

Concept Of Wellbeing

Through Ayurvedic Therapy
Combined With Modern Techniques



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Ayurveda is a holistic healing science, based on the concept of balance representing health. Ayurveda, is widely acknowledged to be the world's oldest and largest system of health care. The word Ayurveda, comes from the conjunction of two Sanskrit words **ayur** = life and **veda** = knowledge. An ancient science, it is not only a health care system, but a complete approach to holistic living.

Based on the five element theory, consisting of space, air, fire, water and earth, Ayurveda believes that these five elements, are the basic building blocks of nature, responsible for all physical existence, Based on this five element theory, is the most powerful conceptual tool in Ayurveda, that of **the 3 doshas**. The 3 dosha theory explains, how these five elements dynamically combine to control all process within human physiology and any imbalance there in leads to imbalance in the human body. Such imbalance leading to the 3 doshas (faults) are called **VATA, PITTA & KAPHA**.

VATA: the fault concerning the principle governing all motion or movements.

PITTA: the fault concerning all transformation processes.

KAPHA: the fault responsible for effecting cohesion, growth and liquefaction processes.

Any form of sickness in the human body is on account of one of these doshas. Ayurveda, with its extensive and ancient wisdom, seeks to redress these doshas and to restore the balance and harmony of the five elements through its treatments.

Our Product Philosophy



Vimal'es products, established in the year 1990 are based on 5000years old Ayurvedic Science, a science of healing. These products comprise the extracts of certain specific plants that grow in the Himalayas and are 100 % pure, natural and supports nerve regeneration.

Each layer of the skin has a special need. All the botanical ingredients in these products are combined to create a powerful synergy that supports every layer of the skin. The herbs used in these products are carefully formulated to create support in a holistic, but balanced way. This product when used on the skin not just gives moisture to the skin but leaves the skin feeling healthy and radiant..

After seeing the benefits of the product healing methodology the clients turn for right guidance, advices, recommendation and reliable sources for maintaining healthy and youthful skin. As a result there is a constant surge of new products in the market today. Ingredient knowledge has become very essential for cosmetic professional. It is not possible to make products till you understand the ingredient's effects on the skin and results that a client should receive from such a product.

Vimal'es products keep its apothecary tradition alive in today's modern society. It remains true to the traditions, personalized attention, customized formulas and therapeutic natural preparations. Each of our unique formulation tells a different story. These formulations are selected from our historical organic formulas.



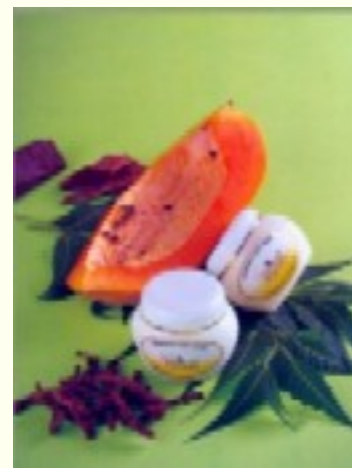
Our Product Philosophy

Manufactured in India **Vimal'es** is one of the purest organic products available of its kind. An immense in-depth study has been done over the years of the ingredients and herbs used in these products. The pristine process involved in making these products is totally chemical free. These products accelerate skin care to a new age. These extraordinary products have energizing and therapeutic substances with higher potency materials. These products are designed for quality and not quantity. These products accelerate skin care to a new age.

These extraordinary products have energizing and therapeutic substances with higher potency materials. These products are designed for quality and not quantity.

A small measure of these creams when used regularly with proper instructions will give you the desired effect. These creams and lotions are absorbed well into the skin going deep down in all the skin layers nourishing and strengthening the cell structure, giving you a vibrant, healthy, radiant and flawless skin you have always dreamt of.

We take pride in our commitment to our customers through honesty, quality and traditions. We greatly value your trust, friendship & welcome you to experience Vimal'es products.



