

help yourself. look good.

Ayurvedic skincare we love ...

Endota Cinnamon and Manuka Honey Lip Balm
(\$17.00 for 6g; www.endota.com)

Your lips will love this dreamy concoction of cinnamon and Manuka honey. Honey is renowned for soothing and healing.



Niyama Ginger Melt Body Balm

(\$21.80 for 250ml; www.barenakedbeauty.com.au)
With ginger to stimulate circulation and shea and cocoa butters to rehydrate, your skin will instantly feel satiny soft.



Malka Sweet Cinnamon Oil (\$15.00 for 10ml; www.malka.com.au)

Draw yourself a deep bath, dim the lights and let your senses take you to the Orient with this delicious aroma of spicy cinnamon.



Subtle Energies Pitta (Calming) Aromatherapy Blend

(\$30.80 for 50ml; www.subtleenergies.com.au)
Includes Ayurvedic essential oils of mogra, vetiver, kewda, sandalwood and brahmi. Apply a thin film all over the body after showering.



Rasasara Herbal Face and Body Bar
(\$20.00 for 100g; www.rasasara.com)

This earthy bar contains a unique blend of lemon, frankincense, rose and turmeric essential oils to uplift and harmonise.

Omveda Sandalwood Cleanser

(\$41.40 for 200ml; www.omveda.com)
Antibacterial sandalwood, neem, lemon and honey gently cleanse and heal skin while reducing excess oil production.



Ayurda Almond and Saffron Moisturiser
(\$74.95 for 125ml; www.ayurda.com.au)

With one of nature's finest skin foods, almonds, plus the Ayurvedic herbs fenugreek, saffron and bhaera, this boosts a dull complexion.