



kemara[®]

Natural & Organic

KEMARA

LIFESTYLE

SOLUTIONS



C O N T E N T

P A G E

SKIN

04

HAIR AND SCALP

07

Nervous System

08

Muscular

10

LyMPH System

12

Circulatory

13

Head

15

Reproductive System

16

ACNE

TREATMENT

- Back Facial (body)
- Purifying & Cleansing Facial
- Manual Lymph Drainage

ESSENTIAL OILS USED

- Grapefruit, Lemon, Lavender, Geranium

KEMARA HOME REMEDIES

- Purifying Grapefruit Cleanser
- Pore Minimising Mist
- Balancing Carrot Lotion
- Balancing Night Serum
- Dandruff Shampoo
- Tea Tree Gel

GENERAL ADVICE

- Follow a consistent skin care routine, non-toxic diet.

EXERCISE / DIET ADVICE

- Recommend the kemara 7 day detox meal plan.

DRY BODY SKIN

TREATMENT

- Hydrate, Nourish and Moistures Spa Package
- Detox and Moisture package
- Rose Cream Scrub
- Deep Hydration Avocado Body Wrap

ESSENTIAL OILS USED

- Geranium, Lavender, Chamomile, Neroli, Rose

KEMARA HOME REMEDIES

- Chamomile Skin Moist
- Softening Sweet Almond Lotion
- African Shea Body Butter
- Avocado Body Butter
- Nourishing Body Oil

GENERAL ADVICE

- Follow a consistent skin care routine, non-toxic diet.

EXERCISE / DIET ADVICE

- Recommend the kemara 7 day detox meal plan.

DRY FACIAL SKIN

TREATMENT

- Sweet Almond and Avocado Nourishing Facial
- Pure Radiance Green Tea facial
- Manual Lymph Drainage
- Coenzyme Q10 Facial

ESSENTIAL OILS USED

- Geranium, Lavender, Camomile, Neroli, Rose

KEMARA HOME REMEDIES

- Rose Geranium and Vitamin E Face wash
- Lemon Cleansing Lotion
- Rejuvenating Rose Mist
- Nourishing Vitamin Cream
- Softening Serum
- Nourishing Clay mask
- Cell Renewal Facial Polish (exfoliate)

GENERAL ADVICE

- Follow a consistent skin care routine, non-toxic diet.

EXERCISE / DIET ADVICE

- Recommend the kemara 7 day detox meal plan.

NORMAL SKIN

TREATMENT

- Sweet Almond and Avocado Skin Treat
- Pure Radiance Green Tea Facial
- Skin Lighting Citrus Facial
- Skin Lightening and Brightening Facial

ESSENTIAL OILS USED

- Cedarwood, Geranium, Jasmine, Lavender, Camomile, Rosewood, Ylang Ylang

KEMARA HOME REMEDIES

- Lemon Cleansing Lotion
- Summer Cooling Mist
- Nourishing Vitamin Cream
- Softening Night Serum
- Age Defying Firming and Revitalizing Mask
- Cell Renewal Facial Polish (exfoliate)

GENERAL ADVICE

- Follow a consistent skin care routine, non-toxic diet.

OILY SKIN

TREATMENT

- Deep Cleansing Oily Acne Facial
- Manual Lymph Drainage facial

ESSENTIAL OILS USED

- Bergamot, Cedarwood, Cypress or Sandalwood
Bergamot and Lavender in equal quantities

KEMARA HOME REMEDIES

- Purifying Grapefruit Cleanser
- Pore Minimising Mist
- Balancing Carrot Lotion
- Balancing Night Serum
- Cell Renewal Facial Polish (exfoliate)
- Tea Tree Gel

GENERAL ADVICE

- Follow a consistent skin care routine, non-toxic diet.

EXERCISE / DIET ADVICE

- Recommend the kemara 7 day detox meal plan.

