

Spa

The term *spa* is associated with water treatment. Historically forms of ritual purification existed among **Egyptians, Greeks, Romans, Persians, native Americans**,...today ritual purification through water can be found in religious ceremonies of Jews, Christians, Buddhists, Hindus,... These ceremonies reflect the ancient belief in the healing and purifying of the water. Complex bathing rituals were also practiced in ancient Egypt. Many people around the world believe that bathing in particular spring well, or river resulted in physical and spiritual purification.

Today **Spas** typically offer various health treatments. A typical treatment includes: **Aromatherapy**: a form of alternative medicine that uses volatile plant materials, known as essential oils, and other

aromatic compounds for purpose of altering a person's mind, mood, Cognitive function, or health.



*The most famous Egyptian physician was **Imhotep** in Memphis about 2500BC*

Imhotep's materia medica consisted of procedures for treating head and torso injuries, tending of wounds, and prevention and curing infection and advanced principles of hygiene. The Modes of applications of **aromatherapy** include: aerial diffusion: for environmental fragrance or aerial disinfection. Direct inhalation: for respiratory disinfection, decongestion, expectoration as well as psychological effect.

Topical applications for general massage, baths, compresses, therapeutic Skin care.



CAUTION:Uttati's essential oils are very potent and should never be taken internally. Although essential oils are used in minute quantities, some individuals may experience allergic reactions to them. To test, apply a minute amount to the skin on the top of the hand between the thumb and the index finger or to the skin just below the elbow. In the event of an adverse reaction, apply vegetal oil such as canola or olive, then wash with cold water

Disclaimer: The information, opinions, data and statements provided on our Brochure are for educational purposes only and ARE NOT intended and SHOULD NOT be acted upon or represented as a substitute for professional medical advice, diagnosis, or treatment. Always seek professional medical advice from your physician or other qualified healthcare provider for any questions you may have regarding a specific medical condition and, in particular, to discuss both the advantages and risks of complementary and alternative medical treatment.

UTTATI

Beauty, Wellness and Education

Fitness and Spa Blend



Product / Price/ Information

Distributed By:

Fitness and Spa Blends

Strenuous athletic activities can result in pain, fatigue and physical distress. These formulas are blended to provide immediate healing effects and support for the body's recovery.



ADALSUP- (A formula of 39 Essential oils includes: Cinnamon Bark, Cypress, Chamomile Blue, Hyssop, Helichrysum Italicum, Fennel Seed, Laurel, Lavender, Marjoram, Melissa Oregano, Ravensara, Sandalwood, Rosemary, Sassafras, Thuja, Vetiver, Violet, Violet Leaf Abs...) This is the best possible support system for muscles giving them so many nutrients and ingredients to strengthen and restore their health, fitness and relief from tension.

CALMING- Creates a state of relaxation rather than sleepiness. (A formula of 13 Essential oils that includes: Amber Royal, Chamomile, Cypress, Frankincense, Geranium, Lavender, Narcissus, Sandalwood,...)



CONTEST- A blend of fourteen essential oils geared towards stimulating the athlete in you. It promotes physical strength, and stimulates energy and vitality required for exercising (Essential oils include: Birch, Bay leaf, Black pepper, Cloves, Clary Sage, Neroli, Palmarosa, Rosalina, Rue, Spanish Sage,...).

ENDURE-A formula of 11 oils to promote higher levels of oxygenation for the respiratory system. It also increases the energy and vital force to endure more physical strain while exercising (Essential oils include: Angelica root, Bergamot, Calamus, Dill Seed, Geranium, Lime, Nerolina, Niaouli...)



FATIGUE RELIEF- Feel muscles relax and the body refresh as this blend works in the bath. (A formula of 17 Essential oils includes: Bergamot, Chamomile Blue, Cypress, Frankincense, Geranium, Lavender, Lemon, Marjoram, Vetiver, ...)



FUGATIA- (A formula of 10 Essential oils includes: Cinnamon Bark, Geranium, Eucalyptus, Cedar Wood, Tagetes, Tea Tree, Sandalwood,...) Helps the body and skin protect itself from being invaded by harmful fungi (Helps as a preventative formula especially in doubtful environment)



FUGATIO - (A formula of 12 Essential oils includes: Patchouli, Lavender, Sandalwood, Marjoram, Tea Tree, Myrrh, Peppermint, Orange Bitter, Tagetes, ...) Increases the body's fighting chances against fungal infections and Athletes foot.