Dr. Vimal Sharda – Founder and CEO



Dr. Vimal Sharda, an acclaimed Naturopath and Cosmetologist, combines over 25 years of experience along with her educational and research background in Ayurveda, to introduce a range of daily use cosmetic products aimed at addressing the most common human ailments. Certified to practise in USA, Dr. Sharda has worked with several leading Ayurvedic treatment and research institutions, with her work being published extensively. Interviewed by several leading TV stations, she has done pioneering work in Ayurvedic fields such as Panchakarma treatment and skin treatment.

The result of her extensive knowledge and practical experience, combine in the range of the skin care, hair care and body care products formulated by her. These specially designed formulations, in addition to their cosmetic efficacy, have a therapeutic effect when used over a long period of time. The endeavor of all Jasmine Ayurvedic Products is to bring the benefit of this ancient science to the common man.



Dr. Vimal Sharda's Panchakarma Therapies

PANCHAKARMA (The art of Rejuvenation)

This ancient science has always understood health to be a coordinated function of spirit, mind and body in intimate relationship. Human body itself has power of healing which is capable of constantly rejuvenate itself. There are five doshas in human body, and when there is an imbalance and weak, the natural power of the body is blocked. To remedy this situation, ayurveda offers the unique theory of PANCHAKARMA. In this process the body is purified of the degenerating influence of these foreign substances.

Panchakarma constitutes the foremost purification therapy that reverses the disease mechanism, which carries waste toxin products from digestive track into the tissues of the body. The uniqueness of Panchakarma is that it puts the attention of the patient in a corrective way where as all other therapies focus on pathology and its symptoms. It does not just treat diseased organs and tissues but also treats and manages the doshas.



PANCHAKARMA THERAPIES

SYNCHRONIZED MASSAGE:

This is subjecting the body with comfortable strokes along with the application of medicated oil. It improves the blood circulation, prevent absorption of inflammatory exudations, remove obesity pain in the body.

STEAM BATH:

It is the procedure by which a person is made to perspire by the application of medicated herbal steam all over the body except the head. It is helpful in curing skin diseases.

NJAVARAKIZHI:

By this procedure whole body or the particular part of the body to sweat by gentle massage with medicated pudding of herbs tied in a cloth. It helps emaciation of limbs for restoration of health.

Dr. Vimal Sharda – Founder and CEO

PINZHICHIL:

It is a sudation therapy done by pouring warm medicated oils all over the body from particular height with the angular speed of flow. This is affective in paralyses, hemiplegia and stiffness of limbs, spastic conditions

SHIRODHARA:

Medicated combination of condition herbs oils, medicated milk are poured in a continues steam in the for head. Indicated for neurological diseases, insomnia, depression, chronic headache and sleeplessness burning sensation in the head.

SIRBASTHI:

This treatment is good for brain strength and other brain concern conditions.

KADHIRA:

It's a sedation therapy warm liquid extract of cooked fermented grains over the body with nozzles pitcher. This is effective in all rheumatic complaints.

THAKARADHARA:

It's a sedation therapy done by pouring warm medicated buttermilk in the for head, good for depression, insomnia.

NASAL MEDICATION:

These medicated oils pour drops in nose for sinus conditions, headache bronchial asthma, earache and facial paralysis.

VAMANA:

Vomiting is allowed to vomit all contents of stomach problems, asthma, cough, psoriasis, epilepsy and anemia.

VIRECHANA:

It is done oral purgative herbs for skin disease urinary disorders, stomatitis.

SHEHAVASTHA (Oil Enema):

This is special medicated herbal oils give it to patients for body rejuvenation good for joint pains.

BODY MUD:

To improve metabolism for the body , texture of skin, voice, promote taste To understand how these procedures achieve such a complete physiological purification, we must have a work on that to get good health.



