# éconutrena Herbal Product

## R A N G E





## AYURVEDIC AND HERBAL PRODUCTS

## Virgin Coconut Oil with

- Bee's Honey Lip BalmRose petals
- Lotus Petals O Lotus Stamens O Gotukola O Sandalwood
  - Kasthuri Manjal O Kokum

## FOR SKIN HEALTH & HAIR CARE



BEAUTY PRODUCTS TO LOOK CHARMING AND GORGEOUS



Lip balm is the product which made from Organic Virgin Coconutn Oil and Bee's Honey. The primary purpose of lip balm is to provide an occlusive layer on the lip surface to seal moisture in lips and protect them from external exposure Dry air, cold temperatures, and wind all have a drying effect on skin by drawing moisture away from the body. Lips are particularly vulnerable because the skin is so thin, and thus they are often the first to present signs of dryness Occlusive materials like waxes prevent moisture loss and maintain lip comfort while flavorants

## Lip Balm Ingradients

## Organic "econutrena" Virgin Coconut Oil

The vitamin E in coconut oil, also known as tocopherol, as well as the antioxidants found in other components of this lip balm, can help smooth the skin, promote collagen cross linking, keep the skin looking and feeling healthy and stimulate healing.

The oil will encourage blood flow to the narrow capillaries in the lips, which brings oxygen and nutrients to those cells, making the healing process much faster









A honey bee is any member of the genus Apis, Primarily distinguished by the production and storage of honey and the construction of perennial, colonial nests from wax.

Honey is often used in lip treatments because it offers several potential health benefits. Honey is a source of antioxidants, so it works to protect cells from free radical damage

It also has natural moisturizing properties, so it works to support the health of your lips.







## Lip Balm BENEFITS,

- **MOISTURIZES THE LIPS**
- **EXFOLIATES THE SKIN OF LIPS**
- **CLEANSES THE PORES**
- **REMOVES SCARS**
- I SMOOTHNESS OF THE LIPS
- SPEEDS UP HEALING
- IMPROVES APPEARANCE OF LIPS
  - **BOOSTS IMMUNE PROTECTION**



# How to Apply,

## Use your fingers to apply the balm to your lips

Use your index finger, applying to the center of the bottom lip first, working your way toward the corners. Use a small amount and apply evenly to the lips, adding more balm as necessary.

## Use Lip Balm applicator to apply the balm to your lips

For tubed lip balm, use the dial located on the bottom of the tube to raise the lip balm above the brim of the tube. You need only raise the balm by a half centimeter or so.















# Lip balm applications other than apply it on the ips,

It may not be the most glamorous beauty product, but there are so many reasons that lip balm is the best,

## 1. Handy Hand Lotion Substitute

Spread some lip balm on dry patches of skin. Rub hands together to warm them up and make the balm spread better.

### 2. Shine Dull Skin

If you're having a rough day and it's showing on your face, dab a line of lip balm along your cheekbones. It will put a shine on your cheeks and make you look dewy and healthy.

#### 3. Wind blocker

Lip balm, applied to your cheeks, nose and forehead, can serve as an effective windburn preventer in harsh, cold weather. It keeps the cold air from directly harming the sensitive skin of your face.

## 4. Eye Cream Alternative

Looking like a raccoon with those dark circles under your eyes? Lip balm can substitute for eye cream to counter baggy and puffy eyes. Rub some on a clean finger and gently daub under your eyes.

## 5. Wipe Out Nose Irritation

The area around your nose can get dry and irritated from frequent wiping and blowing during a cold. To fix, wash your hands and apply some econutrena virgin coconut oil with honey lip balm on the affected area with your finger.





## éconutrena

## VIRGIN COCONUT OIL WITH ROSE PETALS



# ECONUTRENA VIRGIN COCONUT OIL WITH ROSE PETALS USAGES

- Facial massage
- Manicure and pedicure
- As a moisturizer
- As a lip balm
- Skin care routin





## **INGREDIENTS:**

### "ECONUTRENA" VIRGIN COCONUT OIL:

Extract from the white coconut kernel without parings by using cold press proses which is delays appearance of the wrinkles, sagging of skin & preventing premature aging due to its well known antioxidant properties.

### **ROSE PETALS:**

Rose is the King of flowers, Queen of essential oils and the Gift of Angels Roses are rich in Vitamin A, B3, C and D, Traces of Vitamin E are also found in combination with Iron, Calcium and Zinc.