MATURE SKIN

TREATMENT

- The Signature Ultrasound Elite Facial
- Anti-aging skin firming Moringa Facial
- Gentle Skin Peel Facial
- Coenzyme Q10 Facial
- Bulgarian Rose Facial
- Elite Facial

ESSENTIAL OILS USED

- Frankincense, Bulgarian Rose, Neroli, Geranium, Patchuli, Rosewood, Sage, Cyprus, Fennel, Lavender

KEMARA HOME REMEDIES

- Rejuvenating Rose Mist
- Age Defying Timeless Collection Day Cream
- Age Defying Timeless Collection Firming Eye Contour
- Age Defying Firming Night Repair
- Age Defying Timeless Collection Cellular Repair Mask
- Rejuvenating Night Serum
- Pseudo Collagen Skin Firmer
- Cell Renewal Facial Polish (exfoliate)
- Age Defying Coenzyme Q10 Plus E Day Cream
- Age Defying Coenzyme Q10 Night oil
- Rosehip Oil

GENERAL ADVICE

- Follow a consistent skin care routine, non-toxic diet.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

PIGMENTATION & SUN BURNT SKIN

TREATMENT

- Skin Lighting Citrus Facial
- Manual Lymph Drainage Facial
- Skin Peel Facial

ESSENTIAL OILS USED

- Chamomile, Calendula

KEMARA HOME REMEDIES

- Skin Lightening and Brightening Serum
- Chamomile Sun Block (SPF 30)
- After Sun Cooling Gel

HAIR LOSS (FALLING HAIR)

TREATMENT

- Re-growth Treatment for Hair Loss
- Indian Head Massage

ESSENTIAL OILS USED

- Rosemary, Ylang Ylang, Grapefruit, Clary Sage
- Peppermint and Cedarwood

KEMARA HOME REMEDIES

- **Shampoo:** Regrowth with Bio Energizer and Rosemary
- **Conditioner:** Regrowth with Bio Energizer and Ylang Ylang
- Re-Growth Hair Oil
- Re-Growth Gel

GENERAL ADVICE

• **Foods to eat:** Organic food because these are free of chemicals. Pumpkin seeds which are full of zinc which is necessary for hair health. Fish - its rich in Omega 3. Green tea as it's good for detoxification. Chia, Flax and Hemp seeds as they are high in fibre and healthy fats.

• **Foods to avoid:** Hydrogenerated oils such as Canola, Soybean, Cotton seed, Vegetable oils and Safflower and Sunflower oils, Sugar, Processed foods, Alcohol and Caffeine.

EXERCISE / DIET ADVICE

- Depending on the cause recommend the kemara Meal plan.

DRY DAMAGED HAIR

TREATMENT

- Moisture and Repair Treatment for Dry and Structurally Damaged Hair
- Indian Head Massage
- Deep Hair Mask Therapy
- Scalp Exfoliation

ESSENTIAL OILS USED

- Lavender, Sandalwood, Geranium, Clary Sage and Jasmine

KEMARA HOME REMEDIES

- **Shampoo:** Moisture with Argan and Lavender
- **Conditioner:** Moisture with Vitamin E and Sandalwood
- Deep Nourishment Hair Oil
- Jojoba Hair Repair
- Moroccan Argan Oil
- Ultimate Hair Therapy
- Virgin Coconut Hair Shine Balm

GENERAL ADVICE

• **Foods to eat:** Food containing vitamin A, including; liver, eggs, sweet potatoes, kale, tomatoes, oranges and papaya. Soybeans, wheat germ, nuts, seeds and vegetable oils as these include vitamin E. Almond oil which strengthens and repairs. Coconut oil which contains calcium, iron, potassium and magnesium to help nourish hair.

ITCHY SCALP

TREATMENT

- Scalp Exfoliation
- Indian Head Massage

ESSENTIAL OILS USED

- Chamomile, Lavender, Rosemary, Peppermint, Tea Tree, Calendula

KEMARA HOME REMEDIES

- **Shampoo:** Itchy Scalp and Dandruff Care
- **Hair Oil:** Itchy Scalp and Dandruff Care

GENERAL ADVICE

• **Foods to eat:** Add Vitamin B enriched foods to your diet like wheat germ, sun flower seeds, chick peas, banana, apple, ginger, garlic.

• **Foods to avoid:** Avoid fried, fatty foods and chocolate.

