

Beauty the way nature intended it



www.whitehorsehealingworks.com



White
HORSE

White Turmeric



Milky Oats



Moringa



Babchi seeds



Manjistha



Burdock Root

All White Horse Products are created with a core purpose—to heal and integrate the user at the levels of mind, body, emotion and Spirit. All these herbs, roots, barks and oils have come together in REVERSE, the anti-ageing face oil to synergistically work their magic at our various levels.

Physical Level:

Seeds like Babchi, the plant kingdoms answer to retinol, is a collagen booster. It smoothens fine lines, fights wrinkles, sunspots and makes the skin dewy, soft, youthful and filled with vitality.

Milky Oats hydrates dry skin, is an anti-inflammatory, that fights redness, itching and any kind of skin allergies. It soothes irritated skin, while restoring calm and balance to the nervous system.

Manjistha brightens the skin and boosts the production of glutathione in the body, which clears the lymphatic system. It revives a sluggish blood circulation and is a powerful lymphatic cleanser. It releases fat buildup from the cells, clearing oedema, or water retention, thereby healing bags under the eyes and any lymphatic congestion on the face.

Moringa leaves have the wonderful ability to prevent free radical damage to the skin, reduce wrinkles, blemishes and dark spots.

Burdock Root is an anti-inflammatory and a powerhouse of antioxidants. It removes toxins from the blood, treats acne and dry skin. It keeps the digestive, urinary and lymphatic systems clean and toxin free. It has skin matrix-stimulating properties, making the skin supple.

Nutgrass reduces hyperpigmentation, fights sunspots, redness, rosacea and reverses UV damage. It encourages cellular regeneration and protects cellular structure.

White Wild Turmeric or Kasturi Manjal, has been used for centuries on brides to cast a bridal glow. It reduces scarring and acne breakouts, as well as, stabilises excessive oil production. Curcumin, a bio-active component of white turmeric has anti-inflammatory and anti-oxidant properties, keeping the skin youthful.



White HORSE

Emotional Level/ Mental Level:

Cardamom releases anger and frustration stored in the cellular memory which is the primary cause of frown lines and wrinkles. It aids in calming the mind so it doesn't react to repeated triggers of anger and frustration in the same way.

Aside from creating a beautiful glow on the skin, Saffron, is known for being a highly effective mood stabiliser. It significantly increases serotonin, dopamine and norepinephrine levels in the brain. These are the brain's happy chemicals. Using saffron regularly, changes the outlook to optimistic and sunny. Saffron gives us great self confidence, self-belief and teaches us to honour ourselves.

Arjuna Bark strengthens the heart and heals it. It starts by first healing the inner critic, and then enables us to be kinder, more compassionate and less judgemental to ourselves and others. By healing the heart, Arjuna Bark enables us to learn to love ourselves and see our true inner beauty.

Damascus Rose, like Arjuna, heals the layers of the heart but also restores psycho-emotional harmony. It heals nervous anxiety, depression and insomnia. A good restful nights sleep is the core mantra for health and vitality.

Sage calms the nerves, healing feelings of sadness, grief and fatigue. It also clears the energy of negative influences both internal and external. On the energetic and spiritual level, sage connects us deeply to our inner wisdom and makes us much more intuitive. It clears our cells of emotional pain and fear.

Arjuna Bark



Damascus Rose



Kashmiri Saffron



Sage



White HORSE

SPIRITUAL/ ENERGETIC LEVEL:

Nagkesar is a fruit that both clears the stomach and stimulates bile. It keeps the digestive tract clear, thereby keeping the face clear. But it is revered as a spiritual fruit and used in every havan to bring down the energy of Goddess Mahalaxmi, the Goddess of abundant beauty, wealth and auspiciousness. Using it regularly, brings her energy and vitality into our body.

Frankincense works on all the levels of the body. At the physical level, it is lauded for its ability to prevent wrinkles, minimise pores, reduce redness, promote tonality and elasticity of the skin. At the emotional level, it calms and relieves anxiety. At the spiritual level, it awakens you to Divinity.

Haritaki is said to be the tree that grew when the Gods let slip the first drop of Amrut from the heavens. Said to be the king of medicine, it is one of the rare herbs that balances all three doshas. It is deeply revered in Ayurveda as its name, Hari, is another name for Lord Shiva. Like the Lord's energy, Haritaki destroys anything within our minds and bodies that is no longer serving our highest good. The Haritaki fruit is equally revered in Buddhism and the Medicine Buddha is always depicted with a branch of Haritaki in his hand. It is said that the fruit helps reveal our true Buddha nature. The Rishis used to eat this fruit and apply its juice on their bodies for mental sharpness, longevity and prevent ageing. It powers the body with huge amounts of prana into every cell of the body, mind and subtle body. It penetrates all 7 layers of skin tissue, clearing, detoxifying, cleansing and rejuvenating it of negative emotions and old belief systems that hold us back. Haritaki is said to connect us to our Soul and awaken our Viveka buddhi, or subtle intellect, enabling us to go deep within ourselves and see the true beauty within our Divine Self.

MAGICAL LEVEL:

Seabuckthorn berries have been used since yore as the primary food of the mythical winged-horse, the Pegasus. Packed with vitamins and nutrients, it is said that the Pegasus favours these juicy berries because it gives it the great faith in itself and the miraculous ability to fly to fulfil its dreams.

Nagkesar



Haritaki



Seabuckthorn



Frankincense



Other ingredients include

German Chamomile



Rosehip



Kalonji



Red Sandalwood

Orange Peel



Rue



Kali Jeeri



Clary Sage

Vetiver



Spikenard

Directions to use:

Start by setting an intention, to cleanse your cells of the emotional toxins stored in it. Visualise your face as glowing and radiant with peace and joy.

Always apply REVERSE only after first washing the face with a mild cleanser. Then apply 2-3 drops if you have oil skin.

Apply 3-4 drops if you have normal skin and 4-5 drops if you have dry skin. Apply less if your skin gets oily around period. Put the prescribed number of drops on your clean palm, rub your palms together to slightly warm it, then start by applying on your face in upwards strokes, gently circle your eyelids and under eye area, on the eyebrows. Use both hand's fingers to apply REVERSE with upward strokes on the forehead. Then lightly massage the area under your nose and around your chin. Always keep your strokes upwards. Then apply on your neck and décolletage with upwards strokes.