

The Whole Health Wellness Cycle is the architectural plan for a healthy life style of strength, building disease resistance, striving for balance and showing radiant beauty. Maintaining and acquiring wellness is a cyclical journey concentrating on detoxification, pain relief, balance and beauty returning to each action in one full healthy life of wellness.

Body Massage, Warps and Exfoliations Body rituals stimulate, invigorate and bring balance to the largest organ of the body, directly influencing every internal organ including the circulatory and central nervous systems. The plan to Increase whole health and wellness in your services is with added therapy that has purpose and proven history including: organic oils in blends with combinations of essential oils and natural herbs with active properties for each cycle that empowers manual touch therapy. This is not a secret and has been handed down in indigenous medicine for over 3000 years

Amrit Organic’s “Cycle of Whole Health Wellness” Collection offers choices of therapies for each part of the four wellness cycles in organic rich ingredient formulas. The Four Actions that complete the Cycle are **Detox, Pain Relief, Balance and Beauty!** We offer them all in Rituals of Masks, Balms and Oils to compliment different Spa Cultures. They are all Aroma Different and work on specific targets complimenting each other.

The Cycle Begins with Detox; the 1st step towards maximizing pain relief by aiding in un-blocking Toxins, Calming Inflammation and help to Improve Poor Circulation. These three factors can slow down and prolong results and fight against pain relief causing un-necessary discomfort and increase dehydration. Simply: prior to using pain relief products, rituals and massage Detoxifying Maximizes Pain Relief Treatment Results.

Garshan Detox (Ayurveda) therapy kick starts the cleansing mechanisms of the body and lymph systems. The internal actions initiate natural toxin removal and strengthening the body’s natural system of detoxification. Garshan combines powerful Organic essential oils of Geranium Rose, Juniper Berry, Cypress and Lemone in Organic Plant oils. These oils have natural nutrition and anti-oxidants, while the essential oil properties invigorate, warm cellular action and encouraging stubborn collective areas to release toxins and impurities, improving the normal daily body repair and protection abilities.

Thai Exotic Coffee Scrub (Thailand) and Massage. This aromatic mask and scrub’s aroma precede the treatment with of 3 different organic and natural coffee blends from around the world. Then we add crushed Cardamone and Cinnamon. All are then blended into bentonite Clay. rich with trace minerals and organic crushed brown rice for an added silky-smooth texture.

Thai Ginger and Lemongrass (Thailand) brings ease and a comfort detox with the warmth of ginger to stimulate poor circulation and increase natural internal movement with the purifying properties of lemongrass. Excellent for clients that are always cold, or menopause to regulate heat, chronic dry skin and lethargic moods and constant tiredness. Because Ginger is well known for aiding in toxin removal and improving circulation makes it a gentle and spirit joyful detoxifying ritual.

The 2nd Phase of the Cycle is Pain Relief Aid: The aid of pain relief and the awareness of knowing what’s causing it, is a lifelong practice. This includes: the food we ingest, the daily activities, abuses and learning healthy practices of personal care, plus learning the of caring for the mind too. These practice challenges can strengthen or weakening the entire body. A weak body is prone to pain in many degrees and results in stressing the mind and body. Helping to guide your clients to strive to developing a disciplined way of life, aids future health conditions.

Jivaka Pain Relief Ritual (Ayurveda) deeply relives chronic and sudden muscle pain including arthritis, sports sprains and joint discomfort. Jivaka combines the power of Organic Juniper Berry, Lavender, Eucalyptus and Rosemary in Organic Plant oils to bring natural nutrition and anti-oxidant properties while the precious essential oil properties deeply warm and move circulation, relax muscles, and trigger healing mechanisms of the body to release pain, while encouraging inner strength and mind clarification. Jivaka mask helps warm the body and deeply begin the release of stiff muscles for a better target massage with greater results.

Hemp Pure Aroma Pro (North Americas) is our crown of Aromatherapy Blending of organic plant oils p for the purpose of relaxing tension and pain discomfort relief. We infuse and cure naturally into our **Hemp Seed Organic Pure None-Aroma Oil Base** the following Blend of Essential Oils and their properties:

- Organic Black Pepper: natural anti-inflammation and soothing anxiety
- Organic Juniper Berry: antiseptic, deep muscle pain soothing
- Organic Ginger detoxification and warming properties
- Organic Eucalyptus: aseptic, helps healing and colds
- Organic Winter Mint: anti-bacterial effects

Our quality is superior and holds the highest standard of Organic and Natural Chemistry for the Spa and Consumer industry for your spa’s excellence.

More Pain Relief Services and therapies Continued...

Sensitive Tissue Detox for the most sensitive: performed with specific hands-on massage modalities and nurturing holistic toxin free products. Amrit Org. offers “Signature Massage Balm & Oil”. These Plant healing Botanicals are perfect for deep tissue, marma, and acupressure point for muscle and tension relief. In the Balm a small amount of therapy grade Certified Organic Lavender to purify and calm, with Organic Pam Fruit Butter (Vitamin and antioxidant nourishment) and Organic Virgin Coconut Butter (anti-inflammatory and healing). Perfect ending leaves the skin nourished, soft and balanced. It can be ordered without lavender for Custom Blending or completely aroma free.

Part 3 Balance: once the body is pain and toxin managed and the spirit and mind are feeling well, the body needs to find daily balance with treatments using Aromatherapy formulas that aid in the client’s chronic challenges to avoid building up blocks that cause weakness and pain. This can include: lack of sleep, arthritis management, poor eating habits, hormonal ups, downs and crisis, exhaustion, stress, self-esteem issues, jet lag, and anxiety to name a few. Choosing a few or many therapies begins complete apothecary wellness. Example of a Sleep aid treatment in massage choose our Sweet Sleep Formula or Mix your own with our Wonderful Essential Oils. Amrit Org. “Sweet Sleep” is not a sleeping potion, rather it is a stress dissolver that deeply relaxes and clears away the day’s activities from the mind. It’s excellent with warm heat packs, hot linens and poultice massage. Another example is “Balanced Energy” this signature recharging blend is to strengthen the inner wellbeing and stimulate the creative mind. We can help you design and develop the Wellness Balancing Therapy.

Completing the Cycle, the ultimate goal is Health in Beauty. This is about beautifying and fine tuning the body’s internal strength. These are treatments of care and delight. Their target benefits and results treat the body to be joyful and texturize the skin and maintaining stress release in massage modalities and specific Blends of Botanical Blends. Amrit Organic offers a Unique Collection of Balms, Scrubs and Toning Hydrosols including:

- Lavender - for purity and strength and calming and lightening the heart
- Global Mints - for clarity and warm healing and joy and refinement
- Exotic Citrus – for vitamin rich antioxidants and healing and high refreshment.
- Pumpkin Rich – for deep repair and refinement and anti-aging benefits