











ESPA

## ESPA Modern Alchemy Comparison Chart

	The Cleansing Milk 	The Hydrating Lotion 	The Nourishing Balm 	The Anointing Oil 	The Purifying Polish 	The Grounding Crystals 	Modern Alchemy Harmonising Mist 	Modern Alchemy The Grounding Tisane 
Size	200ml	200ml	180 ml	100ml	180 ml	180ml	125ml	15 bags Tisane Vessel sold separately
What is it?	This luxurious cream to oil formulation transforms into a sensuous, cocooning and gently cleansing lipid.	This delicate moisturising milk is inspired by ancient practises used to restore balance and connection.	Nurture and enrich your skin with this deeply restorative balm which transforms into a luxurious and delicately scented oil.	A luxurious multi-purpose bath and body oil inspired by traditional anointing rituals.	A creamy exfoliating balm which transforms into a deeply cleansing polish.	A beautifully soothing salt soak to re-energise and purify.	The Harmonising Mist signals space to calm the body and mind, rebalancing you with your surroundings.	The Grounding Tisane is a naturally caffeine-free blend of Turmeric, Cloves, Ashwagandha, Liquorice, Cinnamon, Ginger, Rosemary, Schizandra Berries and more for a deliciously warming complex flavour and fragrance.
Ingredients	Opuntia Cactus, Shikakai, Turmeric Butter, Inca Inchi Oil, Sweet Orange, Frankincense	Holy Basil, Macra Root, Saw Palmetto, Orange, Peppermint, Ginger, Ylang & Yang	Amla Curcumin Oil, Fireweed, Phytocannabinoids from Patchouli Leaves, Andiroba Oil, Orange, Peppermint, Ylang & Yang	Hemp Oil, Andiroba Oil, Tamanu Oil, Sweet Orange, Frankincense, Black Pepper	Volcanic Lave Spheres, Carnauba Spheres, Nutgrass, Liquorice Root, Sweet Orange, Frankincense, Black Pepper	Epsom Salts, Amber Extract, Himalayan Pink Salts, Sweet Orange, Frankincense, Black Pepper	Patchouli, Clove, Ylang Ylang, Ginger, and Vetiver	Caffeine Free Turmeric, Cloves, Ashwagandha, Liquorice, Cinnamon, Ginger, Rosemary, Schizandra Berries
All Skin Types	✓	✓	✓	✓	✓	✓		
AM	✓	✓	✓	✓	✓	✓		



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PM	✓	✓	✓	✓	✓	✓		
Shower Product	✓							
Body Moisturiser		✓	✓	✓				
Body Exfoliator					✓			
Bath Product				✓		✓		
Creamy texture	✓	✓			✓			
Oil texture				✓				
Balm texture			✓		✓			
Vegan	✓		✓	✓	✓	✓		
Vegetarian		✓						
Nut Free		✓						
Gluten Free	✓	✓	✓	✓	✓	✓	✓	



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How to use	Using your hands to gently smooth the cleansing milk over dry skin in circular movements, breathing slowly and deeply before sinking your body into a warm bath or spiritual shower.	Begin your ritual warming the milk between your palms, bring them to your face and slowly inhale three times, allowing the nurturing aromatic oils to ground you before you gently massage onto your body in smooth, circular movements.	Begin your ritual after bathing, warm the balm between your palms, bringing them to your face and slowly inhaling three times, allowing the nurturing aromatic oils to ground you, before smoothing your hands in long sweeping strokes over damp skin to preserve precious moisture.	Begin your ritual by setting your intention on the power of emotional and physical reconnection. Anoint your skin with 2-3 drops of this nurturing, aromatic blend and massage in long firm strokes, or pour it under warm running water and luxuriate in a sensual bath. If product gets into your eyes, rinse thoroughly with warm water.	Begin your ritual with your hands, smooth the balm onto dry skin using fluid, circular movements travelling slowly and with intention across your body, breathing in the nurturing aroma before washing away under a shower of warm water.  If product gets into your eyes, rinse thoroughly with warm water.	Begin your ritual by sprinkling crystals into a warm bath and swirl through the water, watching them dissolve. Breathe in their nurturing aroma and make it your intention to let go of any negativity as you sink your body into the fragrant water.  Can also be used as a soothing foot bath to revive tired legs or a softening hand soak before an indulgent manicure.	Begin your ritual by shaking, gently mist, and inhale.  The Harmonising Mist signals space to calm the body and mind, rebalancing you with your surroundings. Meditative transformation for the senses.  Use in the atmosphere and on the body. Our exclusive blend of ten essential oils evokes the power of Patchouli, Clove, Ylang Ylang, Ginger, and Vetiver for ultimate relaxation and bliss.	Sink into sensorial stillness as you sip a warm cup of this soothing tisane. Brought to life with hot water, this botanical composition is natural peace in its purest form. Sip as you release busy thoughts and ground yourself in a mellow moment with each inhale of aromatic steam.  Our composition of herbs, spice, fruits, and roots will cradle every sense for ultimate tranquility. For Best Results: Pour freshly boiled water over your tea bag and steep for at least 3 minutes. Cradle the cup and inhale the aromatic steam. Finally, take a sip of our tisane.  Allow your thoughts to stand still, as you drink in a moment of peace.