recommended to introduce soy lecithin every day as a constant supplementation to keep your circulatory system and brain functions healthy.



SOY LECITHIN

**Recommended duration of treatment\*** 2 months of which 1 in the DETOX WELLBEING PROGRAM

**Frequency** 1 time / year

\* Extend the duration as needed.

# Intestine, digestion, relax & harmony

The intestine is our second brain and much of our well-being depends on its good condition. Therefore, it is essential to keep the system purified and active, to keep the immune defenses stimulated, the metabolism active and prevent the loss of vitamins and minerals.

The **LACTOBACILLI** concentrate over 5 billion strains useful to regenerate the intestinal flora, regulate the intestinal function, reduce colitis, and absorb toxic agents.



LACTOBACILLI



SOLLIEVUM TABLETS

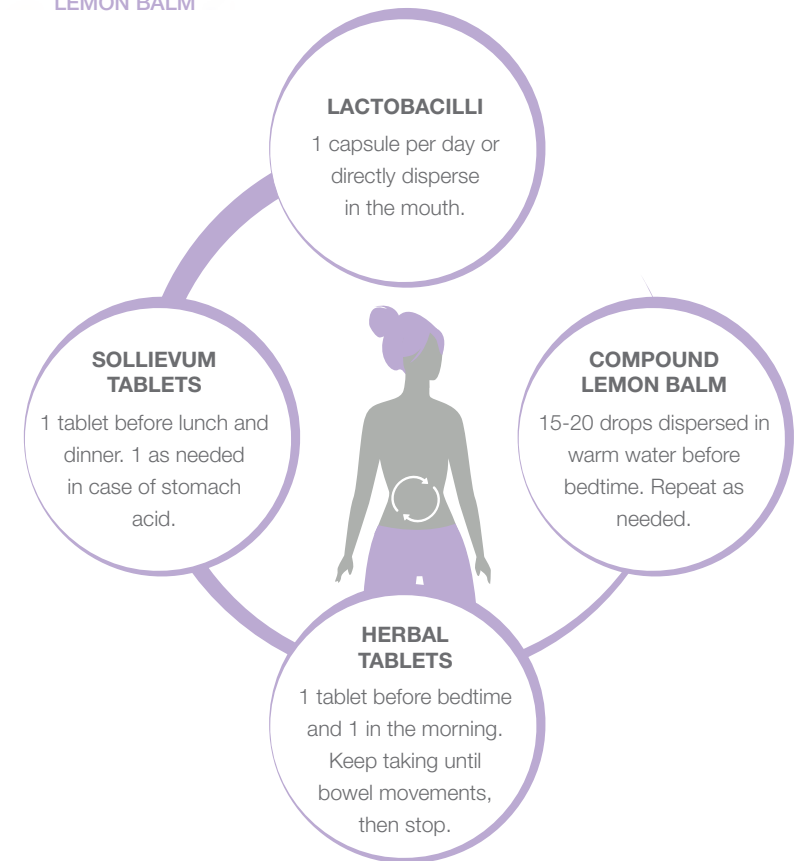
**SOLLIEVUM TABLETS** are a psyllium-based formula that develops a natural gel with a gastroprotective action to reduce acidity and provide relief in case of ulcer, gastritis or inflammation from heavy digestion.

**HERBAL TABLETS** are a "longtime" MEI recipe to stimulate peristalsis and counteract severe constipation.



COMPOUND LEMON BALM

**COMPOUND LEMON BALM** is a non-alcoholic concentrated blend based on lemon balm, valerian, hawthorn and other precious relaxing plants, useful to improve your sleep quality. The product is also recommended in case of hot flashes and menopausal disorders, difficult digestion, intestinal constipation and to relieve joint pain or inflammatory states in general. LEMON BALM, at half dosage, is also suitable to promote rest and sleep in children.



 <b>Recommended duration of treatment*</b>	2 months
 <b>Frequency</b>	2 times / year

\* Extend the duration as needed.

## Blood circulation and tissue regeneration

Proper blood circulation is the basis of well-being and promotes better tissue regeneration.