Jasmine - Ayurvedic Beauty Clinic

Dr. Vimal Sharda is an M.D. in naturopathy from the Indian Council of Alternative Medicines (Kolkata). She is a licensed cosmetologist, aesthetician and facial specialist from India and United States of America. Member of the Yemeni Institute of Healing Art and international aesthetic Dr. Sharda is the founder director of **jasmine beauty clinic and institute** having branches in Delhi, Faridabad, Sikkim, Gurgaon (India) and New York (USA).

Among her specialities is permanent hair removal system, glycolic acid peel system and panchakarma. For her successful work in USA. she has also been interviewed by CNBC and ITV and has held many seminars abroad. She was graced with the gem of India and Shiromani awards and was also appreciated for her work by the former president Mr. Bill Clinton of the USA.

Her beauty clinic caters to needs of women. This beauty clinic & Institute believes in innovation, perfection and values customer satisfaction.

Registered **JASMINE INSTITUTE OF COSMETOLOGY & ALLIED COURSES**

(Certification & Diploma Courses Available for indian and international students).

For further information Contact us.

Offers:

- All Facials & Skin Treatments
- Specialize treatment for: acne, scars ,skin blemishes, falling hair and dandruff
- All kind of Beauty Service



And her very special and famous facials:

AYURVEDA COLLAGEN INFUSION FACIAL, AYUR MOKSHYA FACIAL, KALAYANI FACIAL. REJUVENATING FACIAL ,AYURVEDIC PEELING, GALVANIC FACIAL, MICRODERMABRASION, GLYCOLIC TREATMENT, VEGETABLE AND FRUIT PEELING, VIMAL'S SPECIAL AYURVEDIC FIVE LAYER FACIAL , NON-SURGICAL FACE LIFT, CELLULITE FACIAL

The Products

ALL PURPOSE APRICOT CREAM

“Energizing and strengthening therapy”

Firms the skin, reduces wrinkle depth, assists in increasing the skin's oxygen intake levels, assists in stimulating microcirculation, tightens pores while nourishing epidermis.



Ingredients:

- Apricot juice (*Prunus Armeniaca*)
- revitalizing and hydrating agent with vitamins and nutrient
- Manjistha (*Oldenlandia*)
- Arjuna (*Terminalla Arjuna*)
- Vacha (*Prosalea Corylifolia*)
- Sariva (*Hemidesmus Indicus*)

Result:

Firmer skin, soft and supple skin texture, balanced Moisture levels, reduces visible signs of aging.

Application:

Apply a small amount of cream to the face, massage for 1 – 2 minutes, then wipe the rest of the cream from the face with a hot towel.

The Products

CALENDULA ANTIWRINKLE CREAM

„Secrets of aging control“

Intensive night repair, assists in regenerating the epidermis, supplies necessary bioflavonoid, sugar and acids to skin, increases skin's ability to retain moisture. An enzyme that lowers the viscosity levels of the skin allowing collagen herbs to penetrate further. Minimizes the signs of aging.



Ingredients:

- Calendula (Calendula officinalis extract) - nourishing, healing, antiseptic.
- Gokshura (Trifalas terrestris) - nerve productive.
- Aloe Vera Barbadensis leaf) - helps skin inflammation, rashes.
- Jaswant (Hibiscus flower) - astringent and nerve tonic
- Siriva (Himidesmus indicus) - lifts up skin strength
- Shatvari (Asparagus Racemosus) - reproductory, nutritive, skin tonic

Result:

Removes dead cells, deeply cleanses the skin, helps in skin renewal, cleans clogged pores, rejuvenates body tissues.

Application:

Wash the face in the evening, apply the cream, massage for 5 minutes, leave it overnight, wash the face in the morning.

The Products

SILVER SAFFRON CREAM

“Dramatic visible results”

Increases moisture retention level in the skin, assists in protecting against free radicals, reducing visible signs of aging, cell renewal, revitalizes the skin and reduces wrinkle depth, boosts your skin's ability to repair damaged skin and tighten pores, nourishes and moisturizes the skin and assists in cellular regeneration, recaptures you skins normal hormonal balance.



