

PhytoEnriched

NATURE'S[®] ALCHEMY

Aromatherapy Herbal
MINERAL BATHS

combining pure essential oils,
herbs and ancient sea minerals...

Contains Phyto Technology™
Full Spectrum Herbal Extracts



the virtues of THE BATH...

From the Olympian heroes of ancient Greece to the weekend warriors of our modern age, athletes throughout history have relied upon the powers of the bath to ease sore, aching muscles and encourage the body to heal.

For centuries, European health spas with their mineral-rich hot and cold baths have attracted a discerning clientele from all over the globe. To soothe the spirit as well as the body, many of these spas have developed naturopathic treatments centering around "The Bath".

and now, an entirely new definition of bathing..

*Available in these
very special blends:*

Breathe Deep™
Calm Seas™
Cellu-Lite™
Energy!™
Feminine Comfort™
Flexibility™
Joyful Heart™
Lavender
Passionate Embrace™
Restful Sleep™
Sandalwood
Sports Relief™





through the skin and for effective removal of dead skin and other metabolic waste products during the bathing process.

The Heat is On: healing warmth

Nature's Alchemy Mineral Bath formulas are "exothermic"—as they absorb moisture, they release heat; a small amount rubbed between the hands will feel increasingly warm. Add the product to a hot bath and it will combine with the warm water to produce a truly energy-rich blend.

The Language of Nature: herbal alchemy

The tradition of herbal use has existed since ancient times, all over the world. Herbs have formed the basis of most of mankind's medicines and they are the foundation of the research of modern day pharmaceutical companies. In fact, the World Health Organization estimates more than HALF the entire population of the world relies

almost entirely on herbs for their medicines. Used internally as well as in skin preparations, their benefits are generally considered subtle and longer term, lower-risk with fewer side effects.

Herbs have also been used as enhancers for the bath in healing and restorative regimens, through the vapor action of fragrance as well as their intrinsic qualities for the skin. The skin is a large "breathing organ" and many nutrients are absorbed through it, extending the effective herbal action without actually being ingested.

The Fountain of Youth: magical hydration

Most herbal extracts, including bath products, are created in a base of alcohol, but this can dry out the skin. Our Nature's Alchemy herbal formulations are produced with glycerol to hydrate, moisturize and soften the skin. The glycerol also helps in absorbing the herbal nutrients through the skin, enhancing the herbal action of our Phyto-Nutrients.

Combining the power of science with the magic of nature: a new definition of bathing:

© Our line of 100% pure essential oils has been acclaimed nationally. Every batch of essential oils we produce has been reviewed for authenticity, purity, quality and value.

© Our blends of warm water mineral salts, 100% pure essential oils (processed using only the best natural

Tale of a Tub: the aesthetics of the bath

Naturally, bathing need not be strictly therapeutic to be enjoyable and effective. Who has not experienced the deep relief of sinking into a hot bath after a stressful day of work or the gently lulling feeling of a bath before bed? Bubble baths, aromatherapy baths, whirlpools and hot tubs all enhance the timeless experience of bathing.

Good Scents: bathing and aromatherapy

The age-old science of aromatherapy, using natural botanical essential oils to heal, balance and relax the body, has attracted increased attention in the last twenty years. Scientists are now studying the role that fragrance plays in preserving memories as well as evoking the experiences of the past. The addition of a few drops of selected essential oils to a warm tub adds a new level of sensory and emotional richness to the simple act of bathing.

The Magic of Minerals: gifts from the sea

Sea Water Therapy (also known as Thalasootherapy) has been used beneficially for thousands of years. Now, instead of being a treasured secret, you can enjoy it each day. Our special blends of mineral salts re-create the balance found in sea water. Interestingly, the composition of sea water is very similar to that of human blood. We know, of course, that blood is responsible for delivering nutrients to cells and removing waste products to detoxify them; the nutrients and wastes move across the cell membranes through the controlling action of an electrolyte "pump". By using a "sea water" balance of electrolytic minerals in our bath products, we create opportunity for efficient delivery of the herbal ingredients

methods of steam distillation and cold pressing), and concentrated, Full Spectrum Phyto Technology™ herbal extracts (a proprietary process which extracts the full spectrum of herbal compounds, called Phyto-Nutrients) ensure unmatched benefit and value, as the full active healing properties of the herbs remain intact.

