



Wild Earth™

## HANDCRAFTED HIMALAYAN HERBALS

### WHOLESALE PRODUCT GUIDE 2012/13 TIBETAN HOTSPRINGS





## TIBETAN HOTSPRINGS

Wild Earth's Tibetan Hot Springs soaps and essential oils contain pure, rich Tibetan herbs and essential oils with highly therapeutic qualities. Himalayan herbs, Juniper, Spikenard, and Cedarwood have been used for centuries throughout the Tibetan plateau and the Himalayas to help balance the wind, fire and water-earth elements within the human body. The fragrant herbs we've used in Tibetan Hot Springs are traditionally gathered and ritually offered to harmonize earth and sky, body and spirit. In the harsh climate of Tibet, bathing is more a celebration than a daily ritual. In Ladakh, Tibetans bathe in healing hot springs under a sacred sky, believing that the healing powers of a special star potentize the hot springs with healing powers.

**JUNIPER** - Juniper, beloved by Tibetan sky spirits, is traditionally offered to cleanse and purify one's environment and mind.

### JUNIPER SOAP



Bring wild Tibetan tsang (juniper) into your bath with this pure Tibetan herbal bath soap. Juniper is used on the skin for treating acne, dermatitis, eczema, and hair loss, oily complexions and as a skin toner.

Wild Earth's Juniper blend of pure essential oils (*Juniper, Cedarwood, and Sandalwood*) is combined with ground juniper and a base of coconut, olive, sunflower and palm oils.

Minimum weight per bar 100 g (3.5 oz). Packaged in cardboard box as shown in photo.

**Product Code TH-003-SO18 (100 gm)**

**Product Code TH-003-SO26 (25 gm)**

### JUNIPER OIL BLEND 12 ML



Called *shukpa* in Tibetan, mountain juniper berry oil is good for boosting the immune system against colds, flu and infections,. It has a stimulating scent, and works on the nervous system to treat anxiety, nervous tension and stress related conditions. This oil is formulated to energize and invigorate. It can be applied directly to the skin, added to a hot bath, used for steam inhalation or in an aromatherapy diffuser.

Olive and Grapeseed oils are infused with Wild Earth's proprietary blend of Bhadkan Tibetan herbs (the water/earth element) and Wild Earth's Juniper essential oil blend.

Packaged in 12 ml amber glass bottle

**Product Code TH-003-EB27**

## JUNIPER MASSAGE OIL



Our Tibetan Hot Springs Juniper Massage oil is formulated with Tibetan herbs to energize, uplift, and invigorate. These herbs are traditionally used in Tibet to harmonize Bhadkan- the water/earth element. This oil is especially good for combating the blues and preventing springtime colds. We recommend vigorous massage with this oil to maintain healthy harmony in body, mind, and spirit through all the seasons.

Olive and Grapeseed oils are infused with Juniper, Nettle, Artemisia, Ginger, Pomegranate, Cardamom, and Wild Earth's Juniper essential oil blend (Juniper, Cedarwood, and Sandalwood).

**Product Code for 125 ml TH-003-MO16**

Also available in 5 liters and 1 liter.

## JUNIPER SCENTED SACHET

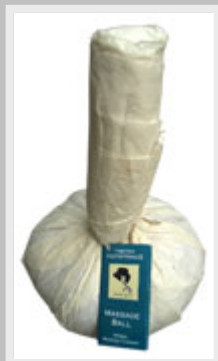


Juniper is blended with specially chosen herbs for an energizing, uplifting and invigorating fragrant scent.

Pillow size 14cm x 11cm (5.5" x 4.25") in a silk brocade and muslin cover.

**Product Code TH-003-SA43**

## JUNIPER MASSAGE BALL



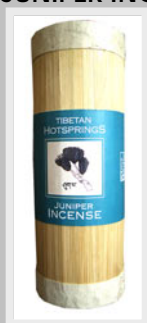
Formulated to stimulate and energize with Tibetan herbs traditionally used to harmonize Badkan, the water earth element, removing stagnation and returning vitality to the body. Excellent after sports or exertion to reduce aches and pains, soften stiff muscles and improve blood circulation. Also useful for rheumatic conditions.