Ingredients:

- Marrygold flower (Marigold flower)
- Saffron (Crocus sativus)
- Clarifying butter (Shrea robusta oil, ghee)
- Arjuna (Terminalia arjuna)
- Tulsi seeds (Ocimum sanctrum)
- Kumari (Barbadensis leaf)
- Mulathi (Glycyrrhiza Glabra, cinamon, cassia bark)
- Ashvagandha (Withania somnifera root powder)
- Jasmine (Auriculatum extract)
- Anantmool (Hemidesmus indicus root)

Result:

Reduces visible signs of aging, epidermis is revitalized, improves collagen and toned muscles, improve elasticity of the face skin, the ingredients form a surface barrier that immediately eases tight and glued dead cells into place, improves skin tone.

Application:

Use any time of the day. Apply a small amount on the skin and massage 30 seconds,

The Products

UNDER EYE CREAM

“Diminishes cellulite growth”

This pure and gentle treasure dramatically firms and tones the skin and diminishes visible signs of aging. This cream if applied regularly restores tired eyes while lightening and reduces puffiness around eyes for the most effective eye care.

Refines contoured of eye area, moisturizes and firms epidermis, protects the delicate skin around eyes, helps dark circles under eyes, helps puffiness under eyes (locally).



Ingredients:

- John, St. Wart (Hypericum Perforatum)
- Shatvari (Asparagus)
- Brahmi (Dacopa Monniera Powder)
- Butter, Ghee (Shorea Robusta oil)
- Aloe Vera (Barbadensis leaf)
- Almond oil (Prunus Amygdalus Duicis)
- Nutmeg oil (Myristica Fragans oil)

Result:

This pure and gentle treasure dramatically firms, tones and diminishes signs of aging or expression lines, restore tired eyes while lightening and reduces puffings.

Skin tone is firm under the eyes, visible signs of aging are reduced, reduced dark circles around eye and puffiness.

Application:

For the most effective eye care, apply this energizing formula to the delicate, sensitive skin around eyes day and night. Take a small quantity and massage around the eyes for about five minutes.

The Products

REGENERATING GINGKO CREAM

“Oxygenating cellular revitalizing effect”

Helps regenerate collagen fibers, enhances vein circulation, supplies active iron into skin, improves elasticity in connective fibers tissues, increases oxygen up take to skin cells, helps improves collagen, lift up face skin and improves face moisturize condition.



Ingredients:

- Ginkgo extract - regenerating agent, assists in reducing free radicals
- Bawachi seed (Psoralea Cosylifolia) - supports scars
- Manjistha (Oldenlandia Umbellata) and Ashvagandha (Withania Somnifera root powder) - helps cure discoloration, improves elasticity in connective tissues
- Tumeric (Terminalia) - helps to clean sores and patches skin
- Tulsi and Bala (Ocimum Sanctrum and Semearpus Anacardium) - regenerates blood cells
- Saffron - it helps immune cells, work as antioxidant
- Deodar (Cedrus Deodara)
- Methi (Trigonella Graceceum) - ability to fight with bacterial infection
- Guduchi (Sweet Flag) - soothes skin, supplies necessary bio-falconoid sugar and acid to skin
- Ghee (Shorea Robusta) - detoxifies, builds energy, moisturizes skin, improves body tissues and nourishes brain
- Aloe Vera (Aloe Barbadensis Leaf) - prevent scaring

Result:

Enhances vein circulation, exfoliates and rejuvenates dried out skin, boosts skin's ability to repair damage skin, firmer more elastic epidermis, visible signs of cellulite are reduced, smother glowing skin, assists in regenerating epidermis.

Application:

Massage on face for 2 minutes, give a hot towel steam and clean your face with a napkin.

The Products

LEMON CLEANSING MILK

“Intensive moisturizing programme”

For all skin types. Complete cleansing of neck, face and eye and eye area.



