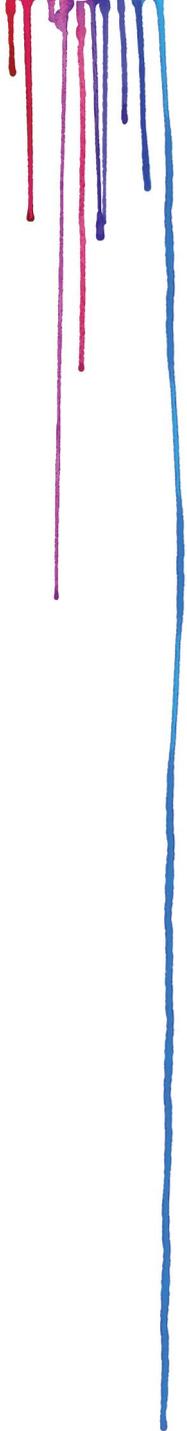


aqua



**little book of essence:
self-care**

introduction

Self-care is essential, not an indulgence, we all need to be equipped to support ourselves, our family, our community, and the world.

Our agua book of essence incorporates a selection of skincare and wellbeing needs where guidance is given by the spas' brand experts, each of which are well-known and respected industry leaders. We hope this digital tool, available on our website for everyone, demonstrates our commitment to providing authentic care at home, ensuring our community has access to expert knowledge that promotes a healthy lifestyle and the longevity of treatments experienced within our spa.

Embracing conscious conversation and education about the true purpose and accessibility of self-care, our essential book contains valuable insights on a wide range of topics and current concerns.

Self-care is growing as a healthy concept because these practices are crucial for finding peace of mind and the fortitude to give back in uncertain times—something that everyone needs right now.

Look out for our updates every month with new community content and we hope to see you all soon in our beautiful little spa.

Love, light and peace,
Team agua

looking after yourself and loved ones

creating an environment for sleep

by Annee de Mamiel

(founder of de Mamiel)

How do we set the stage and create all the environmental conditions necessary to sleep well?

1. The temperature of the room needs to be 18 degrees with an open window for fresh ventilation.
2. There should be NO screens in your room, this includes reading on your phone, watching movies on TV or iPADS. Anything with a backlight is going to stimulate you, so this should be stopped 30 minutes before going to bed.
3. Reading is very helpful, but this should be with a book, which, due to touch and the natural element of the paper will begin grounding you. The light in your room should be dim, but not too dim to strain your eyes, so find what is comfortable. Any bright lights will prevent your brain from producing melatonin, the chemical which induces sleep.
4. A thoughts journal is an important tool and there has been a great deal of research done into this. Emptying your mind of everything bouncing around inside it, along with all the tasks you want to achieve or to remember for the future, will ensure you release and reduce this anxiety along with having everything you need to refer to, the following morning.
5. Baths are very beneficial – and although we recommend bathing for at least 20 minutes, and this might seem like a long bath – in reality, this is a short, fast decompression that should take you several paces down to a more relaxed state.

It is important to note that the reasons behind lack of sleep are very different for all of us so there are not many blanket solutions, we can however suggest:

1. Vetiver, Sandalwood or Lavender Essential oils to promote grounding.
2. Eucalyptus essential oil, however, can be used across the board and is really good to promote the deepening of the breath, which will ensure you are ready to begin your breathing exercises when you are in bed.

The best practice for using essential oils at home:

Essential oils are so beneficial, but very potent, so we would advise having a basin filled with piping hot water next to the bath and adding a few drops of the neat essential oil into a basin so you breathe them in. This ensures even sensitive skins can benefit and we can all use them, without being diluted.

3. Avoid stimulants such as caffeine, cigarettes, alcohol and fatty/spicy foods. that in order to deal with daily stressors, we need to have optimum levels of B vitamins, Magnesium and Selenium in our bloodstream.
4. If we are deficit in Magnesium, Selenium and B vitamins we will not be able to convert the Tryptophan and make Melatonin. This is one of the main reasons why people cannot sleep. We understand that for the body to produce melatonin, there is a chemical process where the neurotransmitter Serotonin needs to be converted into Tryptophan, (an essential amino acid use in biosynthesis of proteins) and then converted into the hormone Melatonin.

It is also very important to understand

What we can do to reduce the results of exposure to pollution and create a better environment in our homes for peaceful sleep?