**Instructions** Presoak the ball in cool water infused with Wild Earth's Tibetan Hot springs Juniper essential oil for 10-20 minutes. Steam the ball or heat in a microwave oven. Once it is heated to your desired temperature, dip in a bowl of warm Tibetan Hot springs Juniper Massage Oil or warm water infused with Juniper essential oil. Rub or press the ball vigorously on different parts of the body.

**Storage** The ball is reusable until its aroma fades away. After each usage, keep in a cool, dry place. No need to refrigerate.

**Product Code TH-003-BB47**

### JUNIPER INCENSE



Our Tibetan Hot Springs Incense has been formulated with a traditional blend of Tibetan herbs to promote inner harmony by dispelling stress and anxiety. This all-natural incense is hand crafted by Bhutanese refugees in Nepal for the promotion of health and happiness of all sentient beings.

**Product Code TH-003-IN30**

**Contains 24 sticks**

**Net Weight 18 g**

### JUNIPER BARLEY CLEANSE



Wild Earth Barley Cleanses are made with ground, roasted barley (called Tsampa in Tibetan), the main food staple of Tibetan plateau nomads, who cherish its nutritive properties. The Tsampa is blended with Tibetan herbs traditionally used to stimulate sluggish lymph systems, restoring energy and vitality to the body. Barley Cleanse should be used after massage to remove excess oils and toxins, leaving the skin smooth and soft.

**How to use** Barley Cleanse should be used after massage to remove excess oils and toxins, leaving the skin smooth and soft. Sprinkle 5 drops of essential oil blend into 4 tablespoons of barley cleanse and mix. Rub barley cleanse onto oily skin and, ideally, use a brush to remove it from the skin.

**Product Code TH-003-BL19**

### JUNIPER HERBAL BATH SACHET



Our Juniper Herbal Bath Sachet has been formulated with the Tibetan herbs to energize, uplift and invigorate. This blend of herbs is especially good for combating the blues and preventing springtime colds. It is also used in Tibetan medicine to relieve digestive, stomach and back pain, to increase appetite, and to improve blood circulation, Juniper essential oil is particularly good for oily complexion, and acts as a natural skin toner.

**How to use** place the dried herbs and a few drops of the essential oil blend into the muslin pouch and pull the drawstring closed. Hang the sachet on the faucet head and fill your bath. After your bath, squeeze the water out of the sachet and hang (in the sun if possible) for drying. Before re-using, place a few more drops of the essential oil blend in the sachet.

**Product Code TH-003-BA24**

## JUNIPER HERBAL STEAM SET



Our Juniper Steam Set has been formulated with the Tibetan herbs to energize, uplift and invigorate. This blend of herbs is especially good for combating the blues and preventing springtime colds. It is also used in Tibetan medicine to relieve digestive, stomach and back pain, to increase appetite, and to improve blood circulation, Juniper essential oil is particularly good for oily complexion, and acts as a natural skin toner.

**How to use** For facial steam, add all the herbs and as much essential oil as desired to approximately 1.5 liters of steaming water in a bowl big enough to allow the steam to cover your whole face. Lean over the bowl, place a towel over your head and the bowl, and breathe for 2 minutes. For foot bath, add the herbs and essential oil to 4-5 liters of hot water (adjust water temperature as desired) in a bowl large enough to cover your feet with water. Soak feet for as long as desired.

Note Herbal Steam Set can be re-used by the same person up to 12 hours after the first use. Keep herbs and water in fridge and re-heat as needed.

**Product Code TH-003-ST48**

## JUNIPER SACRED EARTH MUD RUB



Wild Earth's Sacred Earth mud rubs are made with red clay gathered from sacred pilgrimage sites. Tibetans have always believed in the therapeutic properties of the earth, and Tibetan medicinal texts describe the unique properties of mud's gathered from different pilgrimage sites. Our mud rub gently exfoliates and draws out toxins, leaving the skin fresh and clean. Can be used as facial mask and body application. Sacred Earth Mud Rub is especially rejuvenating for dry, mature skin.

