

# INNER TEMPLE HEALING OILS

## ABOUT

After suffering from a frozen shoulder, a condition that left her in chronic pain and with lower quality of life, Shirley Budhrani embarked on a hunt for an effective remedy that led her to discover ancient holistic solutions. She experimented with formulations and combined two age-old techniques, Ayurveda and aromatherapy, to create Inner Temple Healing Oils. Far from your standard essential oils, these hybrid oils are well-balanced remedies that soothe ailments such as headaches, sinus problems, flatulence, muscle tension, stiffness and more. They also promote healthy hair and skin.

## WHY WE LOVE THEM

We love a Hong Kong success story! What started out as four products is now an all-encompassing brand with more than 40 holistic head-to-toe healing solutions. Shirley is committed to reintroducing the Ayurvedic concept of Abhyanga, or self massage, to help cure a variety of ailments.

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