## Applications











### 1. APPLY AS A FACIAL MOISTURIZER

## Benefits of using facial moisturizer:

Moisturizers, in general, are great for your skin. When you apply a moisturizer to your face, it plumps up the skin and helps reduce the appearance of lines and wrinkles. It also protects the skin on your face from the various effects of weather, like heat and wind. And finally, and possibly most importantly, moisturizer increases the water content of your skin in order to keep it hydrated.

- 1. Wash your face before applying moisturizer
- 2. Place the required amount of moisturizer in your hand
- 3. Dab some moisturizer onto specific parts of your face
- 4. Spread the moisturizer around the rest of your face
- 5. Allow the moisturizer to dry before applying makeup



## 2. Hand and foot Treatments (Manicure and pedicure)

A manicure is a cosmetic beauty treatment for the fingernails and hands

A pedicure is a cosmetic treatment of the feet and toenails. Pedicures are done for cosmetic, therapeutic purposes. They are popular throughout the world, and especially among women,

- 1) Soak Relax, Put a table spoon of econutrena VCO with rose petal product to the foot bath and put same amount of baby shampoo to the bath too. Soak your foots and hands in 5 minutes.
- 2) Scrub Exfoliate, Mix a table spoon of VCO with rose petal product with a little amount of sugar and scrub your foots and hands well
- 3) Masque Rejuvenate, Add VCO with rose petal econutrena product to your favorite recipe and allow to leave it another 15 minutes
- 4) Oil Massage Condition and tone skin and muscle, Apply VCO with rose petal product to your hands and foots, massage properly



## BENEFICIAL FOR HAIR CARE

This product is very famous for the treatment of hair loss.

This product also acts as a platform for hair re-growth.

Hair loss happens when the hair follicles become weak due to malnourishment.

This product plays a very important role in strengthening the hair follicles and nourishing the scalp.

It strengthens the blood vessels in the area and allows the small hair follicles to expand.

This product plays an important role in nourishing the scalp, preventing hair loss and promoting hair re-growth.

It will provide us with strong, lustrous and beautiful hair



## INGREDIENTS: Sotukola

### SCIENTIFIC NAME: Centella asiatica

Gotu kola is a valued organic herb grows in many places in India, Sri Lanka, South Africa, Madagaskar, Australia, Iran and many parts of Indonesia.

Which is known as the best spiritual of all herbs.

It is use to stimulate skin repair and strengthen hair.

Cures wounds and reduce stretch marks,

Helps to improve skin tone especially aging skin,

Since the benefits are more nowadays Gotu- Kola can found worldwide as a component of skin creams, lotions, hair conditions, shampoos and more...



## POTENTIAL BENEFITS OF GOTU KOLA &

## VIRGIN COCONUT OIL ECONUTRENA

## PRODUCT FOR HAIR LOSS

- Includes compounds that help heal wounds and strengthen skin
- Improves blood flow to area of application, helping reduce swelling
- Antidepressant abilities of Gotu Kola may reduce levels and stress,
   and help with related hair loss
- This product may improve hair density and hair length when applied topically

## **HOW TO APPLY**

Here's step-by-step guide to oil your hair and scalp by using superb econutrena Virgin Coconut Oil and Gotu-kola product,

STEP 1: Before you start oiling your hair, brush it so that you get rid of all the knots and tangles. This will make the process of oil application easy.

STEP 2: Section your hair into two parts for easy application.

STEP 3: Pour about one teaspoon of econutrenagotu-kola and virgin coconut oil on your palm and rub your hands together to spread it well. Using your fingertips work it into your scalp thoroughly. Use circular motions to work the oil into the roots of your hair, use your fingertips to stimulate the scalp.









STEP 4: Move in a consistent pattern and try to cover the entire scalp area. Do not neglect the back of your head.

The area behind your ears and the area just above the nape also needs attention. Massage well in these areas.

STEP 5: Each time you need to add one teaspoon of oil and work it into the scalp, so that it does not result in a dripping mess.

Now that you have covered the entire scalp, start the application through the length of your hair.

Take some oil, rub it onto your palms and run your hands through the length of your hair.

STEP 6: Massage your hair and scalp for about 10-15 minutes,

comb your hair so that the oil spreads evenly and then tie your hair.

Let the oil penetrate into your scalp for 30 minutes.

You can also leave this overnight, but do not leave it on for more than 24 hours as your hair will start attracting dirt. Wash off the oil in the morning with a mild shampoo.



# ORGANIC VIRGIN COCOUNT OIL

# LOTUS

FOR SKIN HEALTH

Virgin cocount oil with lotus is produced with cleaned dried lotus petals and virgin coconut oil.