One of the best ways to purify and cleanse the air in our homes is by installing plants. Some of the most popular and easy to look after varieties include Spider Plants, Bamboo Palms and Peace Lilies. These species absorb common indoor pollutants such as formaldehyde, benzene and trichloroethylene resulting in cleaner air.

the natural home pantry and kitchen ingredients

essential and carrier oils

In the below mentioned essential oils and carrier oils, we have supplied the ideal country of origin and extraction method to ensure you obtain the best quality available.

our 8 desert island essential oils by Henry Cassar (founder of Love Henri)

1. *la angustifolia* (Lavender)

country of origin: france, grown at high altitude (50/52)

extraction: steam distillation from the flowering tops

actions: calming, soothing, anti-bacterial

note for blending: top note

2. *boswellia carterii* (Frankincense)

country of origin: india

extraction: steam distillation from gum resin

actions: rejuvenating, stress relieving, relaxing and excellent for mature skin

note for blending: base to middle note

3. *anthemis nobilis* (Roman Chamomile)

country of origin: france

extraction: steam distillation from the flowers

actions: anti-inflammatory, soothing, analgesic, calming and relaxing

note for blending: Middle to top note

4. *salvia sclarea* (clary sage)

country of origin: france

extraction: steam distillation from the flowering tops

actions: calming, relaxing, muscle relaxant

note for blending: middle note

5. *citrus limonum* (Lemon)

country of origin: italy

extraction: cold pressed from the peel

actions: anti-bacterial, antiseptic, uplifting and great household cleaner

note for blending: top note

6. *origanum majorana* (Sweet marjoram)

country of origin: egypt (and Europe)

extraction: steam distillation from the flowering tops

actions: warming, relaxing, fortifying, muscle relaxant

note for blending: middle note

7. *rosa centifolia* (rose maroc absolute)

Country of origin: morocco

extraction: alcohol extraction

actions: uplifting, de-stressing, relaxing, rejuvenating and excellent for a variety of skin conditions

note for blending: middle note

8. *Thymus Vulgaris* (Thyme linalol)

country of origin: spain

extraction: steam distillation from the flowering tops

actions: antiseptic, anti-bacterial, stimulating, and excellent for steam inhalations and sinus congestion

note for blending: middle note.

What is the best practice for storage and use of essential oils?

Essential oil and carrier oil should always be in a dry and cool place, which are secured. Please regard them as you would any medicines being stored in your home.

Essential oils should never be applied directly onto the skin or into the bath without a 3-5% dilution in a carrier oil or instruction from a qualified Aromatherapist who has provided you with a full health consultation.

Not be used during periods of pregnancy or breastfeeding.

our top 6 carrier oils for every household

by Henri Cassar

1. grapeseed (*vitis vinifera*)

country of origin: france, spain, italy
extraction: cold pressed

- excellent base for essential oil treatment blends
- good one to use if any nut allergies
- moisturising, rich in essential fatty acids and vitamin E
- regenerative and good for all skin types

- anti-inflammatory, anti-oxidant, moisturising and more of a wax.
- it penetrates the epidermis so excellent in facial blends.
- emulsifier so unclogs pores and reduces impurities so good for acne.
- excellent as a hair conditioner.
- a wonderful base for a facial oil blend.

2. apricot kernel (*prunus armeniaca*)

country of origin: spain
extraction: cold pressed

- moisturising, rich in essential fatty acids and revitalising
- excellent for dry, inflamed skin

6. rosehip seed oil (*rosa canina*)

country of origin: chile
extraction: cold pressed

- contains omega 3, vitamins C and E.

3. sweet almond (*prunus amygdalus dulcis*)

country of origin - EU/USA
extraction: cold pressed

- emollient, softening and nourishing

4. sesame (*sesamum indicum*)

country of origin: asia
extraction: cold pressed

- naturally anti-fungal, anti-bacterial and anti-inflammatory.
- packed with vitamins and minerals and Vitamin E as excellent as a treatment on its own with no essential oils.
- good for young skin.

5. jojoba (*simmondsia chinensis*)

country of origin: argentina
extraction: cold pressed from the seeds of the desert shrub

therapeutic application methods:

- wonderful oil for scars and skin and has the best rejuvenating and regenerating ingredients.
- scientific research has been carried out over the last 30 years in Chile to study its effectiveness on scars and in Chile rosehip seed oil has gained medical recognition.
- excellent for mature, dry and damaged skin.
- it contains an easily absorbed form of Vitamin C by the skin so helps in the formation of collagen.

essential oil blending

The below blending recommendations are by Henri Cassar for the top 8 essential oils and top 6 carrier oils listed in the above pantry:

- a balanced blend requires a combination of top, middle and base notes
- a safe dilution for home use is 3-5% which is 6 drops of essential oils to 10ml of carrier oil
- combine the essential oils based on your requirements to a number of 6 drops and then add to the carrier oil
- combine the carrier oils based on your requirements to a quantity of 10ml
- if you want to benefit from only 1 essential oil then just put 6 drops of this into the carrier oil which can also be only 1 carrier oil rather than a blend
- keep the blend in a tinted bottle and secure the lid tightly
- store in a cool, dry and secure location

home remedy applications

how to make a poultices

by Amanda Winwood (Founder of Made for Life Organics)

They were used for centuries for injuries but we have lost this ability and connection so it is time to reconnect! My Mother taught me this and she always used to use dock leaf poultices for nettle stings. Mustard seed poultices were used for colds by my Grandmother.

