

g&h™

INSIDER'S GUIDE



the power of plant-based goodness



The green thread of Nutrilite™ botanicals can be followed across the Amway™ portfolio to help you cross-sell.

g&h™  nutrilite™

SATINIQUE 

glister™ 

ARTISTRY

With a botanical in almost every product across categories from Beauty to Personal Care, Home Care and beyond, Amway customers can follow the green thread back to Nutrilite no matter where they begin.

We believe in the power of plant-based goodness, and are proud to offer traceable ingredients grown on Nutrilite farms and partner farms. Traceability is the best assurance you can get of products you can feel good about using.

say hello to the new g&h!

We're bringing plant-based goodness to your whole family

We've raised the bar for clean body care and refreshed this collection with new formulas, fragrances, textures, traceable Nutrilite™ ingredients and sustainable packaging. We've also added nourishing baby care products for your little ones' delicate skin, and anyone who wants a fragrance-free option.

The new g&h™ contains four product lines: Nourish, Refresh, Protect and Baby. You can easily mix and match them to suit your family's skin care needs. While each line has unique benefits, all g&h products channel nature's goodness by combining plant-based water complexes and essentials with traceable ingredients grown on Nutrilite farms and partner farms. These powerful combos help moisturize skin, strengthen its protective moisture barrier, and help your skin do what it does best.

We know you want the best for your family, and we do too. That's why we've intentionally designed our products to be clean, gentle*, vegan, made with no animal testing and free from over 1300 iffy ingredients. With g&h, you can trust that your family is getting high-quality products without compromise.

*g&h Body Care products are for adults and children ages 3+, with the exception of Refresh Exfoliating Body Wash, which is not to be used by children. Baby Care products are for babies 6+ months.



Better for the planet, better for your family

Plant-based goodness

g&h™ products channel nature's goodness by combining plant-based water complexes and essentials with traceable ingredients grown on Nutrilite™ farms and partner farms. These powerful combos help moisturize skin, strengthen its protective moisture barrier and deliver vital nutrients.

Clean label

Our products are clean, gentle[†], vegan, made with no animal testing and free from over 1300 iffy ingredients.

Sustainability

g&h body wash formulas are biodegradable and our bottles are made with 30% recycled material*.

*Does not include Nourish Hand Cream.
†g&h Body Care products are for adults and children ages 3+, with the exception of Refresh Exfoliating Body Wash, which is not to be used by children. Baby Care products are for babies 6+ months.



get to know the g&h family

Mix and match products from different lines to suit the unique needs of your customers and their families.



NOURISH

These products leave skin feeling smooth, nourished and conditioned. They include clean, plant-based ingredients like Nutrilite™ white chia seed oil, bamboo water and olive oil. A green, fruity and floral aroma.



REFRESH

These products leave skin feeling refreshed and hydrated. They include clean, plant-based ingredients like bamboo water, olive oil and antioxidant-rich Nutrilite green acerola cherries. An energizing herbal aroma.



PROTECT

This product uses targeted technologies to help soothe, clean and protect skin. Includes clean, plant-based ingredients like Nutrilite-approved green tea extract, cica water and rosemary. An aroma of forest freshness.



BABY

These deeply moisturizing products are designed specifically for babies*, but they're great for anyone who wants a fragrance-free option. They include clean, plant-based ingredients like Nutrilite-approved chamomile oil, calendula water and olive oil.

meet Nourish

The new and improved Nourish products leave skin feeling smooth, nourished and conditioned. Each formula includes clean, plant-based ingredients—like Nutrilite™ white chia seed oil*, bamboo water and olive oil. Together, they support healthy-looking skin by moisturizing, maintaining skin's natural moisture barrier and providing hydration. You'll love this collection's green, fruity and floral aroma.

Bamboo water
with glycerin to help
moisturize skin



Olive oil-derived ceramide
helps maintain the skin's
moisture barrier

Nutrilite white chia seed oil
helps protect skin's
healthy beauty

Nourish



Nourish Body Wash

A creamy body wash that gently cleanses and nourishes, leaving skin feeling smooth and conditioned. Includes Nutrilite™ white chia seed oil*, bamboo water and olive oil.