- Rich in antioxidants
- Acts as a moisturizing agent
- Heals flaky and dry skin
- Prevents acne
- Conditions hair
- Adds volume and natural shine to hair





## **INGREDIENTS:**

Econutrena virgin coconut oil Extract from the white coconut kernel without parings by using cold press condition,

Which is fantastic for your face,

- Exelent skin moisturizer
- Natural make-up remover
- Ideal deep cleanser
- Acts as an antibacterial shild
- Protection from sunburn
- Reduce facial wrinkles
- Prevent premature aging

## **LOTUS PETALS**

Scientific name: Nelumbo nucifera

Having a majestic and dignified beauty, has been a part of folklore, art, and religion from time immemorial. It is well known as sacred flower because of its therapeutic effects it can give to the human body.

Lotus flowers contain linoleic acid, protein, phosphorus, iron and vitamins B and C. Practitioners of ayurvedic medicine often use lotus flowers on the face for the flowers' soothing, cooling properties.



- Facial massage
- Manicure and pedicure As a moisturizer
- As a lip balm Skin care routine



## VIRGIN COCONUT OIL WITH "KASTHURI" KAHA

For Skin Health



## VIRGIN COCONUT OIL

with

## "KASTHURI" Kaha/ Wild Turmeric





- Delays Aging
- Aids in acne treatment
- Prevent wrinkles
- Cures stretch marks
- Treats skin pigmentation

- Heals cracked feet
- Aids in exfoliation
- Prevent hair loss
- Helps treat dandruff



## **INGREDIENTS:**

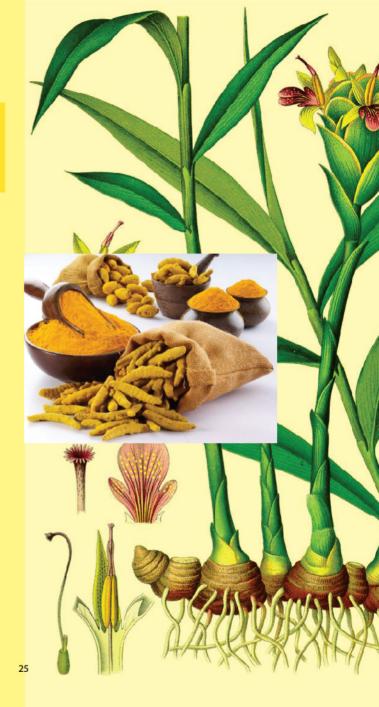
Kasthurikaha / Kasthuri Manjal: Scietific name: *Curcuma aromatica* commonname: wild turmeric

Kasthurimanjal is a member of the Curcuma genus belonging to the family Zingiberaceae. Botanically close to Curcuma australasica, wild turmeric has been widely used as a cosmetic herbal in South Asia and nearby regions,

It improves skin complexion and reduces dark circles,

It removes excessive oil from the skin and helps in getting rid of blemishes,

It keeps skin soft and smooth.





# Organic Virgin Coconut Oil with Sandalwood

For skin care

## Ingredients:

## Ingredients:

Sandal wood powder:

Scientific name: Santalum album

Sandal wood powder is extracted from a small tropical tree, inner bark is used for the skin treatments, Regular use of this antibacterial powder can fight acne-causing bacteria, exfoliate the skin, soothe sunburn, remove suntan, and reduce signs of aging like dry skin and wrinkles,

## Skin Care Benefits Of Sandalwood Powder

- Prevents and cures pimples
- Reduces wrinkles and signs of aging
- Heals dry skin
- Enhances skin brightness
- Removes blemishes
- Exfoliates the skin







## Econutrena Organic Virgin Coconut Oil

Virgin coconut oil is absolutely the best natural, all purpose skin and hair care product which is good any type of skin condition.

Econutrena Virgin coconut oil made by cold pressed condition has immense antioxidant properties and makes a great base for skin care products such as moisturizers, exfoliating scrubs and so on.

It also helps fight bacteria and other skin problems including rashes, dermatitis, acne, wrinkles, eczema, and psoriasis.

If you have an area of skin that is irritated, rub coconut oil on the skin to soothe the inflammation and reduce the symptoms.

It also makes for a great massage oil and helps in delaying the signs of premature ageing when used on your face.



## Benefits of econutrena organic virgin coconut oil with Sandalwood for Skin Health

#### 1. Removes Blemishes

Blemishes caused by pimples, acne, rashes, or injuries can leave a mark on the skin, which can sometimes be permanent. Sandalwood is known to remove blemishes and spots.