If you grow fresh herbs in the garden you have your own supply of 'home remedies'. If you can't do this, then just have a staple of dried herbs in your cupboard at home. To include:

- calendula petals – soothes insect bites and dry sensitive skin
- rosemary – muscular strain and headaches
- plantain leaf – helps with wounds and itchy skin
- chickweed – psoriasis; itchy skin
- dandelion leaves – great for burns and stings

To make a poultice:

1. choose the herbs you need and look at the area required to apply the poultice to determine the quantity you need.
2. if using fresh herbs – cut them up and then crush with a pestle and mortar or simply pop into a blender with a small amount of water to make a paste.
3. for dried herbs – use warm water – boil the kettle and allow to cool for 5 minutes before mixing and then blend in the same way to a paste.
4. apply directly to the skin and use gauze – keep some in the cupboard – to wrap around the poultice. Leave applied to the skin for at least 10 – 15 minutes.

how to make an infusion

by aqua London

Effectively another word for tea, an infusion uses dried herbs, or in some instances fresh, which are steeped in boiled water for about 10 minutes. Infusions are most suitable for plants from which the leaves and flowers are used, since their properties are more easily extracted by gentle boiling.

Make sure you always have a lemon in the fridge – a cup of warm water with lemon in the morning really sets the tone for the day. It will help with your pH levels and has helped the team keep colds and flu bugs at bay. At this time of year, we often add some thyme from the garden – see below for special winter infusion (please note that during pregnancy consumption of thyme should be restricted)

lemon, thyme and honey infusion

for boosting immunity – one cup

(Hint – If you have a cold – use Sage to replace the Thyme as this is a really great decongestant.)

1. 1 tsp. dried thyme, or a small handful of fresh thyme (grow in the garden!)
2. a slice of lemon
3. 1 teaspoon of honey (organic and/or Manuka if available)
4. boil some water, turn off the heat and let the water sit for 30 seconds – 1 minute, so it's "just off the boil"
5. put your thyme and lemon slice into a teapot
6. pour the slightly cooled water over the lemon and thyme and allow to steep for 5 minutes
7. pour into your teacup and add honey to taste

lovely honey by agua london

1. honey water soother

100g honey

15 g grated lemon peel

15 g grated orange peel

15 g benzoin – (gum resin)

15 g storax – (tree resin)

15 g nutmeg

7 g cloves

275 ethyl/alcohol

50 ml rosewater

50 ml elderflower water

Pour the honey into a glass jar and add the lemon and orange peel, benzoin, storax, nutmeg and cloves. Stir to blend. Add remaining ingredients and beat together. Place the liquid in the jar and shake thoroughly. Allow the mixture to stand for 3 days, shaking frequently. Filter the bottle before using on face and hands.

2. honey and orange 'pick-me-up'

225g plain live yoghurt

1 orange peeled, sectioned and seeded

1 tbsp. lemon juice

1 tbsp. honey

½ tsp of grated orange rind

Process all the ingredients in a blender until smooth and drink as needed.

3. honey cough syrup:

1 tbsp. Liquorice root
1 tbsp. crushed anise seeds
1 tbsp. dried thyme leaves
350g honey

Gently simmer the liquorice root and crushed anise seeds in 2 cups of water for 15 minutes in a covered pot. Remove from heat. Add dried thyme leaves, cover and steep until it cools to room temperature. Strain. Add honey and gently warm the tea to completely dissolve the honey. Store in a covered glass jar in the refrigerator where it will keep for at least 3 months. Take 1 Tbsp. as often as needed.

4. gentle honey exfoliation:

1 teaspoon of runny honey
1 Face flannel
Tea Tree essential oil
Lavender essential oil

Spread a little runny honey onto the skin using your fingers, wet one finger and gently massage onto the skin to loosen the honey a little. On inflamed areas add a little more honey. Then gently pat the skin using the four flat fingers, do a peeling motion starting on unaffected skin and slowly moving into the problem area, you may then just use the tips of your fingers if the area is sensitive. The idea is to allow the stickiness of the honey to pull away any loose skin and unclog the pores a little. Remove the honey with a damp hot flannel. Then apply a drop of pure lavender essential oil mixed with one drop of pure tea tree essential oil directly onto the spots, you may do this using a cotton bud.

agua london:

With its focus on spirituality, well-being, and the mind-body connection is integrated into all treatments and programs, AGUA is the definitive Urban SPA.

Filled with authentic spa experiences, personalised treatments and an original selection of skincare, some of which agua has introduced to the global spa arena, agua is committed to providing treatments that have effective results, guests are encouraged to explore the diverse range of therapies on offer in our eclectic and comfortable setting.

Agua spa has built a reputation in the market for their holistic and organic medicinal curation drawing from their local British spa and ingredient heritage, and delivered in a boutique design-led spa by an expert team of spa and complementary therapists and aestheticians.