Ingredients:

- Aloe Vera
- Clarified butter (shrea robusta oil/ ghee)
- Lemon
- Cucumber
- Tulsi
- Bhangra herbs
- Rosewater
- Jasmine oil

Result:

Effectively cleans pores, draws toxins from the pores and reduces oil production.

Application:

Use day & night after or before make up or everyday before going to bed.

The Products

SKIN TONER

“Dry to oily skin – skin repair system”

A very unique and rich anti-oxidant for dry to oily skin.



Ingredients:

- Fennel
- Pudina
- Tulsi
- Chameli
- Cedarwood
- Avocado
- Grapefruit

Result:

A unique rich anti-oxidant, which helps close oil glands and big pores. Assists in cellular repair. Avocado and essential oils assist to protect against free radicals. It helps skin from UV rays of the sun.

Application:

Once a day while going out in the sun.

The Products

HONEYDEW BODY LOTION

“Recaptures skin vitality”

All weather, all skin type lotion. A very nourishing and moisturising lotion for the entire body.



Ingredients:

- Honeydew extract
- Cinnamon
- Butter
- Aloe Vera
- Cucumber extracts
- Saffron
- Orange
- Jasmine oil
- Cinnamon.

Result:

Reduces visible signs of cellulite, makes the skin feel and look soft and smooth, younger-looking skin.

Application:

After shower and at night before bedtime.

The Products

PAPAYA FACE AND BODY SCRUB

“Stimulates skin cells to produce collagen”

Helps to remove dead cells from dermi-skin and helps maintain oxygen levels in the body.



Ingredients:

- Almond powder
- Neem bark (*Azadirachta indica*)
- Mulathi (*Glycyrrhiza Glabra*)
- Khus-Khus (*Vetiveria zizanioides*)

Result:

Application:

Take lavender aroma oil, mix 10 drops with one teaspoon of scrub powder, massage all over the body for five minutes twice a week, then take shower.

The Products

KALYANI FACE MASK

“All skin types – age management programme”

This exotic combination exfoliates and stimulates the flow of energy and tightens pores.



Ingredients:

- Saffron
- Manjistha (Rubia cordifolia)
- Almond powder
- Nutmeg
- Sandalwood powder
- Kapur (Hedychium spicatum)
- Aloe Vera
- Daruhaldi (Berberis aristata)
- Kulingan (Alpinea galanga)

Result:

Stimulates the flow of energy, tightens pores, firms the facial skin, revives skin's elasticity

Application:

First massage face for 10 minutes with Vimal'es All Purpose Cream. Make a paste using 1 tsp of mask powder mixed with 5 drops honey and 4 tsp milk. Then apply the paste on the face. Leave for 10 minutes and rinse.

The Products

SANDALWOOD FACE MASK

“Prophylaxis for all types of skin”

It is made of pure sandalwood powder and is good for soothing skin inflammation and even as a cooling agent .It can be used on all skin types.



Ingredients:

- Pure sandalwood powder (Pterocarpus santalinus powder)
- Aloe vera (Barbaradensis powder)
- Rose petal powder
- Shikakai powder (Acacia concinna nut)
- Neem (Azadirachta indica leaf)
- Ashwagandha (Withania somnifera)

Result:

Cool, light colored and smooth skin.

Application:

Take small amount of powder, make a paste with water, apply it on the face for about 10 minutes, wash when semi dry with cold water, use once a week

The Products

HUNGARIAN FACE MASK

“Healthy and smooth skin”

It is a very effective mask for acne troubled, oily and seborrheic skin.



Ingredients:

- Thermal mud (contains high amount of minerals trace elements and Sulfur to improve acne condition and nourish skin)
- Sage (skin toner and antiseptic agent).
- Willow
- Ivy (high in vitamin C, antioxidant).
- Cinnamon (antiseptic and a stimulating agent)

Result:

Healthy and smooth skin, reduces sebum production.

Application:

Make a paste with rose water, milk or honey, apply on the face, leave it for 10 minutes, massage gently and then rinse off with water.