☺ The Nature's Alchemy™ line is made by people, not machines. We do not produce our bath salts on a huge assembly line; each small batch is created by hand, by craftspeople, to ensure total control over the end result.

☺ Our products promote natural beauty and compassion: We use no artificial ingredients or additives, no animal ingredients and do not test our product on animals.

☺ Even our packaging is different, manufactured to assure the high quality and unique, energy-rich formulas remain at their original potency. Our special laminated packaging prevents essential oils from escaping, sealing in their freshness and quality. While this costs us a little more, we believe the hand-crafted quality of our herbal and essential oil blends is worth this extra amount of care. The herbs and essential oils are carefully blended into ancient sea bed mineral salts providing you with the ultimate combination for your pleasure and benefit.



☺ We do not use foaming agents so these are ideal additions to virtually any hot tub or whirlpool bath. Be sure to check with the manufacturer regarding any special precautions when using mineral salts with your equipment.

☺ Two sizes are suitable for home or travel. The 1 oz. packets are sufficient for one bath and the 3 oz. size for up to 3 baths, depending on the amount you add. ** If using our baths for therapeutic purposes, do not use more than 6 oz. at a time without consulting a qualified health care provider. Certain of our blends should be used with caution during pregnancy. These formulations are clearly indicated on the package.

Truly Exceptional Blends:

Breathe Deep™: Breathe Deep is designed to promote restful, open breathing, the key to true relaxation. Breathe Deep's essential oils vaporize and penetrate the airways; the soothing bath salts will help reduce muscular and nervous tension. This is a natural, restorative blend using Ancient Sea Mineral Salts, Concentrated extracts of Elder Flowers, Yarrow Flowers, Ginger Root and Rosemary Leaf, along with essential oils of Clary Sage, Eucalyptus, Ginger, Lavender, Mandarin Orange, Rosemary and Tea Tree.

Calm Seas™: Calm Seas is the secret of a serene, soothing, tension-relieving bath—a perfect antidote to our fast-paced, stressed-out daily lives. Sink into a warm bath of Calm Seas and feel your cares float out to sea. This natural bath blend uses Ancient Sea Mineral Salts, Concentrated extracts of Chamomile, Lavender, Linden Flowers, Valerian Root and Skullcap, and essential oils of Cedarwood, Geranium, Lavender, Mandarin Orange, Patchouli, Rosewood, Sandalwood and Ylang Ylang.

Cellu-Lite™: Cellu-Lite is designed to increase circulation and invigorate the skin and underlying tissues. When combined with a healthy diet and plenty of exercise, the deep cleansing and flushing action of this special herbal blend will help you attain healthy vibrant skin and sleek, supple tone. This natural energizing blend uses Ancient Sea Mineral Salts, Concentrated extracts of Bladderwrack, Dandelion Leaf, Fennel Seed, Kelp, Nettles and essential oils of Fennel, Juniper, Lavender, Lemon and Rosemary.

Energy!™: Energy! uplifts and stimulates your body, mind and spirit. Muscles are invigorated, tensions are relieved—as you emerge from the tub, you'll enjoy calm, relaxed nerves and a refreshed, rejuvenated outlook. This natural bath formula uses Ancient Sea Mineral Salts, Concentrated extracts of Juniper Berry, Peppermint Leaf and Rosemary, and essential oils of Juniper, Lemon, Peppermint, Rosemary and Ylang Ylang.

Feminine Comfort™: This gentle blend of bath salts has been created to ease discomfort, promote harmony and enhance personal well-being during the monthly cycle of cleansing and renewal. It is also especially useful during the mid-life period as the body begins to change. It can help you to relax, remove tension and allow your body to adjust naturally to its internal changes. This relaxing bath blend uses Ancient Sea Mineral Salts, Concentrated extracts of Black Cohosh Root, Valerian Root, Chaste Tree Berries, and Skullcap and essential oils of Clary Sage, Geranium, Grapefruit, Juniper, Lavender, Marjoram, Rosemary, Rosewood and Ylang Ylang.