REATAK- (A formula of 40 Essential oils includes: Angelica Root, Cornmint, Copaiba balsam, Cajeput, Eucalyptus Supreme, Frankincense, Frankincense Ancient, Helichrysum Italicum, Inula, litsea Cubeba, Melissa, Myrtle, Oregano, Pennyroyal, Ravensara, Rose Wood, Thyme, Violet, Violet Leaf Abs,...) A powerful system to naturally support and strengthen the respiratory function and to energize and strengthen the lungs.



RESCUE - Helps reduce pain and heal damaged tissue. Can be used topically on bruises. Works well in hot or cold compresses.(A formula of 17



Essential oils includes: Clary Sage, Chamomile Blue, Lavender, Neroli, Myrrh, Nutmeg, Sandal Wood,...)

RESILIENCE- Helps reduce muscle soreness from physical exertion as well as more chronic conditions. The blend includes oils with anti-rheumatic properties. (A formula of 11 Essential oils include: Rose, Lavender, Chamomile Blue, Lemon, Geranium, Nutmeg, Peppermint,...)



RESTFUL SLEEP- Use in diffuser or add to the bath to release the worries of the day. (A formula of 14 Essential oils includes: Basil, Chamomile Blue, Lavender, Lemon, Nutmeg, Parsley, Rose, Sandalwood,...)



SAUNA - The powerful effects of Eucalyptus, peppermint and Clary sage create the perfect complement for sauna or steam bath. Helps increase circulation and detoxification increasing perspiration. Not for use in a regular bath.



UT-TUNE -A Blend of essential oils known for their effect on the circulatory function. Great for athletes or people exercising as it helps maintaining body temperature (could be diffused in the room where you exercise or used for massaging after exercise...etc.) Main Oils in the blend of 13 oils: Allspice, Aniseed, Anise Star, Basil, Bergamot, Cajuput, Caraway, Eucalyptus, Ginger, Peppermint...etc.)



WIND DOWN - This potent blend combats the effects of physical exhaustion and exertion resulting from demanding athletic activity. (Oils include: Aniseed, Anise Star, Basil, Bergamot, Caraway, Cypress, Patchouli, Peppermint,...)



Fitness

Fitness in general is a state of health and well being. Fitness was commonly defined as “a capacity to carry out the day’s activities.



Many sources also cite mental, social and emotional health as an important part of overall fitness.

Fitness can also prevent or treat many chronic health conditions brought on by unhealthy lifestyle

Fitness is considered a measure of the body’s ability to function effectively and efficiently in work and leisure activities, to be healthy to resist hypo kinetic diseases, and to meet emergency Situations. Fitness represents physical, emotional, and mental readiness

UTTATI Oils Help the individuals by giving thema tools to achieve their Fitness goals

By using UTTATI blends made for specific Fitness and Spa uses you well feel living the better life emotionally physically and mentally.

Type of Oil	VIALS		BOTTLES		
	TESTER	VIAL	2CC	4CC	8CC
FITNESS & SPA BLENDS					
Adalsup	\$ 19.95	\$ 34.95	\$ 43.70	\$ 83.05	\$ 157.80
Calming	\$ 12.85	\$ 22.50	\$ 28.15	\$ 53.55	\$ 101.75
Contest	\$ 8.95	\$ 15.70	\$ 19.65	\$ 37.35	\$ 71.00
Endure	\$ 11.15	\$ 19.50	\$ 24.40	\$ 46.40	\$ 88.15
Fatigue Relief	\$ 9.95	\$ 17.45	\$ 21.85	\$ 41.45	\$ 78.80
Fugacia	\$ 11.45	\$ 20.05	\$ 25.10	\$ 47.65	\$ 90.55
Fugatio	\$ 10.35	\$ 18.10	\$ 22.65	\$ 43.05	\$ 81.75
Reatak	\$ 20.50	\$ 35.90	\$ 44.95	\$ 85.45	\$ 162.30
Rescue	\$ 11.35	\$ 19.90	\$ 24.85	\$ 47.25	\$ 89.80
Resilience	\$ 13.10	\$ 22.95	\$ 28.70	\$ 54.55	\$ 103.65
Restful Sleep	\$ 14.95	\$ 26.20	\$ 32.75	\$ 62.15	\$ 118.10
Sauna	\$ 9.95	\$ 17.45	\$ 21.85	\$ 41.45	\$ 78.80
Ut Tune	\$ 10.10	\$ 17.70	\$ 22.15	\$ 42.10	\$ 79.95
Wind Down	\$ 12.65	\$ 22.15	\$ 27.70	\$ 52.65	\$ 100.10