The Products

ARNICA SHAMPOO

“All type of hair – for soft and lustrous hair”

Contains naturally derived plant proteins that protects and moisturises the hair. For all type of hair.



Ingredients:

- Reetha (*Sapindus trifoliatus*)
- Trifla (*Terminalia chebula* fruit)
- Bhringraj (*Eclipta alba* powder).
- Arnica
- Brahmi (*bacopa monniera*).
- Shikakai (*Acacia concinna* nut).
- Fenugreek (*Trigonella focnum*)

Result:

Revitalizes the scalp and prevents hair loss, adds bounce and volume to your hair, lifts hair to new heights with extraordinary cleansing system, orange citrus washes away limp hair and leaves behind body and Volume.

Application:

Use two times a week, preferred use after a hair oil massage.

The Products

SHIKAKAI SHAMPOO

“Anti Dandruff”

Contains naturally derived plant proteins that protects and moisturises the hair. Anti-Dandruff.



Ingredients:

- Shikakai (Saptala, Acacia Concinna)
- Thyme (Thymus)
- Fenugreek (Trigonella foenum-graecum)
- Bhringraj ((Eclipta Alba),

Result:

Helps remove dandruff, prevents hair fall, destroys bacteria and fungus.

Application:

Use two times a week, preferred use after a hair oil massage.

The Products

AYURVEDIC HAIR OIL

“Scalp treatment tonic”

An effective and 100% pure herbal hair treatment.



Ingredients:

- Bhringraj (Eclipta Alba)
- Brahmi (Bacopa monnieri)
- Jatamansi (Nardostachys jatamansi)
- Jhankpushpi
- Wheat germ skin

Result:

Removes dandruff, prevents hair fall, strengthens the hair from roots, makes hair healthy, thy and shiny.

Application:

Massage scalp twice a week for ten minutes, leave for one hour, then wash hair.

The Products

AYURVEDIC HENNA

"Grey hair treatment"

A 100% pure ayurvedic treatment for grey hair, dandruff and hair damaged with chemicals.



Ingredients:

- Amla ((Emblica officinalis)
- Mehendi (Henna)
- Jaswad
- Ratanjoti (Jatropha)
- Neelini
- Walnut skin

Result:

Removes dandruff, gives lustre and shine to your hair, treats graying hair, also treats hair damaged from hair colouring.

Application:

Once every fifteen days, make thick paste with water, apply starting from the roots, leave for 45 minutes then rinse with water.

The Products

HERBAL ACNE SERUM

“Antioxidants stimulator”

For oily and acne prone skin.



Ingredients:

- Horse tail (*Equisetum arvense*) - reduces swelling, calms inflammation
- Fennel (*Foeniculum vulgare*) - anti inflammatory, anti bacterial
- Anise (*Pimpinelle anisum*) - calms irritation
- Manjistha (*Rubia cordifolia*) - nourishes and calms inflamed skin

Result:

Calms inflammation, soothes irritation due to acne, augments skin's natural defensive process, nourishes and regenerates epidermis.

Application:

Take 5-6 drops of the serum on your palm rub and massage on your face before applying makeup or before going out in the sun.

The Products

BABY BODY WASH

“Softer, smoother skin for Babies”

A very smooth and 100% natural alternative to soap for that extra soft and smooth skin.



Ingredients:

- Pistachio
- Sandalwood
- Amaltas (Cassia fistula)
- Sariva (Hemidesmus indicus)
- Amba Haldi (Curcuma Amada Roxb., Mango Ginger)
- Almond powder
- Aloe vera powder
- Milk

Result:

Makes the babies skin feel even softer, an all herbal and natural alternative to soap.

Application:

Mix half teaspoon powder in buttermilk and leave it for 5 minutes, massage it gently all over the body, take precaution for the eyes. Now rinse with water. No need of soap. Skin feels like cotton smooth.



Contakt

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