**How to use** For facial masks, we suggest a thick consistency. Mix approx. 2 tablespoons of red clay, 2 tablespoons of water, and 3 drops of essential oil. For body application, we suggest thinner consistency Mix 4 tablespoons of red clay with 6 tablespoons of water and 9 drops essential oil (increase or decrease proportionately as desired). Apply in a gentle motion to clean, dry skin. Leave for 15 minutes, and then rinse with warm water. Follow with your favorite lotion or moisturizer. Use clay mask once a week. As with any skin product, discontinue use if rash occurs.

**Product Code TH-003-MU15**

**SPIKENARD** - Tibetans ritually burn Spikenard (called *pangbu* in Tibetan) in offerings to the earth deities. It was one of the early aromatics used by the ancient Egyptians and is mentioned in the Song of Solomon in the Bible. Mary used Spikenard to anoint Jesus before the Last Supper. Spikenard was used in Cleopatra's perfumes, and also applied by Mughal empress Nur Jehan in her rejuvenating cosmetic preparations. Spikenard is used in skin care for treating allergies, inflammation, and it is excellent for rejuvenating mature skin, and treating rashes. This herb is also used to relax, calm nervous energy, and combat stress.

#### **SPIKENARD SHAMPOO & BODY BAR**



Bring the wild Tibetan herb *pangbu* (Spikenard) into your bath with this pure Tibetan herbal bath soap. Spikenard is excellent for relieving dry and mature skin, for calming the nerves, and is a famous hair tonic.

Wild Earth's Spikenard blend of pure essential oils (*Spikenard, Lavender, Vetiver, Mandarin*) is combined in a base of coconut, olive, sunflower and palm oils.

Minimum weight per bar 100 g (3.5 oz). Packaged in cardboard box as shown in photo.

**Product Code TH-001-SO18 (100 gm)**

**Product Code TH-001-SO26 (25 gm)**

#### **SPIKENARD OIL BLEND 12 ML**



This oil is formulated to de-stress, ground, and balance. Spikenard is used in skin care for treating allergies, inflammation, and it is excellent for rejuvenating mature skin, and treating rashes. Can be applied directly to the skin, added to a hot bath, used for steam inhalation or put in an aromatherapy diffuser.

Olive, Grapeseed, Apricot and Sesame oils are infused with Wild Earth's proprietary blend of rLung (the wind element) Tibetan herbs, and Wild Earth's Spikenard essential oil blend.

Packaged in 12 ml amber glass bottle

**Product Code TH-001-EB27**

#### **SPIKENARD SCENTED SACHET**



Spikenard is blended with specially chosen herbs for a fragrant scent that helps you to de-stress and restore a sense of balance to your world.

Pillow size 14cm x 11cm (5.5" x 4.25") in a silk brocade and muslin cover.

**Product Code TH-001-SA43**

### SPIKENARD MASSAGE OIL



Our Tibetan Hot Springs Spikenard Massage oil is formulated with Tibetan herbs to promote inner harmony by dispelling stress and anxiety. Balancing and warming, our Spikenard Massage Oil is especially good for promoting circulation and preventing autumn and early winter colds. We recommend gentle and consistent massage with this oil to maintain healthy harmony in body, mind and spirit through all the seasons.

Olive, grapeseed, apricot and sesame oils are infused with Spikenard, Nutmeg, Rhododendron, Wild Asparagus, Licorice and Wild Earth's Spikenard essential oil blend (Spikenard, Lavender, Vetiver, Mandarin).

**Product Code for 125ml TH-001-MO16**

Also available in 5 liters and 1 liter.

### SPIKENARD MASSAGE BALL



Massage balls are traditionally used to reduce aches and pains, soften stiff muscles and improves blood circulation. Our Spikenard Massage ball is formulated to dispel stress and worry with Tibetan herbs traditionally used to harmonize rLung, the wind element, believed to be the source of mental anxiety and dry skin. Excellent for arthritic conditions and especially sore or swollen joints.

**Instruction** Presoak the ball in cool water infused with Wild Earth's Tibetan Hot springs Spikenard essential Oil for 10-20 minutes. Steam the ball or heat in a microwave oven. Once it is heated to your desired temperature, dip in a bowl of warm Tibetan Hot Springs Spikenard Massage Oil or warm water infused with Spikenard essential oil and rub or press the ball vigorously on different parts of the body.

