

## AKTAR HERBAL MENU



  
AKTAR

With Nature as our teacher,  
our expert Herbalist uses flowers, leaves, and  
aromatic roots as ingredients for medicinal  
herbal concoctions served at the AKTAR.

These nutrient-rich herbs add an extra  
dimension to your retreat experience and work  
synergistically with other therapies to support  
your overall health and wellbeing.



## MICROBIOME INFUSIONS

### **Ginger, Turmeric, Cinnamon, Black Pepper**

Enhances digestion, balances gut's microbiome, supports the immune system

### **Cardamom, Coriander, Anise, Fennel**

Encourages good digestion, relieves bloating and cramps

### **Mint, Sweet Marjoram, Citrus Peel**

Relieves ocean sickness and nausea, support digestion, refreshes and awakes the senses

### **Lemon Verbena, Lemon Balm, Calendula**

Calms stomach discomfort

### **Citrus Peel, Nettle, Ginger, Green tea**

Gently detoxifying, supports weight rebalance



## ENERGY INFUSIONS

### **Matcha, Peppermint, Rosemary**

Boosts energy level, improves concentration

### **Rose Petals, Ginger, White Tea**

Supports overall wellbeing with a high level of antioxidants

### **Citrus Peel, Nettle, Olive Leaf**

Nourishes the body, stabilizes blood pressure, flushes out toxins and excess

### **Rosemary, Tulsi, Ginger**

Improves blood circulation, brain functions and overall energy level

### **Rosehips, Hibiscus, Licorice**

Helps boosting immunity and energy with rich concentration of antioxidants and vitamins



## SKIN INFUSIONS

### **Clove, Hibiscus, White Tea, Cranberry**

Promotes reverse ageing, effective antioxidant

### **Green Tea, Rose Petals**

Boosts skin radiance and beauty

### **Sage, Chamomile**

Cleans the skin, calms inflammation

### **Jasmine, Milk Thistle, Licorice**

Supports skin health and supports the liver's natural detoxification process

### **Mallow, Thyme, Rose Petals, Echinacea**

Fortifies, cleans, and hydrates the skin, protects against infections



## MIND INFUSIONS

### **Lavender, Lemon Balm, Anise, Fennel, Hops**

Promotes relaxation, good digestion and good sleep

### **Basil, Lemon Balm, Lavender, Lemon Verbena**

Rebalances nervous system

### **Chamomile, Lemon Verbena, Hops**

Gently encourages restfulness and good sleep

### **Peppermint, Jasmine, Green Tea**

Calms, refreshes, and support nervous system balance

### **Lemon Balm, Jasmine, Rose Petals, Linden**

Soothes nervous system, alleviates premenstrual syndrome, supports hormonal rebalance

## AKTAR WORKSHOPS

### AROMATHERAPY



#### Natural Perfume Making

Discover the botanical background of aromatherapy perfume making. Your transformational aromatic experience will start with exploring nine different essential oils through olfactory testing to discern your personal favourites. You will then create two different types of natural perfume: parfum bloc and oil-based roller application, using our bespoke blends.



#### Healing Balm

Explore the therapeutic properties of essential oils used in making tiger balm, their impact on pain receptors and nervous system, and the key blends of the butters and waxes involved. Here, you will create your own bespoke tiger balm to take home.



#### Rose Oil Care Bundle

Celebrate the wonder, beauty, and history of the Rosa damascena. You will create a rose perfumed roller, a brightening rose facial elixir, and a rose scented face tonic mister.



#### Body Exfoliant

Focus on exfoliating techniques that maintain, renew, and preserve skin health. You will create two exfoliating products: a sea salt and herb-based scrub with shea butter and essential oils for feet and other dry skin areas, and a ground flax scrub with skin loving essential oils for all-over body use.



#### Candle Making

Discover the calming, comforting rituals of candle making. Together, we will create wellness candles using soy wax and mica powder (a natural pigment). Add pure essential oils for a delicate ambient effect of your choice: relaxation, romance or energy restoration. These all-natural candles are ideal for creating a beneficial perfumed ambience back home.

### NATURAL COSMETICS



#### Kaolin & Aloe Vera The Face Mask Bundle

Learn about natural skin care for face, focusing on skin types. You will create two face masks using a full selection of essential oils, one with aloe vera gel and witch hazel hydrosol, for hydrating, cell renewal and skin re-balance, and the second - based on kaolin clay, for deep cleansing and purifying.



#### Sun Care Bundle

Discover ways to provide natural skin protection within a sunny climate, while preserving and protecting the integrity of skin. You will create three products: a natural lip balm, aloe-cooling gel, and after sun oil using natural protective waxes, butter, and essential oils.



#### Hair Care Bundle

Get an insight into natural plant oils which help to nurture and nourish hair follicles to promote growth, strength, and vitality. You will create three natural hair products: argan oil hair serum, eyebrow oil lustre, and myrtle hair tonic.

*Limited to small groups of six participants only.*

## AKTAR TREASURES

Continue to feel the pure embrace of nature, long after you leave our island of wellbeing and joy.

Made with pristine ingredients such as herbs, flowers, aromatic roots and essential oils, our all-natural products embody the essence of the AKTAR. Here are the ideal keepsakes to remember your transformative experience at JOALI BEING. Expertly prepared by our resident herbalist, they also make thoughtful and unique gifts for your family and friends back home.

Sun Soother 30 ml

Natural Mosquito Repellent Spray 20 ml

Mosquito Bites Soothing Remedy

The Four Pillars of JOALI BEING Signature Essential Oil Blend 5 ml

The Four Pillars of JOALI BEING Signature Massage Oil 100 ml



## THE FOUR PILLARS

“Whilst each recipe has been curated to nourish all of the Four Pillars, highlighted icons indicate dishes/ products that contain elements that enhance these specific pillars.”