

# BENEFITS OF HEALING OILS

In a world of synthetic medicine and many artificial ways to mask pain rather than heal the body from the inside out or the outside in, many of us are looking for an alternative to the risky business of pharmaceuticals.

Purely formulated, high quality, potency balanced essential oils are that alternative. They provide documented and scientifically tested results that are similar to many over-the-counter or prescription medications and offer none of the harmful or detrimental effects on the body.

The body-type paradigm of Ayurveda is dovetailed nicely with the aromatherapeutic actions of balanced oils for all body types. For a good formulation – a blend has to have the 'yin yang' effect, eg. lavender naturally reduces inflammation, lessens pain and cleans the surface of the skin while clove on the other hand improves circulation. These are just some of the amazing ingredients combined to create the correct synergy for a joint therapy oil.

Next time you are in pain and your body is aching for relief, reach for powerful healing benefits of plants. You might find that they offer the relief you need to live a fuller, more vital life that is free from tension, pressure, and most importantly, pain.

Some tips and benefits:

1. Ensure you buy from ethical and organic producers and growers so the products are pure and potent. With high extraction levels they serve as fresh, vital medicine to improve, enhance, relieve, and re-invigorate.
2. Some essential oils contain antiviral, antibacterial, antifungal, and even anti-inflammatory properties, they are able to improve your immune system and also fight infections naturally, mostly in the form of combination therapy with modern treatments. Consult with an expert to see what will work best for your conditions.
3. Added benefits come in many ways – relief from aches and pains, improved skin care, support of ones digestive system, reduction of emotional stress and anxiety, better sleep, detoxing effects, boosting brain and energy levels and more.

Best of all, there are no harmful side effects. Avail of these alternatives and be thy own healer!

*Shirley Budhrani brings you Inner Temple - Healing Oils - Hybrid Balanced Healing Oils which provide a natural alternative to pain management. Her products are pure, vegan and cruelty free and her motto is "Be Your Own Healer"! [www.innertempleoils.com](http://www.innertempleoils.com) FB: InnerTempleHealing*



Natural healing with healing oils inspired by ancient Ayurveda heritage, we provide pain relief through a balanced mix of plant extracts.

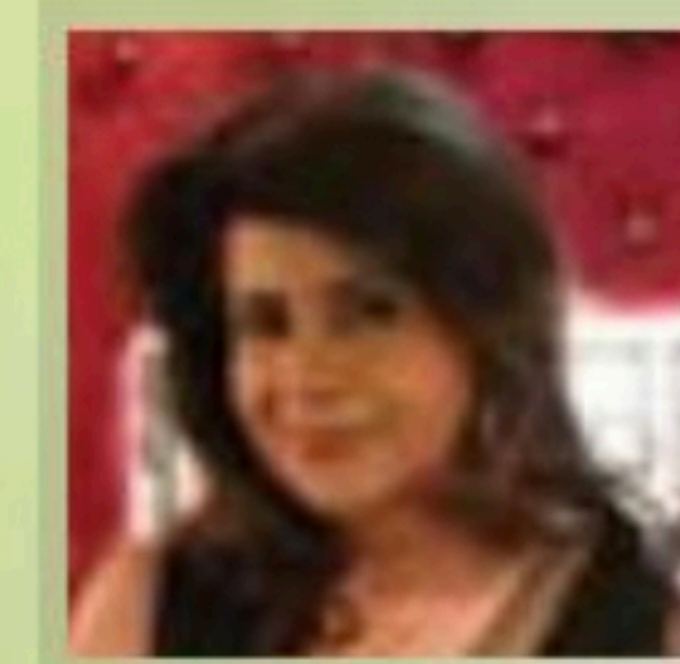
It's NOT an essential oil. It's a HYBRID oil. Combining Ancient Ayurveda practices with Modern Aromatherapy, our healing oils & products are balanced for a range of therapeutic purposes such as :

## PAIN MANAGEMENT

- Lymphatic blockage and poor circulation
- Muscle strain & inflammation
- Joint stiffness & nerve pain

## MENTAL HEALTH

- Sleep difficulties
- Emotional imbalance
- Anxiety & stress support



*"Be Your Own Healer"*

~ Shirley, Inner Temple Healing Oils



**Inner Temple**  
Healing Oils



## BEAUTY & BODY

- Uneven skin tone & hyperpigmentation
- Sinus allergies & congestion
- Puffiness & bloating
- Uneven skin texture & cellulite
- Skin allergies & rashes

## SUPER FOODS

- Weak digestion
- Low immunity & energy

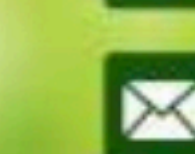
- Clinically formulated by certified Ayurvedic specialists
- Globally sourced and assembled in small batches



**+852 9351 0752**



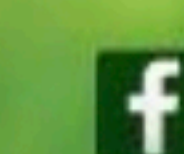
[www.innertempleoils.com](http://www.innertempleoils.com)



[info@innertempleoils.com](mailto:info@innertempleoils.com)



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