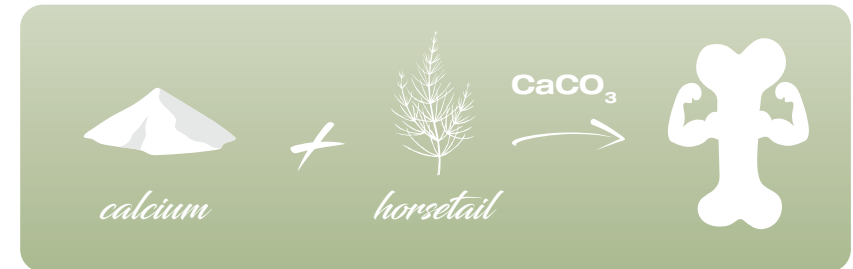
The **BLUEBERRY JUICE** is a concentrated supplement of pure pressed and concentrated wild blueberry in a 4:1 ratio. The product must be diluted in water, is very good in flavour and above all useful to counteract couperose, skin inflammation, capillary weakness, cellulite and heavy legs.



BLUEBERRY JUICE

**MEI TIPS: BLUEBERRY JUICE** is also recommended during the summer season to prevent heat-related circulation problems. Mixed in 500 ml of water with **VITAGEL** and **SILICIC ACID GEL**, it becomes a prodigious mineralizing energy drink that allows you to recover from dehydration loss and also specific for sport.

The **FLOUR for BONES** is a concentrate of calcium, horsetail, magnesium and vitamin D3 to nourish the bones in order to prevent osteoporosis, promote proper development in young people, help sportsmen to prevent trauma and injuries. It also nourishes and strengthens the hair.



Pure essential oil of **CYPRESS** in capsules, which acts as a venous and circulatory toner, favouring blood return from the extremities. It is useful as a tonifying supplement for a "push up" effect on body parts that have lost tone and vigour. It gives relief in menopause, menstrual cycle disorders and in case of chronic joint pain or rheumatism.

BLUEBERRY concentrated juice	blueberry	5 ml a day or diluted in a 500 ml bottle of water
COD LIVER OIL	natural vitamin D	2 pearls/day
FLOUR FOR BONES	natural calcium	2 capsules/day
CUPRESSUS SEMPERVIRENS	cypress	1 capsule after main meals

The **COD LIVER OIL** is obtained from wild North Sea cod that develops a large amount of highly assimilable natural vitamin D, ideal to strengthen the immune system, bones and ligament tissue while soothing skin disorders.



COD LIVER OIL

FLOUR FOR BONES



## Slimming, remodeling and anti-cellulite treatment

The best solution to counteract fluid retention, swelling and cellulite is an external/internal treatment that acts on the lymph and microcirculation. Thanks to the power of natural active ingredients, we have created an integrated method that is based on the stimulating and anti-inflammatory action of the **START UP** herbal mud pack. A complete product, made with six essential oils mixed in green clay and micronized seaweed, activated by turmeric and ginger macerate in apple vinegar. Before applying the poultice, the skin must be prepared with **MEI BEAUTY BOTANICAL PEELING**, made with green clay, castor oil and marigold; after the mud pack, the draining **JUNIPER GEL** should be applied on the lower parts (legs and buttocks), while **BODYMEI GEL** will restore skin's elasticity on the upper parts (abdomen, breasts, arms and neck).

The action of the PHYTO-COSMETICS is enhanced by the synergy with natural supplements.

### PHYTOCOSMETICS *plus* NATURAL SUPPLEMENTS



DRENAMEI

- **DIMAMEI**  
with chitosan, papaya and garcinia  
**ACTION: fat storage counteracting**
- **DRENAMEI**  
with ginkgo biloba, yellow sweet clover and yarrow  
**ACTION: anti-water retention**
- **BODYMEI**  
capsules with alfalfa, milk thistle and vervain  
**ACTION: tissue-firming**

The Slimming Treatment gives an immediately visible result from the very first applications, but for a functional result on imperfections, perseverance and adequate time are required.

For this reason, in addition to the professional treatments in your trusted MEI Center, we recommend the following home care protocol to enhance the results and maintain them longer over time:

<b>Recommended duration of treatment*</b>	2 months
<b>Frequency</b>	2 times a year (spring/summer and autumn/winter)

\* Extend the duration as needed.

