



ASHMIRA

BOTANICA

THE 5-ELEMENT THEORY OF CHINESE MEDICINE
WOVEN INTO SKINCARE

In traditional Chinese Medicine everything is categorised into one of **5 elements** –



wood



fire



earth



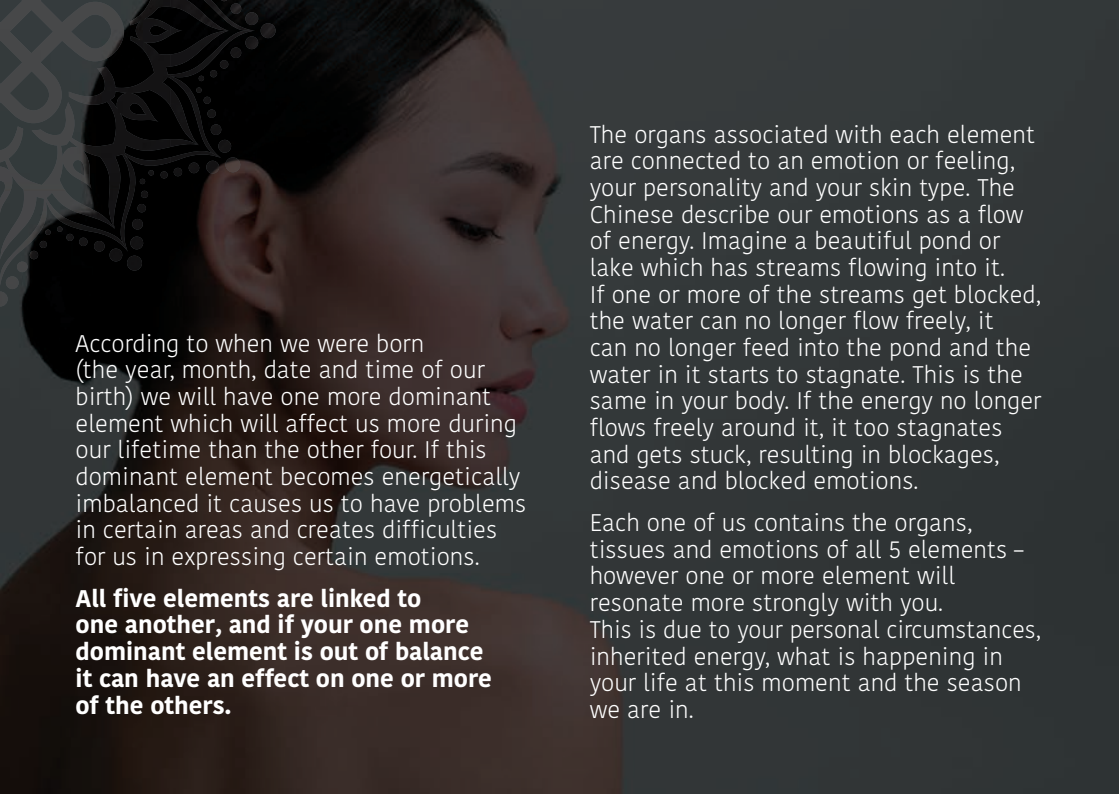
metal



water

These 5 elements are said to be energetic processes out of which the world was created. We, as humans, exist in this world, and these 5 elements and some

of their processes – the seasons, our emotions, skin type, personality, organs and the meridian pathways which connect them, are therefore affected.

A woman's profile is shown in a dark, muted color. On the left side of her head, there is a decorative, light-colored floral or leaf-like pattern. The background is a solid dark grey.

According to when we were born (the year, month, date and time of our birth) we will have one more dominant element which will affect us more during our lifetime than the other four. If this dominant element becomes energetically imbalanced it causes us to have problems in certain areas and creates difficulties for us in expressing certain emotions.

All five elements are linked to one another, and if your one more dominant element is out of balance it can have an effect on one or more of the others.

The organs associated with each element are connected to an emotion or feeling, your personality and your skin type. The Chinese describe our emotions as a flow of energy. Imagine a beautiful pond or lake which has streams flowing into it. If one or more of the streams get blocked, the water can no longer flow freely, it can no longer feed into the pond and the water in it starts to stagnate. This is the same in your body. If the energy no longer flows freely around it, it too stagnates and gets stuck, resulting in blockages, disease and blocked emotions.

Each one of us contains the organs, tissues and emotions of all 5 elements – however one or more element will resonate more strongly with you. This is due to your personal circumstances, inherited energy, what is happening in your life at this moment and the season we are in.

