

Blue Lotus Ritual Oil ~Vidhi ~ विधि ~

'Vidhi: To follow a method (ritual)'



Embrace serenity with our ritual oil - a sacred blend of Blue Lotus Absolute & Jojoba Seed Oil. Blue Lotus is used to open up the crown chakra to help you find transcendence and promote a sense of connectedness with the divine.

Add a drop to your temples and third eye between your eyebrows to elevate your meditation and spiritual practices. Enjoy your way, even simply as your new beautiful daily perfume oil.

Mist your surroundings with Blue Lotus Ritual Mist to create an ambience of calm and peace. For a luxurious and peaceful bedtime ritual, try misting your pillows.



Why Ayurveda?

Ayurveda is a natural and holistic approach to living that promotes health and wellbeing. The term Ayurveda is derived from the Sanskrit words ayur (life) and veda (science or knowledge). Translated, Ayurveda means 'knowledge of life'.



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 Ayurvedic Skincare
Beautiful skin starts here

Grounded In Ayurveda

Skincare Day

Saffron Glow Day Face Oil

Experience the glow of Saffron on your skin. With Bakuchiol and Indian Gooseberry, herbs that nourish and brighten the skin.



Rose Water Toning Mist

A perfect dual purpose toning and cleansing mist with Rose water, Aloe Vera & Kakadu Plum. Lock in moisture by layering this mist before applying your face oil as part of your routine.



Manjish Elixir Night Face Oil

Treat your skin to the illuminating benefits of Manjish for wonderfully radiant & glowing skin. The perfect night-time companion with Indian Sandalwood & Triphala for restoring suppleness & even tone.



Ashwagandha Body Massage Oil

This deeply penetrating Ashwagandha and Hemp Seed body oil is used to promote calmness and the building of mental & physical strength. At the same time, Kunzea cleanses and supports healthy skin.



How to use:

After toning and misting your face with our Rose Water Organic Toning Mist, take 3-6 drops of oil in your palm. Dab on your face and neck and spread evenly. Massage the face and neck in upwards and outwards strokes and forehead in circular strokes until the oil is fully absorbed.

Why you'll love our Saffron Glow:

- Moisturising and brightening skin tone.
- Provides a youthful and vibrant complexion.
- Helps fight oxidative stress & inflammation.
- Fresh and invigorating to wake up the skin in the morning.

How to use:

After cleansing your face with our Rose Water Organic Toning Mist, take 3-6 drops of elixir in your palm. Dab on your face and neck and spread evenly. Massage the face and neck in upwards and outwards strokes and forehead in circular strokes until absorbed.

Why you'll love our Manjish Elixir:

- Brightening & lightening of skin tone.
- Evens out skin tone & texture.
- Gentle purification & detoxification of the skin.
- Deeply moisturising to soothe imbalances & dryness.

How to use:

Gently warm 10-20 drops and apply in a gentle circular motion over the body, particularly in sore or tender spots. Night time routine: After gently warming oil between the palms, massage into the soles of the feet and toes in a gentle, soothing manner to promote restful sleep.

Why you'll love our Ashwagandha Body Massage Oil:

- Promotion of healthy and supple skin.
- Improve skin tone & texture and give it a radiant glow.
- Support for muscle pain & poor circulation from massage.

Haircare

Brahmi Elixir Hair & Scalp Oil

Deeply nourish and stimulate your hair & scalp with this unique blend containing Brahmi, Rosemary & Indian Gooseberry, suitable for the hair, scalp and beards.

How to use:

Before washing hair, gently massage your scalp in circular rhythmic motions with your fingertips using a small amount of oil for each section. Leave on for 15-30 minutes before washing. For deep conditioning, you can leave longer or even overnight. Wash hair with a herbal/mild shampoo. Comb or brush your hair once it's dry. For leave-in use: Brahmi hair oil is lovely for a leave-in treatment for dry & split or fly-away hair. Use 1-2 drops, warmed in the palms and smoothed over the ends of hair.



Rosemary Hair & Scalp Serum

Perfect for someone seeking convenience to their hair treatment rituals with a water (serum) based solution and packed with nutrients from Rosemary Antioxidant, Hibiscus, and Kakadu Plum.



How to use:

Scalp: Gently massage into the scalp with your fingers, moving in a circular motion. Move from section to section of your scalp. Leave it on for at least 15-30 minutes before washing. For deep conditioning, you can leave longer or even overnight. Wash hair with a herbal/mild shampoo. Hair ends: Add serum gradually to your hair and comb through gently with a brush. This can be done every day if needed but apply sparingly to not over-saturate the hair.