



Sunrise Ritual

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what's in the box??

Golden Glow face oil

How to Use:

- Note: Heating up the oil can improve its absorption into your skin.

Next, use your fingertips to apply the oil to your face. Start at the forehead and then move to your cheeks, nose, and chin, using upward, circular motions. Let it sit on your skin for 5-10 minutes.

Note: Remember to treat your neck as well by applying the oil with upward strokes.



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Amber Elixir Body oil

How to Use:

Begin by applying the elixir body oil to your feet, gradually moving upward toward your heart. Utilize long, sweeping strokes on your limbs and circular motions on your joints, chest, and abdomen. Be sure to focus on areas that tend to be dry or rough.

Sacred Scalp Hair Oil

How to Use:

- Begin by applying the oil to your scalp, starting at the roots, using your fingertips in circular motions.
- Gently massage your scalp for 5 to 10 minutes to enhance circulation and aid absorption.
- Use your fingers or a wide-tooth comb to distribute the oil evenly from the roots to the tips of your hair.

Allow the oil to remain on your hair for at least 30 minutes, or leave it overnight for a more intensive conditioning treatment.



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Intense Earthly Exfoliate

How to Use:

Combine an adequate amount of exfoliating powder with water to create a loose paste, adjusting the consistency to your liking. Gently scrub the mixture in circular motions across your body, including your face, for approximately 30 seconds. Allow it to sit for 5 minutes, then rinse off with lukewarm water—avoid using hot water. If you opt for a brush or sponge, remember to use short, light strokes.

*for any information on the consistency, please read through the FAQ in the last page.

Mystic Mane Hair Wash

How to Use:

- In a bowl, mix the hair wash powder with water to create a smooth paste. Adjust the thickness to your liking.
- On damp hair, apply the paste to your scalp and strands, starting from the roots and moving towards the tips.
- Massage gently: Use your fingertips to massage your scalp, cleansing and promoting circulation.
- Allow the paste to sit for 5-10 minutes, letting it absorb oil and impurities.

Rinse your hair thoroughly with water until all the paste is completely removed.



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Herbal Garden Body Wash

How to Use:

- Start by taking 2-3 tablespoons of Body Wash Powder in a bowl.
- Gradually add water to the powder while stirring continuously until you achieve a smooth paste.
- Apply the Paste to Your Skin: Gently spread the paste over your damp skin, steering clear of the eye area. Use circular motions to massage the paste in, exfoliating and cleansing your skin.
- Enjoy a soothing bath as you rinse off the paste with warm water.

Pat Dry and Moisturize: Gently pat your skin dry with a soft towel.





Frequently Asked Question

Q:How long should i heat the oils?

The oils should only be heated for a maximum of one minute, just enough to achieve a fluid consistency.

Q:How do you make the dry powder into a paste?

- For a thick paste (for scrubbing/exfoliation): 2 tablespoons of the powder + 1 tablespoon water.
- For a smoother, more spreadable paste: 2 tablespoons of the powder + 1.5 to 2 tablespoons water
- For a runnier consistency (for quick application): 2 tablespoons of the powder + 2.5 to 3 tablespoons water

Q:Is there an ideal water: powder consistency for the bath powders?

Start with 2 tablespoons of the powders in a bowl.

Add water slowly, 1 tablespoon at a time, stirring continuously.

Mix thoroughly to prevent lumps and ensure even hydration.

Adjust consistency by adding a few more drops of water if needed.

Let the paste sit for 1-2 minutes before application to allow the herbs to absorb moisture.



Frequently Asked Question

Q:How long should i keep the oil on my hair?

For Dry hair: at least 2-3 hours before washing

For Sensitive hair : 30 minutes

For Oily/ Thick hair: 30-45 minutes

Q:What are the steps for effective absorption of the oils?

- Warm the Oil: Slightly heat it for better penetration.
- Massage Gently: Use circular motions on the scalp/body or face for 5-10 minutes.
- *Leave It On: Follow the suggested time for your hair.*
- *Wrap Hair (Optional): Use a warm towel for deeper absorption.*
- Wash Off

Q:Can the oils solidify ?

Yes! It can .

- **If the oil has completely solidified, place the oil bottle in a glass bowl filled with warm water to restore its liquid form.**
- **Alternatively, you can warm the oil by gently rubbing your hands together before dispensing a few drops into your palm.**



Frequently Asked Question

Q: Can the body wash cause staining?

Yes, our products are crafted from raw and natural ingredients, which means they can cause staining. We recommend not leaving the body wash on for more than a minute and ensuring you rinse it off thoroughly.

Q:Are there a sequence of using the oils and powders?

- Ideally you can start with face oil , body oil & hair oil .This is followed by hair wash, body wash and finally the exfoliant.The exfoliant will ensure to remove the excess of oil and reduce the chances of staining.