### YOUR BEAUTY ROUTINE

- **MEI BEAUTY BOTANICAL PEELING**
- **START UP**
- **JUNIPER GEL**
- **BODYMEI BODY AND BREAST GEL**
- **DIMAMEI**
- **DRENAMEI**
- **BODYMEI CAPSULES**



START UP



BODYMEI GEL



JUNIPER GEL

To enhance the effect of the treatment and also act on the body's metabolism, it is advisable to follow the diet of the **DETOX WELLBEING PROGRAM**.

## Sport - ACTION+ Line

We have created a range of concentrated supplements, notified to the Ministry of Health and tested by professional athletes, national teams and in extreme conditions, such as the famous Cortina Squirrels' ascent of K2, to prevent imbalances and make sure that your performance is always at the top.

In line with the MEI philosophy, the Action+ Line stands out for its natural formulas and the absence of side effects, to be used instead of chemical synthesis supplements, without having to give up on results.

**+STRENGTH** is the supplement made with Korean red ginseng, royal jelly and maca root extract that support endurance strength and physical activity for about 2 hours. In addition to sports, it can also be used in case of severe asthenia or extreme psychophysical stress.

**+DEFENCE** contains eleutherococcus, vitamin C, white willow and echinacea. A balanced formula to improve post-workout recovery and keep muscle fibers intact. It is also recommended as an immunostimulant to prevent infectious diseases, counteract sudden temperature changes and jet lag.

**+VITAMINS & MINERALS** is rich in iron, magnesium, vitamins and trace elements to prevent drop in blood values, electrolyte imbalances, cramps and to train at your best. The product should also be taken on rest days and is recommended when sweating increases, to support the stages of physical development and during pregnancy.



VITAGEL



+ VITAMINS & MINERALS



ESSENTIOR



## MEI SPORT PROGRAM

### TRAINING

- 1 **+VITAMINS & MINERALS** on a full stomach.
- 20 minutes before | 1 capsule of **+STRENGTH**.
- 20 minutes before | 1 tablespoon of **VITAGEL**.  
*For training over 2 hours, 1 tablespoon of VITAGEL diluted in a 500 ml water bottle.*
- After training | 1 capsule of **+DEFENCE**.
- Take a shower with **Peppermint & Pennyroyal Shower Gel** and a defatigating massage or self-massage with **MEI SPA Relax Oil**.

### ON RECOVERY DAYS WITHOUT TRAINING

- 1 capsule of **+DEFENCE** on a full stomach.
- 1 capsule of **+VITAMINS & MINERALS** on a full stomach.

### COMPETITION

- 20 minutes before | 2 capsules of **+STRENGTH**.  
*In case of endurance sports, 1 capsule of +STRENGTH, from the third hour onwards, for each hour of competition.*
- 20 minutes before | 1 tablespoon of **VITAGEL**.  
*For endurance sports, boost your energy diluting 1 tablespoon of VITAGEL in water bottles (500ml).*
- Just before the start, inhale 1 drop of **ESSENTIOR** per nostril to boost oxygen levels and mental energy thanks to the action of the essential oils.



# Remedies for every need

Our grandmothers had the right remedies for every eventuality: they knew the properties and benefits of officinal herbs and the "barefoot medicine" was a cure-all for everyone. Since 1988 our best sellers have been these precious and indispensable products.



**Essentior** is a blend of 13 absolutes - 100% natural food grade essential oils.

Colds, sore throats, nausea and car sickness	Inhale directly, from a cloth handkerchief or with aerosol
Indoor air purification	Diffuse it with the aroma lamp
Migraine	Massage on your temples and inhale directly
Burns, inflammation, joint pain, toothache	Massage directly on the affected part
Bad breath, dry cough	2 drops in a glass of water or teaspoon of honey
Fungi, mycosis, warts	Apply on the affected part
Calluses	Massage on the affected part
Mosquito and insect repellent	Massage on the exposed parts
Fever	Dilute in water, soak the bandages and wrap wrists and ankles