Reasons to love

- Formulated with shea butter to leave skin feeling smooth and moisturized
- Instantly nourishes dry skin
- Clinically proven to provide 48 hours of long-lasting moisturization
- Biodegradable formula
- Bottle is made with 30% recycled material
- Dermatologist-tested. Allergy-tested.
- 92% of consumers** agreed it does not leave skin feeling dry
- 94% of consumers** said it was gentle on skin

Formulated without

- Sulfate Surfactants
- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens
- Alcohol

400 mL / [125890](#)

1 L / [125914](#)



Registered with
The Vegan Society



*Nutrilite white chia seed oil grown on our certified organic Nutrilite farm.

**Based on a one-week study of men and women.



A luxurious lather

Nourish



A smooth, creamy texture



Nourish Body Lotion

A smooth, deeply nourishing body lotion. Includes Nutrilite™ white chia seed oil*, bamboo water and olive oil.

Reasons to love

- Instantly boosts moisturization by 173%
- Clinically proven to provide 48 hours of long-lasting moisturization
- Non-greasy, non-sticky texture absorbs quickly
- Formulated with shea butter to help skin feel smooth and moisturized
- Bottle is made with 30% recycled material
- Dermatologist-tested. Allergy-tested.
- 92% of consumers** said it leaves skin feeling smooth

Formulated without

- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens
- Alcohol

400 mL / [125891](#)



Registered with
The Vegan Society



*Nutrilite white chia seed oil grown on our certified organic Nutrilite farm.

**Based on a one-week study of men and women.

Nourish



WITH PLANT-BASED
GOODNESS
Bamboo Complex, Water
Essentials with Ceramide
Nutrients with White Chia Oil

Nourish
Hand Cream
75 mL / 2.5 FL. OZ.

g&h



g&h



Rich and
nourishing

Nourish Hand Cream

A fast-absorbing hand cream that immediately relieves dryness. Includes Nutrilite™ white chia seed oil*, bamboo water and olive oil.

Reasons to love

- Non-greasy, non-sticky formula
- Leaves skin feeling soft, smooth and conditioned
- Clinically tested to provide 48 hours of long-lasting moisturization
- Dermatologist-tested. Allergy-tested.
- 97% of consumers** said it provides a protective moisture layer on their skin's surface
- 97% of consumers** said it does not leave skin feeling dry

Formulated without

- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens
- Alcohol

75 mL / [125902](#)



Registered with
The Vegan Society



*Nutrilite white chia seed oil grown on our certified organic Nutrilite farm.

**Based on a one-week study of men and women.

meet Refresh

The new and improved Refresh products leave your skin feeling hydrated and refreshed. Each formula includes clean, plant-based ingredients—like Nutrilite™ green acerola cherries*, bamboo water and olive oil. Together, they support healthy-looking skin by moisturizing, maintaining skin's natural moisture barrier and providing hydration. You'll love the antioxidant boost from our Vitamin C-rich green acerola cherries and the energizing orange & geranium aroma.

Bamboo water
with glycerin to help
moisturize skin

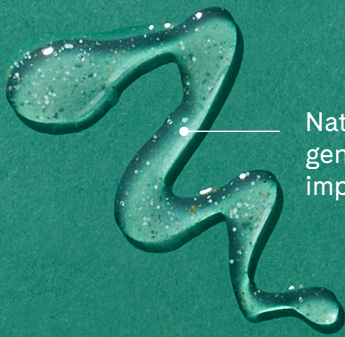


Olive oil-derived ceramide
helps maintain the skin's
moisture barrier

Nutrilite green acerola cherries
provide antioxidant
protection

*Nutrilite green acerola cherries grown on our certified organic Nutrilite farm.

Refresh



Natural exfoliants gently remove impurities



Refresh Exfoliating Body Wash

A daily exfoliating body wash that gently removes impurities and dead skin cells, leaving skin feeling refreshed and hydrated. Includes Nutrilite™ green acerola cherries*, bamboo water and olive oil.

