



ASHMIRA
BOTANICA

ENERGY AND EMOTIONAL BALANCE WOVEN
INTO FACE AND BODY TREATMENTS



Your first step to flawless, healthier looking, glowing skin

The concept of treating your skin from the inside out stems from Chinese Medicine which is thousands of years old.

Using this ancient philosophy, Ashmira Botanica weaves together your physical and emotional energies using natural, effective products that relieve physical tension and achieve mental clarity.

Each treatment is personalised to you. Much more than just a skincare treatment, we use natural plants, essential oils and clays to balance the skins vital energy.

Each ingredient works synergistically and holistically to brighten tired, dull skin and rejuvenate ageing skin. Having an Ashmira Botanica energetic facial treatment is like receiving a treatment for your whole body and leaves you refreshed, balanced and glowing from within.

Our body treatments help unblock stale, sluggish energy which when set free will be reflected in your face and in your skin, help balance your emotions and make you feel uplifted, brighter and less tense.

OUR INGREDIENTS

Each of our products is formulated in the UK and made in small batches to minimise our ecological footprint. They are packed full of natural, botanical ingredients and packaged in recyclable glass and aluminium.

CLAY

Clay is a powerful skin food. It remineralises and exfoliates the skin, leaving tired, and dull complexions glowing, refreshed and radiant.

Each of our clays is made of naturally occurring mineral-rich elements, derived from the earth. Your personalised treatment will include a clay chosen for just what you need.

ESSENTIAL OILS AND PLANT EXTRACTS

Essential oils are the pure essence of a flower, stem, bark, leaf or root. They are powerful and can be extremely effective for the mind, body and spirit. We use oils of the highest quality that have been chosen to work with one of the five elements of Chinese Medicine, and to balance Yin and Yang energies. Our oils are carefully blended and chosen to work in synergy with one another to optimise their effect.



A L O E

This powerful medicinal plant has been used for centuries. It has excellent cooling, soothing and hydrating properties

R I C E

Rice has been used in skincare for thousands of years, due to its skin brightening, hydrating and firming effects. It is loaded with vitamins B and E, minerals and amino acids. Rice is considered a great physical exfoliant, as it is gentle, natural and suitable for all skin types. Rice also makes a great addition to our face cream as retains moisture, tightens the skin and helps address hyper pigmentation.

S O U N D H E A L I N G

We use sound in some of our treatments using quartz crystal bowls. This ancient meditative practice is used to create healing vibrations around the body to help improve emotional health and well-being.

C R Y S T A L T H E R A P Y

Crystals have been used in facial treatments for thousands of years to help relax facial muscles, improve circulation and reduce puffiness. They hold energy and healing vibrations which can relax, sooth, uplift and rejuvenate. We use Tourmaline Powder to revitalise the skin and impart radiance.



C A C A O

Organic Raw Ceremonial Cacao is drunk at the beginning of some of our treatments. This Amazonian superfood is said to have 40 times the antioxidants of blueberries, be a very high plant- based source of iron, be packed full of magnesium and have more calcium than cows milk! It is also claimed to be a great source of four scientifically proven happy chemicals – serotonin, tryptophan, tyrosine and phenylethylamine. We include it in our treatments to help you journey within and connect with your emotional heart to uplift, help heal your emotions and leave you with a feeling of uttermost bliss.



OUR TREATMENTS

In Chinese medicine good health is known to require harmony between each of the Five Elements: Wood, Fire, Earth, Metal and Water. When there is imbalance in one or more of the Five Elements, it can affect how you look and feel. This can change daily and be affected by your own personal biorhythm (when you were born), the season, your lifestyle or your emotions. Your therapist will help determine which elemental products are best for your treatment and then use the purest, natural ingredients to soothe away your anxiety and leave you feeling more energised, rejuvenated and alive.

HEAVENS FLOWER

Five Elements Facial – 60 mins

Choose one of our Five Element facials to balance your own personal energies from the inside out. Each facial imparts vitality and radiance to your skin as well as creating inner calm from within. Your face will be deeply cleansed and then exfoliated to help to instantly brighten your skin. Our lymphatic drainage and acupressure massage will then help you to deeply relax, followed by one of our Five Element masks, cream and elixir chosen especially for you and whatever you need at this time. Each facial has a sensory addition to balance your specific element, choose from:

Wood – crystals are incorporated to brighten and soothe your eyes

Fire – pure, ceremonial cacao is drunk to energise and invoke the sense of taste

Earth – a foot massage soothes anxiety and gives you the sense of touch

Metal – a facial steam with essential oils balances your sense of smell

Water – sound creates ease and balance for your sense of hearing



PURE ALCHEMY

**Youth boosting facial incorporating all Five Elements –
90 mins or 120 mins to include foot soak, cacao and sound**

Unwind with this luxurious facial that helps to ease away your tension and stress to create inner harmony that will be reflected in your skin. Your back will be exfoliated with ground rice powder and then an acupressure and meridian massage helps stimulate and balance your emotions. Your face will then be deeply cleansed, receive two massages with tourmaline crystal powder and our special oil blends to balance yin and yang energies in your skin and help soften lines and wrinkles. Our facial cups help to remove toxins and after a personalised elemental mask and rose quartz rollers, your skin will be radiant and glowing with renewed energy.



INNER ZEN

Meridian body massage - 60 mins

Evolve feeling positive and energised from this full body massage which helps balance mind, body and spirit. Energy is moved through a series of channels known as meridians which lie beneath the surface of your skin whilst acupressure points clear energy blocks to give you deep peace and relaxation. Choose from either our Yin or our Yang blend of synergistically blended essential oils to either uplift or deeply relax you.





INNER BLISS

Meridian body massage with full body exfoliation, cacao drink and foot soak – 90 mins

The ultimate in body treatments which incorporates techniques to balance each of the Five Elements to help create peace and harmony and impart inner peace. Your journey will begin with a foot soak and cup of ceremonial cacao to drink. You will then be exfoliated with pure rice powder and hydrating aloe to remove dead skin cells and smooth and soften your skin. Our Chinese inspired massage moves energy through a series of channels known as meridians which lie beneath the surface of your skin, whilst acupuncture points clear energy blocks to give you deep peace and relaxation. Choose from either our Yin or our Yang blend of synergistically blended essential oils to either uplift or deeply relax you. Strategically placed crystals help to enhance your experience and a sound bowl helps create a state of ease and harmony within your body. You are left smooth, soft and renewed.

ELEMENTAL BODY EXFOLIATION

Full body skin softening – 30 mins



Your skin softening experience begins with a foot soak and head massage. Your dry skin is then buffed away with a blend of rice powder, aloe and your chosen Elemental Elixir to help stimulate blood and lymph flow and leave your skin silky smooth and radiant.



ASHMIRA BOTANICA

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