**Silicic Acid Gel** is a pure mineral silicium concentrate for oral and cosmetic use.



Impurities, scars, wrinkles, stretch marks	Apply as a mask and leave it on until dry
Weak and brittle nails	Apply as a mask and leave it on until dry
Wounds, injuries, burns, inflammations	Apply as a compress and leave it on until dry
Prevention of tartar, caries, loss of enamel	Keep in the mouth for 2 - 3 minutes
Prevention of calcium loss and ligament aging	1 tablespoon diluted in water per day
Ulcer, stomach acid, hiatal hernia	1 tablespoon, swallowed when needed

**Propolis Lotion** is a liquid concentrate of propolis and wild thyme essential oil.



Impurities, acne, blackheads, oily skin	Tap it as astringent lotion after the cleansing milk, peeling or mask
Dandruff, sebum excess, greasy scalp	Rub on the affected part
Cuts, wounds, skin macerations	Apply it directly on the affected part
Bad breath, pyorrhea prevention	Rinse your mouth before bedtime
Sore throat, hoarseness, aphonia	Gargle
Intimate hygiene	Use it after liquid soap

**Dermoplus Cream** is indicated as a skin-protective and re-epithelizing ointment to accelerate the regeneration processes of the skin after burns, wounds or to prevent the formation of keloids in scars. **Sollievum Gel** is recommended in case of trauma, bruises, contusions, allergies or hives, as it is rich in spirea ulmaria, ribes nigrum and silicium. The **Refreshing Gel** is an effective formula with a high content of lemongrass essential oil dispersed in cucumber pulp, ideal for relieving itching or in case of sunburn and skin irritations in general; also excellent as a soothing aftershave or post-epilation gel.



DERMOPLUS CREAM



REFRESHING GEL



# Phytocosmetics

## Clean & Slow Beauty

The MEI production chain is controlled and involves a series of steps with strict quality standards to ensure only the best of "green made in Italy" excellence. Our products come from hand-picked wild plants and are made in laboratories of the Emilia-Romagna region to be as close as possible to the Tuscan-Emilian Apennines, the main harvesting habitat. Our phytocosmetics are organic, entirely plant-based and free of petrolatum, parabens and harmful chemical ingredients. For these reasons, it is essential not to mix MEI products with other cosmetics, risking occluding the skin and preventing essential oils from penetrating.



## Sensitive and delicate skin treatment

Light, thin or couperose affected skin needs special attention. Free from harmful and aggressive substances, our phytocosmetics are perfectly suited to respond to this particular need. In these cases, it is important to rely on a complete treatment and avoid mixing different products together. The RoseMEI line has been formulated to enhance the soothing, anti-inflammatory and restorative properties of the wild Persian rose, which is declined in various products for face and body care.

## YOUR BEAUTY ROUTINE

- Daily face cleansing with **MEI Beauty Anti Age Cleansing Milk and Toner** or alternatively those ones of the **MEI Beauty Nutritive** line in case of dehydrated skin.
- Once a week **RoseMEI Scrub**, delicate micro-peeling based on extracts of rose petals and citrus fruits.
- **RoseMEI Cream** with avocado oil and Italic helichrysum extract for the day and **MEI Beauty Nutritive Oil Serum**, based on chamomile essential oil, for the night. In case of couperose or other skin alterations, it is recommended to apply the Nutritive Oil Serum directly on the affected parts, followed by the RoseMEI Cream.
- Have a shower with **RoseMEI Shower Gel**.
- After the bath, apply the nourishing **Persian Rose Body Oil** or the moisturizing and velveting **Persian Rose Body Cream**.
- Spray **RoseMEI Floral Water** all over the body for a refreshing and revitalizing effect.



PERSIAN ROSE  
BODY OIL



ROSEMEI FACE CREAM

## Shower Gels, Hands & Feet

Our shower gels are based on pure essential oils and botanical extracts, totally free of parabens, petrolatum, SLS and harmful ingredients. They are extremely concentrated, a minimum amount is enough and should be massaged all over the body with the water turned off so as not to waste their action. Being natural, they develop a lower amount of foam and are also suitable for children.

MEI SPA shower gels are coordinated with the sensory rituals and recall the same fragrance of the treatment. **Orange & Tangerine - Peppermint & Pennyroyal - Horse Chestnut & Buckthorn** are the three wonderful fragrances that meet all preferences.