Reasons to love

- Formulated with plant-based, natural exfoliants from crushed walnut shells, apricot seeds and almonds to remove dead skin cells
- Includes jojoba beads to help promote clear, brighter-looking skin
- Suitable for all skin types
- Gentle enough for daily use
- Biodegradable formula
- Bottle is made with 30% recycled material
- Dermatologist-tested. Allergy-tested.
- 94% of consumers** agreed it exfoliates without damaging skin
- 95% of consumers** said it gently cleanses skin

Formulated without

- Sulfate Surfactants
- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens
- Alcohol

400 mL / [125892](#)

1 L / [125915](#)



Registered with
The Vegan Society



*Nutrilite green acerola cherries grown on our certified organic Nutrilite farm.

**Based on a one-week study of men and women.

Refresh



WITH PLANT-BASED
GOODNESS
Bamboo Complex Water
Essentials with Ceramide
Nutrients with Green Acerola

Refresh
Body Milk
400 mL

g&h



Lightweight and
silky smooth



WITH PLANT-BASED
GOODNESS
Bamboo Complex Water
Essentials with Ceramide
Nutrients with Green Acerola

Refresh
Body Milk
400 mL

g&h

Refresh Body Milk

A lightweight body lotion that delivers a burst of hydration. Includes Nutrilite™ green acerola cherries*, bamboo water and olive oil.

Reasons to love

- Locks in moisturization for up to 48 hours
- Instantly boosts hydration on skin by 146%
- Clinically proven to provide 48 hours of long-lasting hydration
- Does not leave skin feeling greasy
- Absorbs quickly
- Bottle is made with 30% recycled material
- Dermatologist-tested. Allergy-tested.
- 92% of consumers* said it leaves skin feeling moisturized

Formulated without

- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens
- Alcohol

400 mL / [125893](#)



Registered with
The Vegan Society



*Nutralite green acerola cherries grown on our certified organic Nutralite farm.

**Based on a one-week study of men and women.

meet Protect

The new and improved Protect products use targeted technologies to help soothe, clean and protect skin. Each formula includes clean, plant-based ingredients—like Nutrilite™-approved green tea extract*, cica water and rosemary. Together, they support healthy-looking skin by moisturizing and providing hydration. You'll love the green eucalyptus and herbal white tea aroma, which captures the pleasant freshness of a forest.



Rosemary
helps soothe skin



Nutrilite-approved green tea extract
provides antioxidant protection

Cica water
helps soothe skin



Protect



WITH PLANT-BASED
GOODNESS

Cica Complex Water

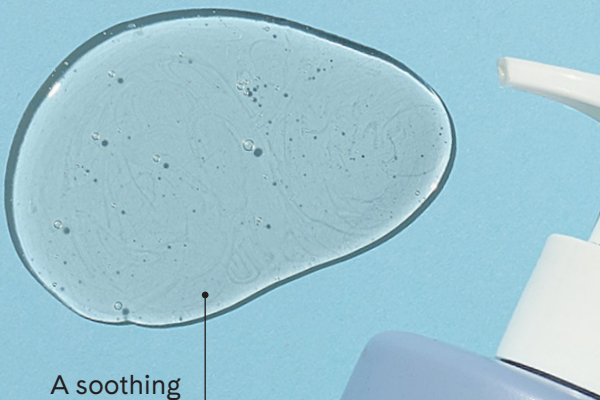
Essentials with Rosemary

Nutrients with Green Tea

Protect
Hand Soap

250 mL

g&h



A soothing
gel texture



WITH PLANT-BASED
GOODNESS

Cica Complex Water

Essentials with Rosemary

Nutrients with Green Tea

Protect
Hand Soap

250 mL

g&h

Protect Hand Soap

A non-drying, antibacterial hand soap that moisturizes as it cleans. Includes Nutrilite™-approved green tea extract*, cica water and rosemary.

Reasons to love

- Helps remove bacteria, dirt, oil and impurities from skin
- Concentrated formula with up to 450 washes** in one 250 mL bottle
- Helps neutralize odors
- Non-stripping, non-drying formula
- Biodegradable formula
- Bottle is made with 30% recycled material
- Dermatologist-tested. Allergy-tested.

Formulated without

- Sulfate Surfactants
- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens

250 mL / [125894](#)



Registered with
The Vegan Society



*Green tea extract grown on our NutriCert certified partner farm.