**Storage** The ball is reusable until its aroma fades away. After each usage, keep in a cool, dry place. No need to refrigerate.

**Product Code TH-001-BB47**

### SPIKENARD INCENSE



Our Tibetan Hot springs; Incense has been formulated with a traditional blend of Tibetan herbs to promote inner harmony by dispelling stress and anxiety. This all-natural incense is hand crafted by Bhutanese refugees in Nepal for the promotion of health and happiness of all sentient beings.

**Product Code TH-001-IN30**

**Contains 24 sticks**

**Net Weight 18 g**

### SPIKENARD BARLEY CLEANSE



Wild Earth Barley Cleanses are made with ground, roasted barley (called Tsampa in Tibetan), the main food staple of Tibetan plateau nomads, who cherish its nutritive properties. The Tsampa is blended with Tibetan herbs traditionally used to stimulate sluggish lymph systems, restoring energy and vitality to the body. Barley Cleanse should be used after massage to remove excess oils and toxins, leaving the skin smooth and soft.

How to use Barley Cleanse should be used after massage to remove excess oils and toxins, leaving the skin smooth and soft. Sprinkle 5 drops of essential oil blend onto 4 tablespoons of barley cleanse and mix. Rub barley cleanse onto oily skin and, ideally, use a brush to remove it from the skin.

**Product Code TH-001-BL19**

### SPIKENARD HERBAL BATH SACHET



Our spikenard herbal bath sachet has been formulated with Tibetan herbs to promote inner harmony by dispelling stress and anxiety. These herbs are traditionally used in Tibet to harmonize the rLung- the wind element. Balancing and warming, this blend of herbs is especially good for preventing autumn and early winter colds. Spikenard oil is particularly rejuvenating for dry, mature skin.

**How to use** place the dried herbs and a few drops of the essential oil blend into the muslin pouch and pull the drawstring closed. Hang the sachet on the faucet head and fill your bath. After your bath, squeeze the water out of the sachet and hang (in the sun if possible) for drying. Before re-using, place a few more drops of the essential oil blend in the sachet.

**Product Code TH-001-BA24**

### SPIKENARD HERBAL STEAM SET



Our Spikenard Herbal Set has been formulated with Tibetan herbs to promote inner harmony by dispelling stress and anxiety. These herbs are used traditionally used in Tibet to harmonize rLung- the wind element. Balancing and warming, this blend of herbs is especially good for promoting circulation and preventing autumn and early winter colds. Spikenard essential oil is especially rejuvenating for dry, mature skin.

**How to use** For facial steam, add all the herbs and as much essential oil as desired to approximately 1.5 liters of steaming water in a bowl big enough to allow the steam to cover your whole face. Lean over the bowl, place a towel over your head and the bowl, and breathe for 2 minutes. For foot bath, add the herbs and essential oil to 4-5 liters of hot water (adjust water temperature as desired) in a bowl large enough to cover your feet with water. Soak feet for as long as desired.

Note Herbal Steam Set can be re-used by the same person up to 12 hours after the first use. Keep herbs and water in fridge and re-heat as needed.

**Product Code TH-001-ST48**



## SPIKENARD MUD RUB



Wild Earth's sacred Earth mud rubs are made with red clay gathered from sacred pilgrimage sites. Tibetans have always believed in the therapeutic properties of the earth, and Tibetan medicinal texts describe the unique properties of mud's gathered from different pilgrimage sites.

Our mud rub gently exfoliates and draws out toxins, leaving the skin fresh and clean. Can be used as facial mask and body application. Sacred Earth Mud Rub is especially rejuvenating for dry, mature skin.

**How to use** For facial masks, we suggest a thick consistency. Mix approx. 2 tablespoons of red clay, 2 tablespoons of water, and 3 drops of essential oil. For body application, we suggest thinner consistency Mix 4 tablespoons of red clay with 6 tablespoons of water and 9 drops essential oil (increase or decrease proportionately as desired). Apply in a gentle motion to clean, dry skin. Leave for 15 minutes, and then rinse with warm water. Follow with your favorite lotion or moisturizer. Use clay mask once a week. As with any skin product, discontinue use if rash occurs.