The **Tamanu Shower Gel** has a heavenly fragrance and a highly elasticising action, the vegetable **Myrrh** version is the most concentrated and rich for a nourishing effect, while the **Green Tea Shower Gel** guarantees safe hygiene in full respect of the skin's pH and natural defenses.



GREEN TEA  
SHOWER GEL



TAMANU  
SHOWER GEL



MYRRH  
SHOWER GEL



QUALAMANO GEL

Hands and feet deserve specific attention. **Qualamano Spray** and **Qualamano Gel** are MEI solutions to sanitize your hands with botanical ingredients, without drying or irritating the skin. The **Chamomile Liquid Soap** is the ideal alternative to solid soap. The **Nourishing Hand Cream**'s effectiveness is given by the essential oil of lemon, while the **Rice and Cotton Hand Cream** is suitable for all seasons.



GINGER FOOTBATH

The **Ginger Footbath** is enriched with lavender essential oil to counteract swelling and make your skin softer and more elastic.



FOOT BALSAM

Based on aloe, arnica and essential oils, the **Foot Balsam** acts as a refreshing and deodorant cream. It fights dryness and is also ideal for athlete's foot.

## YOUR BEAUTY ROUTINE

- Once a week massage **MEI Beauty Botanical Peeling**, even between the toes.
- 15 minutes of footbath in warm water prepared with 2 caps of **Ginger Footbath**.
- Dry your feet, apply the **Propolis Deodorant Paste** between the toes to prevent infra-digital maceration.
- Massage the **Foot Balsam** from the bottom up.
- In case of dry skin, **Foot Balsam** pack until absorbed.
- In case of fungi or mycosis, apply a few drops of **Niaouly Essential Oil** every day.
- Against calluses massage **Essentior**, a ready-made blend of 13 essential oils in base oil.

## Hair SPA

Our hair line is rich in natural concentrates and meets all needs.

The **Yarrow Shampoo** increases softness and shine and is formulated for frequent washing, while the **Sage and Rosemary Shampoo** is based on these pure essential oils to counteract dandruff, itching, irritation or greasy and oily hair. The **Ginseng and Sequoia Shampoo** is specific for damaged or treated hair, while **Myrrh Shampoo** is the ideal solution to tame curly or frizzy hair.



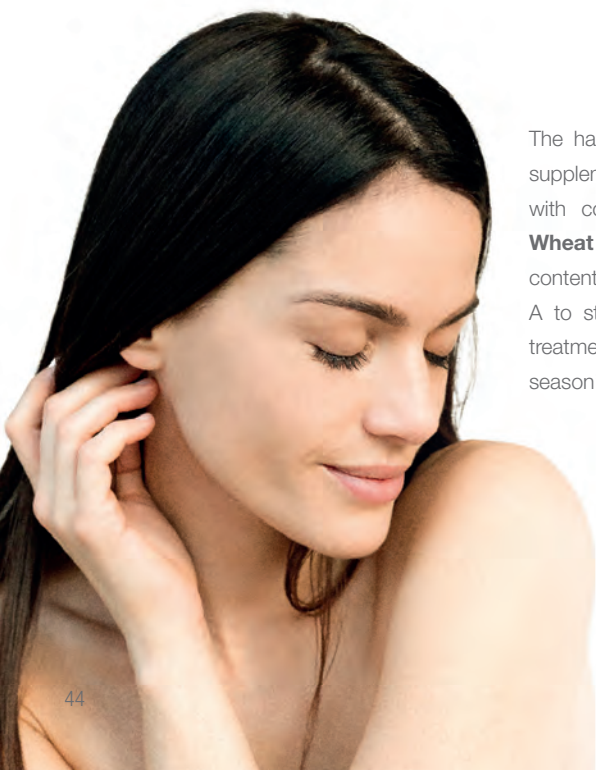
YARROW  
SHAMPOO



GINSENG AND SEQUOIA  
SHAMPOO



MYRRH  
SHAMPOO



The hair beauty comes from within and natural supplements have been created to be combined with cosmetics and complement their action.

**Wheat Germ Oil** nourishes thanks to the high content of vitamin E, while **Carrot** provides vitamin A to strengthen the keratin fiber. A two-month treatment is recommended, especially in the season's change.