ANXIETY & TENSION

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Hot stone Massage
- Reflexology
- Indian Head Massage
- Shirodhara treatment
- Stress & Burnout Spa programs

ESSENTIAL OILS USED

- Benzoin, Bergamot, Camomile, Frankincense, Ylang Ylang, Cederwood, Clary sage, Cypress, geranium, Jasmine, Juniper, Lavender

KEMARA HOME REMEDIES

- Relaxation Essential Oil
- Relaxation Body Oil
- Tranquility Essential Oil
- Tranquility Massage Oil
- Lavender Essential Oil

GENERAL ADVICE

- Yoga, Meditation, Exercise, Aromatic baths.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

DEPERESSION

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Reflexology
- Manual Lymph Drainage
- Hot Stone Massage
- Indian Head Massage
- Indulgent Escapes Spa Package
- Retreat For One Spa package
- Sleep Enhancement Wellness Package

ESSENTIAL OILS USED

- Sedative for Restlessness, Irritability, Inability to Sleep - Camomile, Clary Sage, Lavender, Sandalwood, Ylang Ylang
- Fatigue / Lethargy - Bergamot, Geranium, Rose (Rosewood), Jasmine

KEMARA HOME REMEDIES

- Happiness Pure Essential Oil Blend
- Happiness Body Oil
- Tranquility Pure Essential Oil Blend
- Tranquility Massage Oil
- Lavender Essential Oil

GENERAL ADVICE

- Yoga, Meditation, Exercise, Aromatic baths.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

EMOTIONAL EXHAUSTION (FATIGUE)

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Reflexology
- Manual Lymph Drainage
- Hot Stone Massage
- Indian Head Massage
- Deep Tissue Massage
- Sleep Enhancement Spa Package
- Stress and Burnout Spa Packages
- Energizer Spa Package

ESSENTIAL OILS USED

- Bergamot, Geranium, Sweet Thyme, Rose, Rosewood), Jasmine

KEMARA HOME REMEDIES

- Lavender Bed Linen Spray
- Lavender Essential Oil
- Tranquility Essential Oil
- Tranquility Massage Oil

GENERAL ADVICE

- Increase vitamins and minerals, reduce junk food and sugary foods, yoga.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

INSOMNIA

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Reflexology
- Sleep Enhancement Wellness Package
- Manual Lymph Drainage
- Hot stone Massage
- Indian Head Massage
- Shirodhara

ESSENTIAL OILS USED

- Camomile, Clary Sage, Lavender, Sandalwood, Ylang Ylang

KEMARA HOME REMEDIES

- Lavender Bed Linen Spray
- Lavender Essential Oil
- Tranquility Essential Oil
- Tranquility Massage Oil

GENERAL ADVICE

- Yoga, Lavender Essential Oil on the pillow or in a diffuser.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

DAY TO DAY STRESS

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Reflexology
- Manual Lymph Drainage
- Hot Stone Massage
- Indian Head Massage
- Deep Tissue Massage
- Sleep Enhancement Wellness Package

ESSENTIAL OILS USED

- Bergamot, Clary Sage, Camomile, Jasmine, Lavender, Marjoram

KEMARA HOME REMEDIES

- Relaxation Essential Oil
- Relaxation Body Oil
- Tranquility Essential Oil
- Tranquility Massage Oil
- Lavender Essential Oil

GENERAL ADVICE

- Yoga, meditation, aromatic baths, gentle exercise.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

ACHES & PAINS

TREATMENT

- Aromatic Steam
- Deep Relaxation Massage
- Deep Tissue Massage
- Hot Stone Massage
- Reflexology
- Remedial Massage
- Aches and Pains packages 1,2,3 or 4

ESSENTIAL OILS USED

- Rosemary, Lavender, Chamomile, Lemon, Peppermint, Geranium Cypress, Black pepper, marjoram, Juniper, Ginger

KEMARA HOME REMEDIES

- After Sports and Joints Body Oil
- Muscle Gel

GENERAL ADVICE

- Stretching well before and after sports activity.