#### 2. Removes Sun Tan

Sandalwood powder helps remove suntan and reduce sunburns. Since the powder has a soothing effect, applying it on irritated sunburnt skin also helps

### 3. Heals Dry Skin

Dry and flaky skin can cause itchiness and frustration. The product with sandalwood and Virgin Coconut Oil can help cure these skin problems and leave your skin supple, soft, and moisturized.

### 4. Reduces Wrinkles And Signs Of Aging

Exposure to sun, dust, and pollution can lead to premature skin aging.

Even washing the face frequently with face wash to remove the dirt and grime does not help, as essential oils may be lost due to frequent washes. This causes wrinkles, sagging, dryness, and other skin conditions that make the skin appear older. This econutrena product is an effective method to







reduce signs of aging, as it minimizes the damage caused by free radicals.

### 5. Enhances Skin Brightness

Regularly applying sandalwood powder can increase the glow and the brightness of the skin.

#### 6. Exfoliates the Skin

Exfoliation is crucial for healthy skin and must be done using this natural products for effective results. Sandalwood powder, when mixed with organic virgin coconut oil, is one of the best ingredients for skin exfoliation.

#### 7. Skin Moisturizer

## Skincare Routine with this Amaizing Product of organic Virgin Coconut Oil with Sandalwood

Clean. Remove all makeup by using virgin coconut oil with sandalwood product and then wash your face, neck and ears with a good facial cleanser.

Exfoliate. Using your fingers gently rub an exfoliating facial scrub (mix with a table spoon of sugar and tittle amount of virgin coconut oil



with sandalwood together) in small circular motions all over your face.

Make sure you focus on areas around your nose and forehead.

If certain areas of your face are oilier than others, give that section an extra scrub.

Go the extra mile and do a lip scrub too.

Steam. There are a few ways to steam your face (over the stove, using a steamer), but the safest way is to do the washcloth trick.

Fill your sink with warm water and soak a washcloth in it keep in mind add a table spoon of virgin coconut oil with sandalwood to the warm water.

Ring out the towel and then press it to your face. Repeat this 2 to 3 times.

Mask. If you have oily skin, use a clay mask. For dry skin, I suggest using a hydrating cream or gel mask.

Depending on the mask, leave it on for the suggested amount of time and then rinse

completely.

Making your own mask is very easy. Mix 1 tablespoon of organic virgin and sandalwood with any recipe. Spread the mixture evenly over your face and rinse after 5 to 10 minutes.

Hydrate. Last by not least, moisturize! Smooth a nice, thick moisturizer over your face and neck.

Organic virgin coconut oil with sandalwood is the best moisturizer ever

Virgin Coconut Oil with Sandalwood for Hand and foot Treatments (Manicure and pedicure)

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## Ingredients

## Samanpichcha/ Jasmine Scientific name: *Jasminum officinale*

It is a scrambling deciduous shrub growing to 2–4 m tall. The flower's fragrance is unique and sweet.

Anti-aging: Because of its antioxidants, jasmine can help protect from environmental stressors. This can help give a youthful appearance to your skin.

Even skin tone: Very effective in evening the tone of skin as well as reducing the appearance of age spots.

Moisturizing: It helps to treat dry skin and provide natural moisture that won't clog pores.

Non-irritating: It's great for dry, greasy, or sensitive skin, as it helps to balance all types without irritating.

Natural scent: We can't deny the lovely scent that this flower has-so adding it to skin care helps to pick you up as well as nourish your skin.

## econutrena Organic Virgin Coconut Oil with Jasmine for Stress-Busting Facial Massage

Facial massages with econutrena organic virgin coconut oil with Jasmine increase circulation to your facial tissue, resulting in brighter, youthful-looking skin.

It can also help to lift and firm the skin, reducing the appearance of puffiness and wrinkles.

As an added benefit, a facial massage with ingredients of organic virgin coconut oil and Jasmine reduces stress, leaving you feeling peaceful and relaxed.

Treat yourself to a massage once a day, either in the morning or at night before you go to sleep.







## How to do an **econutrena Organic Virgin Coconut Oil** with Jasmine for Stress-Busting Facial Massage

1. Apply a light layer of econutrena Virgin Coconut Oil with Jasmine face oil.

Face oil helps your fingers slide easily across your face, preventing them from dragging and stretching your skin. Scented oil with jasmine can also improve your mood and enhance the stress-busting properties of your massage. Apply a light layer of oil to your face.