**Capel Venere** is the hair mask/conditioner, based on nettle extract with a wonderful peppermint scent that nourishes and refreshes, while the **Balsam Spray** is ideal to prevent split ends, give volume and improve combability. It can be used both on wet and dry hair at the gym, swimming pool, beach or outdoors.



CAPEL VENERE



BALSAM SPRAY

## YOUR BEAUTY ROUTINE

- Massage **MEI Beauty Botanical Peeling** once a week and leave it on working to oxygenate the scalp.
- Proceed with the most suitable shampoo, and then apply the **Capel Venere** mask on the entire hair length for 3 - 5 minutes, then rinse.
- Spray the **Balsam Spray** to make it easier to comb. Spray also on the ends after drying.
- In case of impurities, greasiness or irritation, add 2 drops of **Lavender Essential Oil** in a separate bottle with 5 ml of shampoo.
- In case of particularly dry and dehydrated hair, make a weekly hair pack with **Macadamia and Corn Oil**, then proceed with the shampoo and conditioner.
- **Carrot**: 1 pearl per day before breakfast.
- **Wheat Germ Oil**: 1 pearl before breakfast and lunch.
- In case of alopecia or hair loss, make a pack with the **START UP** mud twice a week. Leave it on for a maximum of 8 minutes, covering your hair with a shower cap. Then rinse and proceed with the shampoo and conditioner.



# MEI Paradise Sun & Smog Protection

The **MEI SUN** sunscreen line has been designed to help the skin's immune defenses while giving an enviable tan, with safe and natural protection from UVA and UVB rays.

The sunscreens' action is supported with **Carrot pearls**, which stimulate melanin, and with vitamin E from **Wheat Germ Oil**. After exposure, the precious **Aloe and Propolis After Sun Milk** helps restore the right skin moisture and nourishment.

Even exposure to air pollution and digital blue light of electronic devices can cause skin damage. That is why we have created **Smog Protection**, a dermoprotective, photo-protective and anti-pollution cream. A product that creates a vegetable microfilm and strengthens the skin's immune defenses, also suitable for children and teenagers.



# YOUR BEAUTY ROUTINE

- Prepare your skin with **MEI Beauty Botanical Body and Face Peeling** the day before sun exposure.
- **Carrot:** 1 pearl per day before breakfast.
- **Wheat Germ Oil:** 1 pearl before breakfast and lunch.
- A couple of hours before exposure, apply the **Paradise Sun 30 Cream**, enhanced with alder buckthorn extract and essential oil of Italic helichrysum.
- Protect the lighter and more delicate body parts or areas with erythema with **Paradise Sun 50+**, the very high protection cream with mineral silicium molecules and zinc oxide.
- Repeat the application several times during exposure, especially in the first days when the skin is not yet used to it.
- In case of scars, sunspots or for a total protection of specific body parts, use the **BimbiMEI Moisturizing Paste**, which creates a thick, impenetrable layer, thanks to the rice starch and zinc oxide.
- Protect both dry and wet hair by spraying **Balsam Spray** based on concentrated citrus extracts.
- Spray **MEI Floral Water** whenever you feel the need to refresh and perfume your skin.
- Sanitize your hands often with **Qualamano Spray**, the non-alcoholic sanitizer suitable for the whole family.
- Nourish and protect your lips with the **Lip Balm** based on cocoa and sweet orange essential oil.



SMOG PROTECTION



LIP BALM

**MEI TIPS:** use **Smog Protection** every time you go out to protect the exposed parts (face and body). Also ideal as a make-up primer base to protect against the absorption of harmful makeup substances. It can also be applied before the **MEI SUN** sunscreen line. Recommended for adults and children.

## BimbiMEI – Baby Line

The BimbiMEI line is born from the utmost passion, dedication and research of the best vegetable raw materials, eliminating surfactants, preservatives and toxic substances, to take care of the skin and ensure the wellbeing of the “little ones” in a totally natural way. These products accompany the entire growth process and are also suitable for adults with particularly sensitive and delicate skin or with allergies.

The **Vegetal Shower-Bath** can also be used on newborns for the whole body and hair, from the very first bath. The adorable fragrance of talc and fern is supported by a formula of complete plant extraction, as proven by the visible sediments. The scent and the feeling of cleanliness will become a pleasant and indispensable habit.