ARTHRITIS

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Manual Lymph Drainage
- Deep Tissue Massage
- Hot stone Massage
- Reflexology

ESSENTIAL OILS USED

- Cypress, Lemon, Juniper, Fennel or Benzoin, Chamomile, Lavender, Rosemary

KEMARA HOME REMEDIES

- After Sports and Joints Body Oil

GENERAL ADVICE

- Diet needs to change starting from a cleansing fast, eliminating red meats & pork, reducing tea, coffee, alcohol intake. Vitamins A, B complex and E and calcium should be taken.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan / Bone Broth Package is recommended.

RHEUMATISM

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Manual Lymph Drainage

ESSENTIAL OILS USED

- Rosemary, Juniper, Lavender, Sweet Majoram

KEMARA HOME REMEDIES

- Joints Body Oil

GENERAL ADVICE

- Alternatively hot and cold compressors, dietary adjustments very important.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan / Bone Broth Package is recommended.

SPASM (CRAMP)

TREATMENT

- Aromatic Steam
- Deep Relaxation Aromatherapy Massage
- Manual Lymph Drainage
- Deep Tissue Massage
- Hot Stone Massage
- Reflexology
- Body Scrubs
- Kemara Signature Massage

ESSENTIAL OILS USED

- Bergamot, Chamomile, Clary Sage, Fennel, Juniper Berry, Lavender, Marjoram, Rosemary, Black Pepper

KEMARA HOME REMEDIES

- Warming Spice Scrub
- Joints Body Oil

GENERAL ADVICE

- Stretching, increased water intake, salt.

TONE

TREATMENT

- Body Contour Massage
- Energizer Spa Package
- Dead Sea Salt Scrub
- Green Tea Scrub
- Warming Spice Scrub
- Detox Spa Programmes
- Deep Tissue Massages
- Kemara Signature Massages
- Aches and Pains packages 1,2,3 or 4

ESSENTIAL OILS USED

- Basil, Black Pepper, Cypress, Ginger, Grapefruit, Juniper Berry, Lavender, Lime, Orange, Petitgraine, Peppermint, Rosemary, Thyme, Lavender, Chamomile, Geranium or Eucalyptus, Peppermint

KEMARA HOME REMEDIES

- Dead Sea Salt Scrub
- Green Tea Scrub
- Warming Spice Scrub
- Detox Gel
- Detox Oil
- After Sports and Joints Body Oil

GENERAL ADVICE

- **Foods to eat:** Increase the protein intake with foods like fish and avocado. Eat wheat bread, brown rice, oat meal, sweet potatoes for carbohydrates. Exercise. Fillup on Vitamins and Minerals.

FLUID RETENTION / BLOATING

TREATMENT

- Body Contour Aromatherapy Massage
- Manual Lymph Drainage
- Body Scrubs
- 7 day Detox Package
- Detox Wraps

ESSENTIAL OILS USED

- Fennel, Juniper, Geranium, Rosemary, Black pepper, Patchouli, Lemon, Geranium, Peppermint

KEMARA HOME REMEDIES

- Dead Sea Salt Scrub
- Green Tea Scrub
- Detox Gel
- Detox Oil

GENERAL ADVICE

- Avoid lymph cloggers and toxifiers such as fatty foods, sugars, water and refined foods. Your lymph system will benefit from an overall healthy diet and plenty of water.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan is recommended.

CELLULITE

TREATMENT

- Body Contour Aromatherapy Massage
- Manual Lymph Drainage
- Body Scrubs
- 7 day Detox Package
- Detox Wraps

ESSENTIAL OILS USED

- Fennel, Juniper, Geranium, Rosemary, Black pepper, Patchouli, Lemon, Geranium, Peppermint

KEMARA HOME REMEDIES

- Dead Sea Salt Scrub
- Green Tea Scrub
- Detox Gel
- Detox Oil
- Breathing Essential Oil
- Customised Blend

GENERAL ADVICE

- Diet should be looked into and a cleansing diet to start off followed by regular balanced diet is advised. Exercise is very beneficial. Between treatments a loofah or brush can be used on the effected areas during regular baths. Fresh fruits, fennel tea in the diet will help.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan is recommended.

