



Zen

- » VALUABLE EASTERN RECIPE
- » CALMS THE EMOTIONS AND THE MIND
- » ANTI-STRESS AND RELAXING EFFECTS
- » ENERGY BOOST
- » BODY AND MIND HARMONISATION
- » MEDITATIVE ATMOSPHERE

Zen is a spray product containing a combination of essential oils according to the original recipe from the monks from the Tal Varahi Temple at the base of the Annapurna in Nepal. It acts as a “balm for the soul” in today’s hectic and mentally challenging times.

It has a calming effect on the mind and facilitates the flow of energy. It is good for calming states of restlessness, stress, tension, fear or anxiety. It serves as an ideal tool for meditation and contemplation. It induces physical and mental harmony as well as feelings of inner peace and joy.

In distant Nepal, near the sacred city of Pokhara, at the foot of the Annapurna massif, lies the Tal Varahi Temple. Here, as a precious gift, we have been entrusted this ancient recipe that has been handed down by the local monks for generations. Zen brings euphoric experiences that elevate our senses to spiritual realms while calming the turbulence of emotions or unbalanced minds.

Effects and use of Zen

- » It positively affects the psyche, reduces tension, anxiety and fear
- » It has anti-stress effects and enhances optimism
- » It balances emotional imbalances, leading to feelings of inner peace and acceptance
- » It relieves frustration and worries and promotes self-confidence
- » It harmonizes the body, mind and soul
- » It stimulates the flow of energy when you are tired and exhausted
- » It improves perception and concentration; suitable for meditation
- » It connects one to the Source and contributes to finding inner joy
- » It energetically facilitates problem solving (instills a positive attitude and perspective)

The energizing effects of Zen according to the principles of traditional Chinese medicine

Zen primarily affects the energy pathways of the heart, the pericardium and the three burners.

Composition of Zen

Lavender oil: stimulates the heart, tones and calms the body. It is used for migraines, depression, insomnia, hysteria or mental exhaustion.

Ylang-ylang: soothes rapid heartbeat and breathing, connects emotions and the human senses, and opens the harmony of heart and mind. It brightens the solar plexus and awakens the memory of our wholeness. It brings one back from duality and feelings of restlessness to a state of unity and peace. It increases inner radiance and gives confidence.

Frankincense oil: evokes a festive atmosphere and stimulates perception. It harmonizes a negative mind and counteracts melancholy.

Bergamot oil: releases suppressed feelings and emotions, helps to rediscover one's spontaneity and optimism. It relieves worries and has a relaxing effect.

Orange oil: releases accumulated tension, stress and frustration. It brings a feeling of joy, reduces sad moods and irritability. It facilitates problem solving. It is particularly suitable for individuals who strive for excellence and success, but at the same time have difficulty tolerating failures and shortcomings. It is associated with Jupiter, the planet of optimism, instilling a more positive attitude and philosophical perspective. By inducing an easy attitude to life, this oil truly embodies feelings of happiness.

Vetiver oil: calms an overactive mind, helps with low self-confidence, fills us with peace (soothes us with the power of Mother Earth and her deep sense of belonging). If we are mentally exhausted or have lost connection with our body and its needs, vetiver calms us and restores connection internally – closing the gap between spirit and matter.

How to use Zen

Shake the product before use and apply in one short spray into the air.

Warning: Before spraying, make sure you are not aiming at anyone's eyes! Do not puncture the empty packaging or throw it in a fire!

Storage: Store in a dry place, away from direct sunlight, at temperatures between 10° and 25°C. Protect from freezing temperatures. Keep out of reach of children.

Your consultant



Other antiseptic products:



www.energyproducts.uk