**Based upon one pump per use.

meet Baby

These deeply moisturizing products are designed specifically for babies ages 6 months and older, but they're great for anyone who wants a fragrance-free option. Each formula includes clean, plant-based ingredients—like Nutrilite™-approved chamomile oil*, calendula water and olive oil. Together, they support healthy-looking skin by moisturizing, maintaining skin's natural moisture barrier and providing hydration.

Calendula water
helps calm and
comfort delicate skin



**Nutrilite-approved
chamomile oil**
helps protect
skin against
environmental
stressors



**Olive oil-derived
ceramide**
helps maintain the
skin's moisture barrier



Baby



g&h
Baby

Wash & Shampoo

Calendula Complex Water
Essentials with Ceramide
Nutrients with Chamomile

TRIPLE BARRIER PROTECTION

400 mL / 13.52 OZ

Fragrance-free



A light and
fluffy foam

Baby Wash & Shampoo

A mild, moisturizing formula designed specifically for babies 6 months and older, but great for anyone who wants a fragrance-free option. Includes Nutrilite™-approved chamomile oil*, calendula water and olive oil.

Reasons to love

- A light and fluffy foam
- Mild, tear-free formula
- Suitable for daily use as needed
- Helps build a strong protective layer to protect from environmental stressors
- Biodegradable formula
- Bottle is made with 30% recycled material
- Dermatologist-tested. Allergy-tested. Soap-free.

Formulated without

- Sulfate Surfactants
- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens

400 mL / [126309](#)



Registered with
The Vegan Society



Baby Care products are for babies 6+ months.

Baby



Lotion

Calendula Complex Water
Essentials with Ceramide
Nutrients with Chamomile

TRIPLE BARRIER PROTECTION

400 mL / 13.52 OZ

Fragrance-free



Moisturizes
without
leaving skin
feeling greasy

g&h
Baby

Lotion

Calendula Complex Water
Essentials with Ceramide
Nutrients with Chamomile

TRIPLE BARRIER PROTECTION

400 mL

Baby Lotion

A non-greasy lotion that leaves skin feeling touchably soft, smooth and moisturized. Helps soothe, calm and comfort baby's delicate skin. Includes Nutrilite™ chamomile essential oil*, calendula water and olive oil. Fragrance-free.

Reasons to love

- Provides 24 hours of moisturization
- Easy-gliding, non-greasy texture
- Suitable for daily use as needed
- Helps support lipid barrier to protect skin against environmental stressors
- Bottle is made with 30% recycled material
- Dermatologist-tested. Allergy-tested.

Formulated without

- Sulfate Surfactants
- Artificial Colorants
- Mineral Oil
- Phthalates
- Parabens

400 mL / 126308



Registered with
The Vegan Society

Baby Care products are for babies 6+ months.

Plant-based goodness by the bottle

Each g&h™ product line features a unique combination of plant-based water complexes, essentials and traceable ingredients grown on Nutrilite™ farms and partner farms. Together, these powerful ingredients support your skin's healthy-looking beauty.

	COMPLEX WATER moisturizes skin	ESSENTIALS protect skin's moisture barrier	NUTRIENTS nourish skin
 <p>Nourish</p>	Bamboo	Olive oil	Nutrilite white chia seed oil*
 <p>Refresh</p>	Bamboo	Olive oil	Nutrilite green acerola cherries*
 <p>Protect</p>	Cica	Rosemary	Nutrilite-approved green tea extract**
 <p>Baby</p>	Calendula	Olive oil	Nutrilite-approved chamomile oil**

what's new with g&h?

From clean, plant-based ingredients to amazing fragrances to a brand new Baby line, there's a lot to love about the new g&h™.

Nourish

Formulation

- Made with Nutrilite™ white chia seed oil, bamboo water and olive oil
- New fragrance: green tea, peach and chamomile

Packaging

- Bottles made from 30% recycled material*
- Nourish Hand Cream will now be sold individually (75 mL)

Traceability

- Nutrilite white chia seed oil

Refresh

Formulation

- Made with Nutrilite green acerola cherries, bamboo water and olive oil
- New fragrance: energizing orange and geranium

Packaging

- Bottles made from 30% recycled material*

Traceability

- Nutrilite green acerola cherries

*Does not include Nourish Hand Cream.



what's new with g&h?

