



## **AUTUMN / WINTER 2008**

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### **RELAX IN THE AUTUMN—PAMPER YOURSELF**

The autumn is a beautiful time for all senses. You can wonder at the richness of colours, feel the fresh air all around, and cleanse your body with deep breaths outdoors. Little by little, you begin to prepare for welcoming the winter. As the nights grow darker, enjoy herbal tea in candlelight wrapped around a soft blanket. Summer is usually an active time of year, and when autumn comes, it will be good to settle down and relax after a long day.

#### **Calming down**

Stop to the here and now. Forget your restless thoughts and let your mind rest and revive. As the thoughts turn over in your mind, draw your attention to the flame of a candle, giving out light and warmth. Breathe deeply and calmly three times, exhaling a troubling matter each time. Keep breathing calmly and enjoy the silence as long as you wish.

#### **Yoga**

Yoga takes care of your body and soothes your mind. Stretching in time with breathing makes the body more flexible and reduces tension in the muscles. The effects are deep and relaxing.

In the autumn, the cold air may creep under your coat. Pay attention to how often you pull your shoulders to your ears as the chill runs down your spine. The unnecessary tension may remain, and your neck and shoulders may begin to ache. Try to lose the tension consciously.

It may be useful to do a small yoga exercise. Lie down on your back with your legs curled, the sole of your feet on the ground.

Take your hands above your head while inhaling, and return them to your sides while exhaling.

Repeat the exercise several times to enhance the blood circulation around your neck.

Finally, rest on the floor and, if you wish, put a small pillow under your head.

## **AYURVEDA AND SKIN CARE**

### **What is Ayurveda?**

Ayurveda is a science of life thousands of years old (ayu = life; veda = knowledge/science). Its goal is maintaining and enhancing health and treating illnesses comprehensively. The different seasons affect people in different ways. This is why ayurveda takes into account the different needs of different people. Ayurveda treats people in a comprehensive way with a proper diet, herbs, yoga, massage, and music. Ayurveda defines the body constitution according to the three doshas: vata, pitta, and kapha. When it comes to skin treatment, the Vata type has a dry skin, especially during the winter. The Pitta skin type is a normal or combination skin, and the Kapha skin is more prone to oiliness.

The goal in ayurveda is to live a long and energetic life!

### **The Sundāri essential oils treat the skin**

Ayurveda knows the effects of different herbs in skin care, keeping the skin healthy and smooth for a long time. The Sundāri cosmetics products combines the age-old ayurveda knowledge of natural botanicals with modern technology. No synthetic fragrances or dyes have been used in the Sundāri products, and they are not tested on animals. The natural herbs in the Sundāri series contain a rich supply of vitamins A, C, and E. The essential oils treat the skin, and the fabulous scents of the natural herbs relax and balance the mind.

In ayurveda, the health of the skin speaks of the wellbeing of the body and mind. The skin and the body are treated differently according to the season. Ayurveda instructs us in treating the skin with different oils, herbal extracts, and herbs, which have been found to affect the wellbeing of the skin. Herbs used in the Sundāri cosmetics products include Neem, Aloe Vera, curcuma, and Gotu Kola. Sundāri offers essential oils for a dry, normal or combination and oily skin. Oily skin needs the correct oil to be balanced. The Sundāri oils do not block the pores, but effectively conditions the skin. The product family also includes a very effective and nourishing oil to be applied onto the skin in the evening to prevent wrinkles.

The products include a luxurious blend of essential oils to balance the moisture of the skin and constrict the pores. The natural antioxidants nourish the skin and prevent furrows and wrinkles.

***Beauty from healthy, well-treated skin!***

## **NUTRITION**

According to ayurveda, the variation in the weather during the autumn add to the Vata. People with the Vata body constitution are more affected by the cold than others. Warm soups and herbal teas are good for anyone, but especially for the Vata type people. Ginger and sweet pepper warm the body. The skin of a Vata type person will dry in the autumn and winter, giving good reason to add cold pressed vegetable oils to the diet.

### **Carrot and ginger puree soup**

1.5 liter water

500 grams of carrots

1 vegetable stock cube

1 onion

small piece of fresh ginger

Peel and cut the carrots and onion into cubes. Add the vegetables and vegetable stock cube into the water. Grate the small piece of ginger and add it to the vegetables. Let boil until the carrots are soft, then puree the soup. Enjoy with delicious rich in fiber rye bread.

***Have a colourful and relaxing autumn!***

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