VEGETAL SHOWER-BATH



BODY FLUID

After the bath, the **Body Fluid** based on sweet almond oil, rice starch and natural vitamin E nourishes and protects while keeping the skin pleasantly supple, soft and nicely scented.

The **Moisturizing Paste** with rice starch and zinc oxide is the ointment for the baby's bottom that guarantees safety and prevention of irritation. A product with a safe and effective formula that can also be used as an anti-redness soothing cream and for a total protection of specific body parts during sun exposure.



MOISTURIZING PASTE



SULPHUR SHAMPOO

The **Sulphur Shampoo** is recommended for school age, it is suitable for frequent washing and the fragrance extracted from the flowers is useful to prevent pediculosis in a natural way.

The **Honey and Linden** liquid formula is ideal to prevent intestinal colic in babies. Diluted in warm water, it becomes a pleasant relaxing drink that promotes rest, and a pure teaspoon helps to calm the irritating cough, both in children and adults.



HONEY AND LINDEN

# Le Tisane di Casamei

The best of handpicked officinal plants, dried and prepared - as in the past - in original blends, excellent in flavour and effective in action.

## MEI SPA Aromatic Gold Line Herbal Teas

MEI rituals are completed with the special Aromatic Gold Line herbal teas, made with the same herbs from which our precious essential oils are born.

### Nuvola Herbal Tea

Relaxing and draining herbal tea made from leaves and flowers of sweet clover, lavender, lemon balm, violet and hops.



### Nido Herbal Tea

Tonifying and bloating absorbing herbal tea based on licorice root, marigold flowers, elderberries, centifolia rose petals and stevia leaves.



### Abbraccio Herbal Tea

Anti-aging and regenerating herbal tea made with sweet orange peel, leaves and flowers of vervain, mallow, bitter orange and stevia.





## MEI SPA Herbal Teas and Teas

Our recipes stand out for the top quality vegetables, dried respecting the times required by nature and prepared according to recipes that are the result of our great experience.

The herbal teas should be left to infuse for a time between 7 and 10 minutes, necessary for the release of the active ingredients into the water. The artisan teas contains no added artificial flavours and the blends are rich in petals or flowers that enhance the properties of Chinese green tea or Ceylon black tea. The brewing time is 3 - 5 minutes maximum.



### 9 Herbs

Digestive herbal tea that promotes intestinal regularity based on senna, coriander, alder buckthorn, licorice, mallow, asparagus, fennel, couch grass and peppermint.



### 10 Herbs

Relaxing herbal tea based on silver linden, eucalyptus, fennel, mallow, poppy, peppermint, pine, sage and thyme.



### Jasmin Green tea with Jasmine

Artisan Chinese green tea made of whole leaves collected and rolled by hand, enhanced by the delicate aroma of wild jasmine flowers.



### Shiraz Black tea with Persian rose

Artisan Ceylon black tea with wild Persian rose petals with a heady aroma.

## MEI SPA Flower and Fruit Infusions

Our infusions are made with delicious and beneficial blends. They should be left to infuse, under the lid, for at least 10 - 15 minutes, in order to better concentrate the active ingredients, the aroma and enhance the flavour.

**MEI TIPS:** after preparation, do not throw away the infusion leftover! You can make natural yogurt, rich in vitamins and minerals, by adding the leftover to plain yogurt. Alternatively, you can make a kind of cold jam, emulsifying it with honey.



### Aroma di Sottobosco Anti-aging infusion with red fruits

Hibiscus flowers, blueberry and black currant fruits, elderberries and raisins.



### Delizia di Fragola Vitamin infusion with wild strawberry and dog rose

Hibiscus flowers, strawberries, dog rose berries, apple, rose petals and elderflower.



### Rejuvenate Mineralizing infusion with mango and cornflower

Hibiscus flowers, cornflower petals, mango, apple and peach fruits, lemon peel and dog rose berries.



**MEI – green by nature** is our investment program to safeguard the environment. Every year we invest part of our revenues to reduce the production of CO<sub>2</sub> - plastic and improve the impact of all business processes.

MEI. Le Migliori Erbe Italiane  
since 1988



La scelta più naturale

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