HIGH BLOOD PRESSURE

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Kemara Signature Massage
- Renewal Therapy Spa Programme
- Recover Spa Programme
- Shirodhara
- Hot Stone Massage
- Reflexology

ESSENTIAL OILS USED

- Lemon, Lavender, Ylang Ylang, Sweet Majoram, Chamomile, Clary sage, Frankincense

KEMARA HOME REMEDIES

- Tranquility Essential Oil
- Tranquility Massage Oil
- Relaxation Essential Oil
- Relaxation Massage Oil
- Endurance Essential Oil
- Endurance Massage oil

GENERAL ADVICE

• **Foods to eat:** Unprocessed foods such as vegetables, fruits and seeds. Low sodium foods. High Potassium foods such as melons, avocado and bananas. Omega 3 rich foods. Dark chocolate. High magnesium foods such as Spinach, Avocado, pumpkin seeds, Figs.

• **Foods to avoid:** High sodium foods, Sugar, Caffeine, Alcohol, Trans fats. Wheat, White bread and flour products. Fish Oil 1000-2000mg daily. Magnesium 500mg before bed. CoQ10 100 - 300mg daily. Garlic tablets.

EXERCISE / ADVICE

- Regular massages, exercise, yoga, meditation. Schedule in more free time and fun. The kemara 7 day detox meal plan is recommended.

LOW BLOOD PRESSURE

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Kemara Signature Massage
- Energizer Spa Programme
- Recover Therapy Spa Programme

ESSENTIAL OILS USED

- Rosemary, Black Pepper, Peppermint

KEMARA HOME REMEDIES

- After Sports Joint Oil to Improve Circulation

GENERAL ADVICE

• Use more salt in the food. Eat small portions frequently. Drink more fluids atleast 2 to 3 litres of water a day. Coffee can help as a quick fix if pressure drops. Tulsi leaves helps regulate blood pressure. Almond milk helps prevent pressure from falling.

EXERCISE / ADVICE

- The kemara 7 day detox meal plan is recommended.

POOR CIRCULATION / SLUGGISH

TREATMENT

- Deep Tissue Massage
- Deep Relaxation Aromatherapy Massage
- Kemara Signature Massage
- Reflexology
- Energizer Spa Package
- Shirodhara treatment

ESSENTIAL OILS USED

- Black Pepper, Juniper Berry, Sweet Marjarom, Rosemary, Ginger, Eucalyptus Smiththi

KEMARA HOME REMEDIES

- After Sports Joint Oil to Improve Circulation

GENERAL ADVICE

- Garlic (tablets, capsules or fresh), Vitamin C or E

CRAMPING

TREATMENT

- Aromatic Steam
- Deep Relaxation Aromatherapy Massage
- Kemara Signature Massage
- Hot Stone Massage

ESSENTIAL OILS USED

- Sweet Marjoram, Black Pepper, Roman Chamomile, Clary Sage, Rosemary, Cypress, Geranium, Lavender, Marjoram, Sweet Thyme

KEMARA HOME REMEDIES

- After Sports Joint Oil to Improve Circulation

GENERAL ADVICE

- Drinking lots of water, King Coconut, Banana, Lemons, Oranges, Broccoli, Kale

FLUID RETENTION / LEG PAIN AND SWELLING

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Manual Lymph Drainage

ESSENTIAL OILS USED

- Eucalyptus, Juniper Berry, Patchouli, Lemon, Geranium

KEMARA HOME REMEDIES

- Detox Oil
- Detox Gel

GENERAL ADVICE

- Eat less salt. Increase Magnesium intake, eat Potassium rich food, avoid refined carbs

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan is recommended.

