

“Mysie ayurvedic massage and caring oil
is a 100% herbal oil. Causes no side effects.
Does not contain allergens, additives, metallic
properties or harmful chemicals.
Not tested on animals.”

**MYSIE**[®]

AYURVEDIC MASSAGE
AND CARING OIL

IMPORTED AND DISTRIBUTED BY:

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**MYSIE**[®]

YIN

INGREDIENTS:

Andropogon zizanioides root oil, Onosma echioides seed oil, Cinnamomum cassia bark extract, Sesamum indicum seed oil Nardostachys Jatamansi oil, Olea europaea seed oil, Mentha viridis oil, Thymus vulgaris seed oil, Juniperus communis fruit oil, Santalum album wood extract, Cinnamomum camphora steam extract, Asparagus racemosus root extract, Calendula officinalis flower extract, Azadirachta indica leaves extract, Embilica officinalis fruit extract, Triticum vulgare germ oil, Myristica fragrans fruit oil, Rosa centifolia flower oil, Eugenia caryophyllus flower oil, Prunus amygdalus dulcis flower oil, Vitis vinifera grape seed oil, Pelargonium graveolens flower oil, Pier longum fruit extract, Ocimum basilicum leaves extract, Daucus carota sativa oil, Citronelol, Linalol, Geraniol

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Uses for Mysie Yin ayurvedic massage oil

*M*ysie ayurvedic massage oil is produced using ayurvedic recipes, left by Indian wiseman. This oil is a mixture of 21 natural herbs, which makes the oil unique.

Among the most known herbs are: AMLA (AMALAKI), is the most concentrated form of the antioxidant Vitamin C. It is a strong anti-ageing means, strengthens hair follicles and helps maintain vitality. It also encourages detoxification of the body. THE GERANIUM regulates the balance of the skin, it soothes and nourishes. Works as a detoxifier, removes cellulite and releases tension.

♦ **MASSAGE:**

Ayurvedic oil can be used for classical massage or any other therapy, where oil is traditionally used. It can be used after showering and before sleeping.

♦ **FACE:**

Combine a couple of drops with cream or put oil directly onto the face, to firm and smoothen skin. Improves skin tone. (Warning: do not use the oil near your eyes).

♦ **YOGA:**

Rub oil into forehead, temples, back of your head and cleavage, before meditating or after yoga sessions.

♦ **INSOMNIA:**

With fingertips gently rub oil into temples and neck, until you feel relaxed.

♦ **HEAD AND HAIR:**

Gently rub the oil into temples, forehead, back of the head and neck. Oil can be used when hair is wet. Hair stays strong and silky smooth.

♦ **SPORT AND RECREATION:**

Gently rub into tired parts of the body, after sport or any other physical activity. You immediately feel relaxed.

♦ **BREASTS AND CLEAVAGE:**

Visibly firms and tones breast and cleavage skin.

♦ **CELLULITE:**

Diminishes visible cellulite and improves circulation. Massage into certain parts of your body, until it is absorbed into the skin.

♦ **CRAMPING AND JOINT-MUSCLE PAIN:**

Gently rub oil on muscles and joints.

INGREDIENTS:

1. ANDROPOGON ZIZANOIDES (VETIVER) has natural cooling properties. It reduces anxiety, stress and tension. It is deeply relaxing and calming and helps with concentration and exhaustion.
2. ONOSMA ECHIOIDES (ALKANNA ROOTS) is a good healer for skin disorders. It strengthens and boosts the body.
3. CINNAMOMUM CASSIA (CINNAMON) releases energy, and improves circulation. It prepares and heats muscles ready for effective stimulation.
4. SESAMUM INDICUM (SESAME) increases skin hydration and reduces water loss through your skin. It refreshes the scalp and vitality of your hair to prevent moisture loss, while your hair slowly absorbs moisture from your surroundings.
5. NARDOSTACHYS JATAMANSI (INDIAN SPIKENARD) calms the mind and increases concentration. It improves the suppleness of the skin and brings back that healthy glow. It can be used as a tonic for your hair, to encourage growth and shine.
6. OLEA EUROPAEA (OLIVE) can be used against various skin imperfections such as bruising

and lichens. It also softens hard skin.

7. MENTHA VIRIDIS (PEPPERMINT) gives off relaxing aromatic scents, strengthens the hair and produces a pleasant aroma to the whole body. It also acts as an antiseptic.

8. THYMUS VULGARIS (THYME) moisturizes the skin and gives it a pleasant aroma.

9. JUNIPERUS COMMUNIS (JUNIPER) is used in aromatherapy when stimulation and heating are needed.

10. SANTALUM ALBUM (SANDALWOOD) acts as a relaxant and antiseptic. It can be used to fight insomnia, to relax muscles, and to soften and nourish dry skin, and to slightly narrow the pores with oily and acne infected skin. It is also used as an aphrodisiac.

11. CINNAMONUM CAMPHORA (CAMPHOR) heats the skin and is very useful in releasing pain and tension in joints and muscles.

12. ASPARAGUS RACEMOSUS (ASPARAGUS) is commonly known and used as a tonic or elixir for general well-being and vitality.

13. CALENDULA OFFICINALIS (MARIGOLD) has an extremely soothing effect on skin irrita-

tion after shaving, sunbathing, depilation, insect bites and some other causes of skin irritation.

14. AZADIRACHTA INDICA (INDIAN LILAC) has therapeutic effects in maintaining and restoring vitality. It has beneficial effects on the lymphatic system. It promotes hair growth and prevents premature greying of the hair. Due to high levels of tannins, it is used in shampoos, hair dyes and hair oils. It refreshes body and spirit.

15. EMBLICA OFFICINALIS (GOOSEBERRY) is rich in vitamin C and minerals. It moisturizes the skin, cleans toxins from the tissues and increases skin protection against various infectious agents. It helps strengthen the skin's shine and flexibility. These fruits contain a high density of tannins (astringents) and polyphenols (antioxidant).

16. TRITICUM VULGARE (WHEATGERM) is effective for muscles and their problems. The oil from the seeds is used to maintain healthy skin and protect hair against premature greying.