**Product Code TH-001-MU15**

**CEDARWOOD** - Cedar is an ancient aromatic, used in the preparation of incense and other aromatics, commonly used among Tibetans as incense.

## CEDARWOOD SOAP



Bring wild Cedarwood (deodar) into your bath with our pure Tibetan Herbal bath soaps. Cedarwood oil has a pronounced effect on the skin, and is used in skincare to treat acne, dandruff, dermatitis, eczema, fungal infections, oily skin, hair loss, skin eruptions and ulcers.

Cedarwood (*Cedrus deodara*) essential oil is blended with a base of coconut, olive, sunflower and palm oils.

Minimum weight per bar 100 g (3.5 oz). Packaged in cardboard box as shown in photo.

**Product Code TH-002-SO18 (100 gm)**

**Product Code TH-002-SO26 (25 gm)**

## CEDARWOOD 12 ML OIL BLEND



This oil is formulated to cool, calm, and relax. Its mountain tree scent is used to dispel nervous tension and stress-related conditions by providing a sense of clarity and connectedness. Spiritually, it can be used when developing or mastering a pranayama (breathing exercise). Can be applied to the skin added to a hot bath, used for steam inhalation or out on an aromatherapy diffuser.

**Ingredients** Olive, grape seed and coconut oils infused with Wild Earth's proprietary blend of mKrispa (the fire element) Tibetan herbs and Cedarwood essential oil.

Packaged in 12 ml amber glass bottle

**Product Code TH-002-EB27**

### CEDARWOOD SCENTED SACHET



Cedarwood is blended with specially chosen herbs for a calming fragrant scent to help you cool down and relax. Pillow size 14cm x 11cm (5.5" x 4.25") in a silk brocade and muslin cover.

**Product Code TH-002-SA43**

### CEDARWOOD MASSAGE OIL



Our Tibetan Hotsprings Cedarwood Massage oil is formulated with Tibetan herbs to calm, cool and balance. Cedarwood Massage Oil is good for sensitive skin and helps keep the body and mind cool and free of heat irritations, especially during the summer months.

It is traditionally used in massage to treat rheumatic pain and it also acts as a sedative, anti-depressant, astringent, and antiseptic. We recommend pressure point massage with this oil to maintain healthy harmony in body, mind and spirit through all the seasons.

Olive, grapeseed, apricot and coconut oils are infused with Cedarwood, Nettle, Artemisia, Mint, Sandalwood, Rosa seltata, swertia chirayita, emblica officinalis, and Cedarwood essential oil.

**Product Code for 125 ml TH-002-MO16**

Also available in 5 liters and 1 liter.

### CEDARWOOD MASSAGE BALL



This is used to reduce aches and pains. Softens stiff muscles. Improves bloods circulation. Formulated to calm and cool with Tibetan herbs traditionally used to harmonize mKrispa, the fire element, believed to be the source of many heating skin irritations, internal inflammations, and mental disturbances such as frustration, anger, and impatience.

**Instruction** Presoak the ball in cool water infused with Wild Earth's Tibetan Hot springs Cedarwood essential Oil for 10-20 minutes. Steam the ball or heat in a microwave oven. Once it is heated to your desired temperature, dip in a bowl of warm Tibetan Hot springs Cedarwood Massage Oil or warm water infused with Cedarwood essential oil and rub or press the ball vigorously on different parts of the body.

**Storage** The ball is reusable until its aroma fades away. After each usage, keep in a cool, dry place. No need to refrigerate.

**Product Code TH-002-BB47**

### CEDARWOOD INCENSE



Our Tibetan Hot Springs, Incense has been formulated with a traditional blend of Tibetan herbs to promote inner harmony by dispelling stress and anxiety. This all-natural incense is hand crafted by Bhutanese for the promotion of health and happiness of all sentient beings.