2. Massage under your ears and along your jaw.

Tension often builds up in the jaw and neck area, and massaging here will help loosen your muscles. Using the tips of your fingers, massage the area in a circular motion for one minute.

Use wide circles, sweeping from under your ears, down toward your throat, and up along your jaw line. Press more firmly in areas where the muscles feel tight.

- 3. Massage the sides of your face. Using the same wide circular strokes, massage along the sides of your jaw, past the corners of your mouth, next to your nostrils, an over your cheekbones.

  Close your eyes and focus on the relaxing motion of your hands on your face.
- 4. Massage your temples and forehead.

Tension in this area can often lead to headaches, so spend some extra time here. Use a corkscrew motion to massage both temples at the same time. Move gradually in toward the middle of your forehead, then back out to the sides. Continue for one minute.

5. Massage your eye area.

Position your fingers at the arch of your brows. Sweep them around the outside corners of your eyes, gently move them under your eyes, and end with your fingers at the inside corners of your eyes. Continue along up the sides of your nose and along your brow lines. Repeat the motion for one minute. Massaging here will make you feel better after a long day of straining your eyes. Use extra oil if necessary to prevent your fingers from dragging the delicate skin around your eyes.

6. Massage your nose.

If you have sinus tension, massaging your nose will help relieve it. Gently pinch the area at the top of your nose. Slide your fingers down to your nostrils. Repeat this motion for one minute.

7. Finish by going back over each area once more.

Gently massage each part of your face again to end your massage. By the end, you should feel relaxed and calm



## **Ingredients:**

Kokum Pothu / Wana Pothu powder: Scientific name: *Kokoona zeylanica* 

A large tree 20- 35 m height, Inner bark is used in treatments which is brilliant yellow color. The plant is endemic to Sri Lanka.

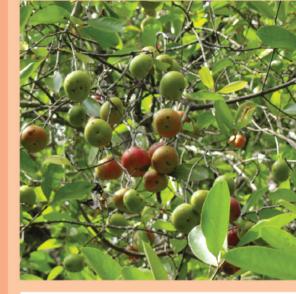
Best application for skin diseases, acne and pimples

### Econutrena virgin coconut oil

The oil is extracted from the kernel or meat of mature coconuts harvested from the coconut palm under cold pressed condition.

Econutrena organic Virgin Coconut Oil may be linked to some potential benefits for skin, including reducing inflammation, keeping skin moisturized and helping heal wounds.

The medium-chain fatty acids found in Virgin Coconut Oil also possess antimicrobial properties that can help treat acne and protect the skin from harmful bacteria.





## Lifting and Firming Massage by using econutrena organic Virgin Coconut Oil with Kokum

#### 1. Apply a light layer of face oil.

Face oil helps your fingers slide easily across your face, preventing them from dragging and stretching your skin. It also conditions the skin and lightens the appearance of lines and wrinkles. Apply a light layer of one of the following oils:

#### 2. Massage near the corners of your mouth.

A firming, lifting massage focuses on areas where the skin tends to droop. Using the tips of your fingers, make tight circular motions over the lines on either side of your mouth. Always apply upward pressure to help lift the skin instead of dragging it down. Continue for one minute.

#### 3. Massage your cheek area.

Make corkscrew-like, circular motions over the apples of your cheeks to help firm and lift this area. Apply gentle pressure as your fingers move up to your inner cheekbones, then out to the edges of your face and back around. Continue for one minute.

#### 4. Massage your eye area.

Position your fingers at the arch of your brows, then sweep them around the outside corners of your eyes. Gently move







them under your eyes, and end with your fingers at the inside corners of your eyes.

Continue along up the sides of your nose and along your brow lines. Repeat the motion for one minute.

Massaging your eye area helps lift sagging skin and combat crow's feet.

Use extra oil if necessary to prevent your fingers from dragging the delicate skin around your eyes.

#### 5. Massage your forehead.

If your forehead has horizontal lines you wish to lighten, you want to massage against the lines, rather than with them.

Position your hands next to each other vertically, with your fingers touching your forehead. Make a zig zag motion by moving one hand up while the other moves down, so that you're gently pulling your forehead skin up and down.

Continue this motion across your entire forehead for one minute.

#### 6. Massage your frown line.

The vertical lines at the top of your nose can be lightened if you massage them horizontally. Position your fingers horizontally across your frown lines. Gently rub back and forth to pull the skin out of its usual lined position.

#### 7. Finish by going back over each area once more.

Gently massage each part of your face again to end your massage. Your skin should feel firm

Benefits:

Enhances skin brightness Aids in exfoliation Treats skin pigmentation











# éconutrena

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