THYROID PROBLEMS

TREATMENT

- Deep Relaxation Aromatherapy Massage

ESSENTIAL OILS USED

- Myrtle, Fennel, Lavender, Nutmeg, pine, Geranium, Chamomile, Sandalwood

KEMARA HOME REMEDIES

- Customised Blends

GENERAL ADVICE

- Salt, leafy greens, nuts, cashew, almonds, Kale

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

HEADACHE & MIGRAINE

TREATMENT

- Deep Relaxation Aromatherpy Massage
- Manual Lymph Drainage
- Reflexology
- Indian Head Massage
- Shirodhara
- Daoyin Tao Massage

ESSENTIAL OILS USED

- Headache - Lavender, Peppermint and Rosemary
- Migraine - Peppermint, Lavender, Sandalwood, Marjoram and Rosemary

KEMARA HOME REMEDIES

- Lavender Essential Oil
- Clarity Essential Oil
- Wake Up Gel
- Headache Relief Balm

GENERAL ADVICE

- **Foods to eat:** Well balanced meals that are high in omega 3.
- **Foods to avoid:** Avoid too much dairy, sugars, chocolates etc. Try having the meals on time. Skipping meals and haphazard diets may cause migraine. Avoid alcohol; particularly beer and red wine.

EXERCISE / ADVICE

- The kemara 7 day detox meal plan is recommended.

SINUS HEADACHES

TREATMENT

- Deep Relaxation Aromatherpy Massage
- Manual Lymph Drainage
- Reflexology
- Indian Head Massage
- Shirodhara

ESSENTIAL OILS USED

- Eucalyptus, Lavender, Peppermint, Thyme and Tea Tree, Basil, Lemon

KEMARA HOME REMEDIES

- Breathing Essential Oil Mix

GENERAL ADVICE

- **Foods to eat:** A balanced diet with Omega 3 enriched foods like fish and Avocodos. Fresh fruits and leafy greens.
- **Foods to avoid:** Avoid junk food like pizza, chips, burgers. Keep away from fried foods, white sugar, dairy products, alcohol.

EXERCISE / ADVICE

- The kemara 7 day detox meal plan is recommended.

HAY FEVER

TREATMENT

- Deep Relaxation Massage
- Manual Lymph Drainage

ESSENTIAL OILS USED

- Rosewood, Sweet Thyme, Lavender, Eucalyptus Smiththi, Chamomile

KEMARA HOME REMEDIES

- Customised Blend

GENERAL ADVICE

- **Foods to eat:** Drink green tea, chamomile, ginger, peppermint. Omega 3 enriched foods. Tumeric, Garlic, Broccoli.
- **Foods to avoid:** Avoid dairy, meat, wheat products and alcohol.

EXERCISE / ADVICE

- The kemara 7 day detox meal plan is recommended.

IRREGULARITY

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Reflexology

ESSENTIAL OILS USED

- Clary Sage, Geranium, Peppermint, Rose and Rosewood

KEMARA HOME REMEDIES

- Customised Blend

GENERAL ADVICE

- Stress can also cause irregularity

MENOPAUSE

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Manual Lymph Drainage

ESSENTIAL OILS USED

- Basil, Chamomile, Clary Sage, Cypress, Fennel, Geranium, Grapefruit, Jasmine, Lavender, Lime, Peppermint, Rosewood, Sweet Marjoram, Nutmeg and Sage

KEMARA HOME REMEDIES

- Customised Blend

GENERAL ADVICE

- A whole-foods diet high in fruits, vegetables, whole grains, high-quality protein and dairy products may reduce menopause symptoms. Phytoestrogens and healthy fats, such as omega-3 fatty acids from fish, may also help.

EXERCISE / DIET ADVICE

- The kemara 7 day detox meal plan/ Bone Broth Package is recommended.

P.M.T / P.M.S

TREATMENT

- Deep Relaxation Aromatherapy Massage
- Reflexology

ESSENTIAL OILS USED

- Geranium, Juniper, Lavender, Clary Sage, Marjoram, Ginger, Lemon and Chamomile

KEMARA HOME REMEDIES

- Customised Blend

GENERAL ADVICE

- Banana, Lemon, Oranges, Watermelon, Broccoli, Kale, Water, Chamomile

MENSTRUAL PAIN, CRAMP

TREATMENT

- Deep Relaxation Aromatherapy Massage

ESSENTIAL OILS USED

- Basil, Marjoram, Lavender, Chamomile

KEMARA HOME REMEDIES

- Customised Blend
- Herbal Pillow



kemara[®]

Natural & Organic

No 14, Reid Avenue, Colombo 7, Colombo, Sri Lanka
011 2 696498

www.kemaralife.com