

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 and jojoba seed oil. It's crafted to elevate your spiritual practice, enhancing inner peace by opening the heart and mind to deeper meditation.

The Blue Lotus in Ayurveda is also used for its spiritual benefits. It's said to open up the crown chakra, enhancing spiritual awareness and inner vision. It's commonly used in meditation and spiritual practices to aid in transcendence and promote a sense of connectedness with the divine.



Get In Touch

Phone

1300 465 972

Website

www.holysanity.com.au

Address

Unit 2/16 The Link, Mill Park VIC 3082

Email

yourfriends@holysanity.com.au



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'.

 Ayurvedic Skincare
Beautiful skin starts here

Grounded In Ayurveda

Serums

INTRODUCING OUR RANGE OF LUXURY SKINCARE
MADE USING AYURVEDIC PRINCIPLES AND ONLY
USING THE BEST NATURAL INGREDIENTS



Saffron Glow Day Face Oil

In Ayurveda, Saffron is grouped under “Varnya Gana” (skin rejuvenator) the category of herbs that are known to give the skin a warm, glowing complexion.

How to use:

After cleansing your face, 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.

Manjish Elixir Night Face Oil

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



How to use:

After cleansing your face, 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.

Brahmi Hair & Scalp Elixir



Deeply nourish and cool your hair & scalp with this unique blend, suitable for the hair, scalp and beards.

How to use:

Before washing hair: gently massage your scalp in circular motions with a small amount of Brahmi Hair Elixir. Work your fingertips rhythmically and gently from the crown of your head toward your ears and the base of your skull (where your neck begins).

Leave it on for at least 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 one or two drops warmed in the palms and smoothed over the ends of hair.

Beard or body hair oil: A few drops warmed between the hands and worked gently over beard or body hair for soft, smooth & healthy growth.

Why you'll love our Brahmi Hair & Scalp Elixir:

- Promote the growth of healthy and strong hair.
- Deeply nourish the scalp with antioxidants and a complex vitamin & mineral formula.
- Natural antidandruff.
- Helps with hair repair and to restore sun damage to hair & scalp.



Ashwagandha Body Massage Oil

This deeply penetrating body oil is used to promote calmness and the building of mental & physical strength.