**Product Code TH-002-IN30**

**Contains 24 sticks**

**Net Weight 18 g**

### CEDARWOOD BARLEY CLEANSE



Wild Earth Barley Cleanses is made with ground, roasted barley (called Tsampa in Tibetan), and the main food staple of Tibetan plateau nomads, who cherish its nutritive properties. The Tsampa is blended with Tibetan herbs traditionally used to stimulate sluggish lymph systems, restoring energy and vitality to the body. Barley Cleanse should be used after massage to remove excess oils and toxins, leaving the skin smooth and soft.

**How to use** Barley Cleanse should be used after massage to remove excess oils and toxins, leaving the skin smooth and soft. Sprinkle 5 drops of essential oil blend into 4 tablespoons of barley cleanse and mix. Rub barley cleanse onto oily skin and, ideally, use a brush to remove it from the skin.

**Product Code TH-002-BL19**

### CEDARWOOD HERBAL BATH SACHET



Our Cedarwood Steam Set has been formulated with the Tibetan herbs to calm, cool and balance. These herbs are traditionally used in Tibet to harmonize mKrispa, the fire element. These blends of herbs are especially good for sensitive skin and help keep the mind cool and free of irritations, especially during summer months. Cedarwood essential oil is especially good for combination complexions, and will help reduce the occurrence of skin blemishes.

**How to use** place the dried herbs and a few drops of the essential oil blend into the muslin pouch and pull the drawstring closed. Hang the sachet on the faucet head and fill your bath. After your bath, squeeze the water out of the sachet and hang (in the sun if possible) for drying. Before re-using, place a few more drops of the essential oil blend in the sachet.

**Product Code TH-002-BA24**

### CEDARWOOD HERBAL STEAM SET



Our Cedarwood Steam Set has been formulated with the Tibetan herbs to calm, cool and balance. These herbs are traditionally used in Tibet to harmonize mKrispa, the fire element. This blend of herbs is especially good for sensitive skin and helps keep the mind cool and free of irritations, especially during summer months. Cedarwood essential oil is especially good for combination complexions, and will help reduce the occurrence of skin blemishes.

**How to use** For facial steam, add all the herbs and as much essential oil as desired to approximately 1.5 liters of steaming water in a bowl big enough to allow the steam to cover your whole face. Lean over the bowl, place a towel over your head and the bowl, and breathe for 2 minutes. For foot bath, add the herbs and essential oil to 4-5 liters of hot water (adjust water temperature as desired) in a bowl large enough to cover your feet with water. Soak feet for as long as desired.

Note Herbal Steam Set can be re-used by the same person up to 12 hours after the first use. Keep herbs and water in fridge and re-heat as needed.

**Product Code TH-002-ST48**

### CEDARWOOD MUD RUB



Wild Earth's sacred Earth mud rubs are made with red clay gathered from sacred pilgrimage sites. Tibetans have always believed in the therapeutic properties of the earth, and Tibetan medicinal texts describe the unique properties of mud's gathered from different pilgrimage sites. Our mud rub gently exfoliates and draws out toxins, leaving the skin fresh and clean. Can be used as facial mask and body application. Sacred Earth Mud Rub is especially rejuvenating for dry, mature skin.

**How to use** For facial masks, we suggest a thick consistency. Mix approx. 2 tablespoons of red clay, 2 tablespoons of water, and 3 drops of essential oil. For body application, we suggest thinner consistency Mix 4 tablespoons of red clay with 6 tablespoons of water and 9 drops essential oil (increase or decrease proportionately as desired). Apply in a gentle motion to clean, dry skin. Leave for 15 minutes, and then rinse with warm water. Follow with your favorite lotion or moisturizer. Use clay mask once a week. As with any skin product, discontinue use if rash occurs.

**Product Code TH-002-MU15**



## **ORDERING INFORMATION**

### **DELIVERY**

The majority of our products are handcrafted and made to order. Please allow at least 30 days to produce your order, plus 5-14 days for delivery of goods post production (via air cargo). Please keep in mind that larger orders may take longer to produce and some of our specialty soaps require 8 weeks for soap-curing. Wild Earth can provide partial shipments in the case of rush orders.

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### **CATALOGUE DISCLAIMER**

Wild Earth reserves the right to make changes to our product lists and product offerings without prior notice.

### **CONTACT US**

For more information on any of our products, pricing, and terms and conditions please contact

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