Protect

Formulation

- Made with Nutrilite™-approved green tea extract, cica water and rosemary
- New fragrance: white tea and eucalyptus

Packaging

- Bottles made from 30% recycled material*

Traceability

- Green tea extract grown on our NutriCert certified partner farm

Baby

Formulation

- Brand new product line, including lotion and foaming wash & shampoo
- Fragrance-free

Packaging

- Bottles made from 30% recycled material*

Traceability

- Chamomile grown on our NutriCert certified partner farm

*Does not include Nourish Hand Cream.



know before they ask

Are g&h products 100% natural?

No. Our formulas are created With Plant-Based Goodness™ at their core, and are carefully made with only gentle and effective ingredients—some of which come from plant-based ingredients.

What are the key naturally-derived ingredients in g&h products?

g&h™ products are made With Plant-Based Goodness: each formula includes plant-derived ingredients whenever possible. These include the unique botanical blend used in each collection (see collection pages for details). In addition, the glycerin used in g&h products is plant-derived.

Do any g&h products include sunscreen?

Yes, the g&h Protect UV Body Lotion SPF 50+ (coming soon!) provides broad spectrum protection against both UVA and UVB rays.

Are any g&h products fragrance-free?

Yes, g&h Baby products are fragrance-free.



know before they ask

What is the shelf life of g&h products, and how long can I use them after opening?

The shelf life of the unopened products is three years. Once a product is opened, its recommended use period is 12 months.

What is the correct order of use for g&h products?

For best results, we recommend that you cleanse your skin before applying a body moisturizer or your deodorant. All g&h™ products can be used as often as needed, according to the use instructions.

Are g&h products recommended for a specific skin type?

No, g&h products are designed for all skin types.

Can g&h products be used during pregnancy?

Ingredients in g&h products have been shown to be safe for use by all women. g&h products are generally considered safe for use in pregnancy. However, since skin condition and sensitivity changes during pregnancy, we recommend consulting your physician to discuss your skin care regimen and products to use during pregnancy.



product FAQs

g&h Nourish Body Wash

Does g&h Nourish Body Wash change the skin's pH?

No, it is formulated to have a pH of less than 7, and therefore does not have a significant effect on the pH of the skin. (Skin pH is a measurement of its level of acidity).

Can g&h Nourish Body Wash be used to cleanse your face and hair?

Nourish Body Wash is mild enough to be used on the entire body, including the face if needed (avoid eye area). However, for facial cleansing, many customers will prefer one of the Artistry Skin Nutrition™ or Artistry Studio™ cleansers. For sensational hair, we recommend Satinique™ hair care products.

g&h Nourish Body Lotion

Can g&h Nourish Body Lotion be used on the face?

Ideally, no. The skin on your face is different from the skin on your body, and the two types of skin thrive with different care routines. For moisturizers and other products designed for facial skin, explore the Artistry Skin Nutrition or the Artistry Studio collection.

g&h Nourish Hand Cream

Why do I need hand cream?

The skin on different areas of our body has quite different needs, because the skin itself is different. Hands are constantly exposed to our environment and are subject to frequent washing with various kinds of soap. To effectively address the needs of the hand area, we recommend using a product designed specifically for that area.



product FAQs

g&h Refresh Exfoliating Body Wash

Does g&h Refresh Exfoliating Body Wash change the skin's pH?

No, it is formulated to have a pH of less than 7, and therefore does not have a significant effect on the pH of the skin. (Skin pH is a measurement of its level of acidity).

Can g&h Refresh Exfoliating Body Wash be used to cleanse your face and hair?

No. Refresh Exfoliating Body Wash should be used on body skin only. For facial cleansing, many customers will prefer one of the Artistry Skin Nutrition™ or Artistry Studio™ cleansers. For sensational hair, we recommend Satinique™ hair care products.

g&h Refresh Body Milk

Can g&h Refresh Body Milk be used on the face?

Ideally, no. The skin on your face is different from the skin on your body, and the two types of skin thrive with different care routines. For moisturizers and other products designed for facial skin, explore the Artistry Skin Nutrition or the Artistry Studio collection.

g&h Protect Hand Soap

Can you use g&h Protect Hand Soap to cleanse your face?