A close-up photograph of a wooden spoon resting on a dark, textured surface. The spoon's bowl is filled with a dark grey, clumpy powder. To the left of the spoon is a pile of brown powder. To the right is a large pile of white powder and a smaller pile of orange powder. The lighting is dramatic, highlighting the textures of the powders and the grain of the wood.

Choose which element resonates most strongly with you at this moment in time or where you feel your weaknesses lie. Alternatively, simply give us your date of birth and we can tell you which areas need strengthening and balancing according to your Chinese biorhythm.



wood

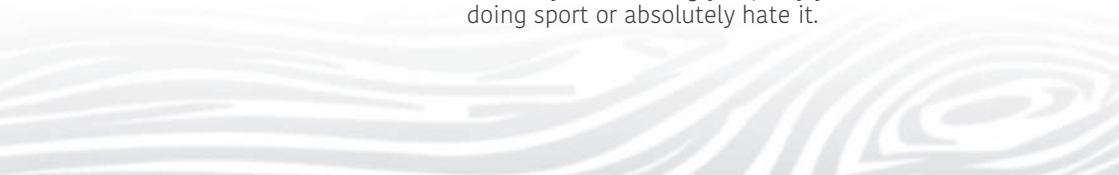
SPRING

Meridians: Gall bladder and liver.

Skin Type: Too much or too little sebum, oily or dry skin, acne.

Emotion: Anger, frustration, irritability.

Personality: Dynamic and efficient – you like to get things done. You like to take responsibility and love to organise and plan, a born leader who seeks justice and rebels against the rules. A real decision maker who is assertive, creative and artistic. You can be prone to muscular aches and pains and poor eyesight, sometimes suffering with migraines and headaches. You are full of energy when balanced and hate mornings but love late nights. You are either never angry or suddenly become angry, equally you either love doing sport or absolutely hate it.





ASHMIRA®
BOTANICA

ELEMENTAL CLAY POWDER
FIRE

250g e 8.8 Oz





fire

SUMMER

Meridians: Heart, pericardium,
triple warmer, small intestine.

Skin Type: Dry skin, broken capillaries,
flushed, reddish complexion.

Emotion: Joy, laughter, cheerful, easily hurt, emotional.

Personality: You are warm and friendly with a radiant, bright personality and eyes which sparkle with joy. You wear your heart on your sleeve and everyone knows what you are thinking and feeling. Love is very important to you and you need to give, receive and feel love, without it life has no meaning. When imbalanced you can feel muddled and unable to sort things out and your emotions can fluctuate up and down. When out of balance, you find that words stick in your throat and you are unable to communicate or express your feelings but when in balance you are talkative and excitable, radiant and bright.





END OF SUMMER / INTER SEASONS

Meridians:	Stomach and spleen
Skin Type:	Dull, devitalised skin, spots under the surface of the skin, cellulite, acne, Intoxicated skin or normal skin.
Emotion:	Worry, pensiveness, over thinking.
Personality:	You are an earth mother and a feeder, caring and nurturing; thinking about food all of the time, with a sweet tooth and having either a poor appetite or eating to excess. You concentrate hard and like to study. You can hide your feelings from others and build walls around yourself, hiding your feelings deep down inside. Often you will over worry, making mountains out of molehills and like everything to be neat and tidy in your life.



metal

AUTUMN

Meridians:	Lungs and large intestine.
Skin Type:	Pale complexion, wrinkles and lines, jowls.
Emotion:	Grief, staying in the past and not moving forward.
Personality:	You have difficulties in letting go of things which have hurt you and hold onto the past. You are over sensitive and can often feel sad. It is difficult for you to cry. Sometimes you can appear distant or cut off and withdrawn. You are a perfectionist who likes everything to be precise and organised. You like things to be the way that you have decided they should go. You can have shortness of breath, breathe shallowly and easily catch colds.



water

WINTER

Meridians: Kidneys, bladder, reproductive organs.

Skin Type: Dehydrated, dark circles or puffiness under the eyes.

Emotion: Fear

Personality: Stubborn and strong willed, you have enormous drive and ambition. You are a workaholic and prefer to be self employed than work for someone. Your clear vision means you know what you want out of life, and will go and get it. You get tired easily and often feel restless. You can suffer with anxiety and paranoia, feeling full of fear and yet at other times you can be fearless. You can get low back pain, swollen legs and water retention. You are a good listener who may have hearing problems or get tinnitus. You tend to fear the worst, even when others tell you everything will be ok.

ashmirabotanica.com



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