Flexibility™: Flexibility is designed to ease soreness while cleansing, enhancing circulation and easing inflammation and pain. It is useful when one is experiencing stiffness or soreness in the joints or muscles. This soothing bath blend uses Ancient Sea Mineral Salts, Concentrated extracts of Black Cohosh Root, Dandelion Leaf, Ginger, Licorice Root, and essential oils of Birch, Eucalyptus, Juniper, Lavender, Marjoram and Rosemary.

(continued)



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NATURE'S[®]
ALCHEMY

...transforming human life
through the power of nature.

...a new definition of bathing.

Joyful Heart™: Joyful Heart is designed to uplift the spirit and strengthen the physical system. This blend of specially chosen essential oils help to soothe the emotions of the heart and mind; as the spirit is made more tranquil, so this formula also calms and softens the skin. The final result is a glowing blend of inner and outer beauty. This radiant bath blend uses Ancient Sea Mineral Salts, Concentrated extracts of Black Cohosh Root, Chamomile, Lavender Flowers, Damiana Leaf, Hawthorn Berries, St. John's Wort, Motherwort, and Rose Petals with essential oils of Clary Sage, Geranium, Grapefruit, Lavender, Mandarin Orange, Rosewood, Sandalwood and Ylang Ylang.

Lavender: For centuries, Lavender has been prized for its deep cleansing and purifying properties, as well as its delicate scent. Now you can combine the skin-enhancing benefits of this herb with its reviving, soothing effects in one gentle bath formula. This refreshing bath blend uses Ancient Sea Mineral Salts, Concentrated extracts of Comfrey Leaf, Comfrey Root, Elder Flowers, Lavender Flowers and essential oil of Lavender.

Passionate Embrace™: Passionate Embrace is designed to open the heart, enhance sexual pleasure and encourage a balanced physical and mental well-being. The recognized aphrodisiac qualities of this fragrance blend add invigorating action to the herbs and mineral salts to enhance emotional response while relaxing body and mind, creating an ideal mood for a romantic evening! This activating bath blend uses Ancient Sea Mineral Salts, Concentrated extracts of Damiana Leaf, Jasmine and Linden Flowers and essential oils of Black Pepper, Cinnamon, Nutmeg, Patchouli, Rosewood, Sandalwood and Ylang Ylang.

Restful Sleep™: Just before bedtime, prepare your body and soul for a healing, rejuvenating sleep. A soothing soak in Restful Sleep bath salts quiets the activity of the mind while warming and relaxing the body. Make it a part of your nightly routine whether at home, traveling or on vacation. This restorative herbal blend uses Ancient Sea Mineral Salts, Concentrated extracts of Chamomile, Hops, Jasmine, Linden Flowers, Valerian Root, Skullcap and St. John's Wort and essential oils of Cedarwood, Cypress, Lavender, Marjoram, Peppermint, Sandalwood, Tangerine and Ylang Ylang.

Sandalwood: Conjuring up images of far-off lands and exotic fragrances, Sandalwood has long been prized for its calming, mind-clearing properties and unique skin-smoothing benefits. In the ancient Indian Ayurvedic tradition, Sandalwood is used as a cooling, soothing herb. The rich, evocative scent of these bath salts is attractive to both men and women. This clarifying bath blend uses Ancient Sea Mineral Salts and Sandalwood essential oil.

Sports Relief™: Sports Relief is specially formulated to relax and soothe overworked muscles at the end of a long day, a strenuous workout or a walk in the woods. As you soak in the tub, you'll feel Sports Relief warming your tired muscles, easing the pain of minor injuries and increasing circulation. This restorative formula uses Ancient Sea Mineral Salts, Concentrated extracts of Juniper Berry, Lavender Flowers, and Rosemary and essential oils of Birch, Geranium, Lavender, Marjoram, Peppermint and Rosemary.

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Voice 800.824.6396 Fax 262.889.2461

naturesalchemy@lotuspress.com www.naturesalchemy.com