No, this hand soap is a mild formula but was designed for use on the hands, not the face. For facial cleansing, many customers will prefer one of the Artistry Skin Nutrition or Artistry Studio cleansers.



product FAQs

g&h Baby Wash & Shampoo g&h Baby Lotion

Can g&h Baby products be used on the face?

Yes, both g&h™ Baby Wash & Shampoo and Baby Lotion are designed for use from the top of baby's head to their tiny toes. The shampoo is a tear-free formula, but it is generally best to avoid baby's eye area with both products.

Is there a minimum recommended age to use g&h Baby products?

Yes, g&h Baby Care products are for babies 6+ months.

Are g&h Baby products hypoallergenic?

Yes, g&h Baby products have been carefully formulated and tested to provide gentle skin care for baby's delicate skin. If any skin irritation is observed in your child, discontinue use and consult your pediatrician.



unleash the power of customers

PRODUCTS CUSTOMERS WANT TO BUY

g&h™ products meet the needs of customers who are looking for clean, gentle and effective body care products for their families. The refreshed collection features a variety of plant-based ingredients, fragrances, textures and benefits—making it easy for your customers to find something to love, whatever their needs.

WITH A BETTER CUSTOMER EXPERIENCE

We're continuing to make the customer experience as amazing, personalized and streamlined as possible with offerings like the AmPerks Customer Rewards Program and improved shipping and delivery with easy, no-hassle returns. It just keeps getting better!

AND HELPFUL NEW TOOLS FOR YOU

The offerings above don't just make the customer experience better; they make selling simpler and more convenient for you. Plus, with new products and selling tools, education courses and your MyShop Digital Storefront, you'll have everything you need to make selling easy and fun.



start selling in 5 easy steps

1. DISCOVER PRODUCTS YOU LOVE.

Get to know the entire family of g&h™ products and experience the power of plant-based goodness.

2. OPEN OR UPDATE YOUR MYSHOP DIGITAL STOREFRONT.

Expand your brand, connect with customers, and promote and sell the g&h products you love, all in one place.

3. BETTER THAN EVER SELLING SUPPORT.

Amway Education is full of resources like easy-to-follow product videos, selling courses, best practices and more.

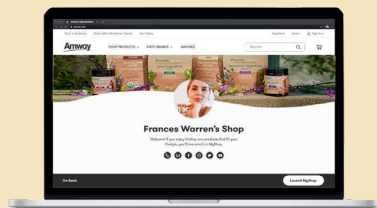
4. SHARE WITH CUSTOMERS.

Learn how to **connect with customers** in person, online and via social media to share and sell the products you're passionate about. #GoodnessForAll

5. SERVE YOUR CUSTOMERS.

Happy customers mean healthy business – create repeat buyers with tools like DITTO™ and AmPerks to make shopping easy and rewarding. Use the Satisfaction Guarantee to help close the sale.

You've already discovered and learned about all of the amazing g&h body care products. Now it's time to...



Scan here to set
up MYSHOP now

Set up MyShop Digital Storefront.

Create your free, customizable, digital storefront. It's an easy way to sell products, engage with customers and promote products – like the new g&h collection – 24/7. Keep content updated regularly and share your **MyShop** with customers so they're always connected and shopping with you.

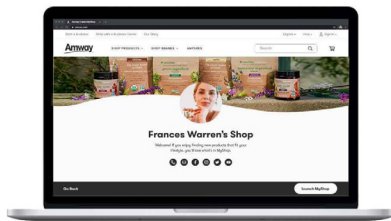
share with customers

Once you've learned about all the new and now products from the g&h™ collection and experienced them for yourself, you're ready to start sharing and selling with customers.



CATALOGS

Our Mini Catalog contains all the latest and greatest products for customers to browse and shop.



SHARE FEATURE ON AMWAY WEBSITE

Easily share product links with your customers and receive credit for any resulting sales. It's so simple; when logged into the Amway.com, click the icon to quickly share a product page link with customers via text message, email, messaging apps like WhatsApp, and private chats on social media platforms.



CUSTOMER TILES

Fun, promotional product images you can easily save to your smartphone's camera roll. Text or direct message them to customers to start a natural selling conversation. Available in the Amway Resource Center.



SHARE YOUR STORY
#GOODNESSFORALL

FOLLOW US



@AMWAY US & CANADA



@AMWAYUS