

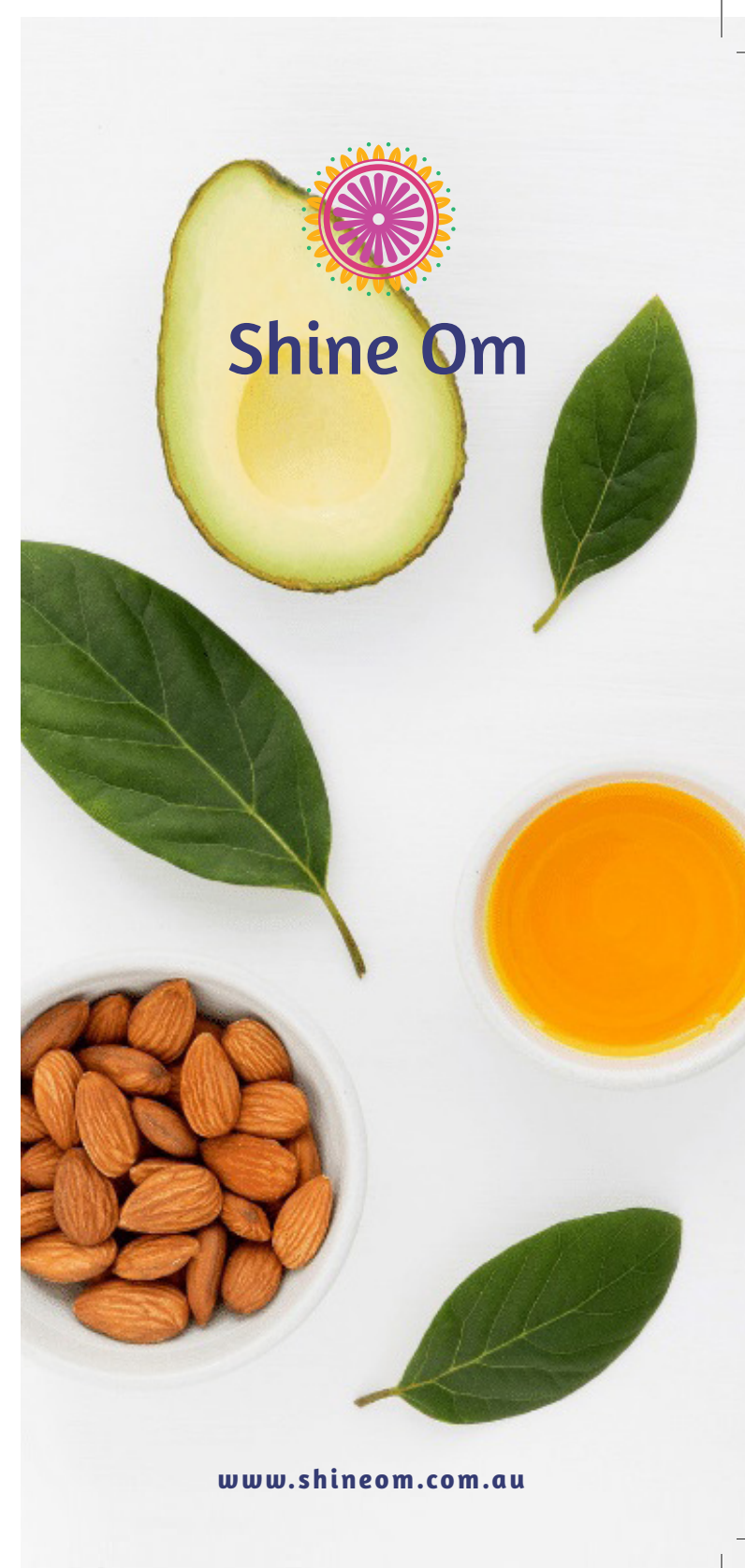


Our vision is to provide holistic health and wellness services to children and their families in the Canberra community. We aspire to establish and thrive in a society where self-care and well-being are encouraged and nurtured across all ages.



Shine Om

[www.shineom.com.au](http://www.shineom.com.au)



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## Self-Care Range

We craft wellness experiences and self-care products to make you shine from the inside out. Shine Om Self-Care Products are hand-made with natural and organic ingredients. Therefore, shelf life is limited and products are made to order.

Our range includes essential oils, skincare, bath and facial care, massage oils and sprays.

## Essential Oils 15ml

Our signature essential oil blends include; Calm the Farm, Winter Warrior, Nighty Night, You've Got This, and Awaken.

### Essential Oil Roll-On 15 ml

Roll-on oils can be individually crafted with your favourite blends and are fantastic to carry in your handbag to provide wellness while on the go.

### Headache Relief Roll-On 15 ml

A blend of calming oils and Rosemary to aid improving personal orientation and mental clarity often challenged by headaches and migraine. This product is 100% Organically Certified

## Massage Oils and Spritz

### Calm the Farm Massage Oil 120 ml

### Muscle Mate Massage Oil 120 ml

### Nighty Night Massage Oil 120 ml

### Spritz 120 ml

Spritz and massage oils can be made using your favourite essential oil or blend. Please specify which scent you'd like when making an order.

## Skin Care

### Self-care Lotion 100 ml 250ml

Crafted with natural and organic ingredients, our 'self-care lotion' nourishes your skin without the toxins and parabens.

### Goats Milk Soap Bar

Goats Milk Soap bars can be crafted either with or without your choice of an essential oil blend.

### Almond Cleanser 50 ml

This product will have traces of nuts! Our almond cleanser is crafted with almond and avocado oils to provide quality Vitamin E and help retain moisture in the skin.

### Almond Facial Exfoliator 50 ml

This product will contain nuts! Crafted with a combination of organic oils, including almond oil and added walnut husk for gentle yet effective exfoliation.

### Toner 120 ml

We'll craft your toner to suit dry, oily or combination skin. This product comes in a brown, glass spray bottle.

### Green Clay Mask 50 ml

Crafted with organic green Australian clay and essential oils.

### Salt Scrub 250 ml

Made with natural salt, oil and your choice of essential oils and can be crafted to suit your Ayurvedic Dosha.

### Eczema Relief Gel 100 ml

Our Eczema Relief Gel reduces the itch and redness associated with inflammation making life a little more bearable. Made from natural and organic ingredients, your conscious can be soothed too. We don't claim to cure eczema, we just provide relief.

### Psoriasis Relief Gel 100 ml

Take away the itch, even for a small amount of time, with our Psoriasis Relief Gel. Made with Aloe Vera Gel and organic essential oils our product aims to reduce the itch and pain associated with psoriasis, not cure it.



## Yoga

Shine Om offers weekly kids yoga classes throughout the school term, teen yoga and monthly family yoga classes. We also present curriculum-aligned yoga, mindfulness and meditation programs in schools and we work with after school care providers to bring wellness programs to the community.

We host wellness workshops, events and courses for adults too!

## Ayurveda

Ayurveda is an ancient holistic medical system established in India that focuses on attaining and maintaining the harmony of the mind, body and spirit.

Ayurveda consultations involve looking at your current routines, nutrition and lifestyle choices to identify any imbalances. We'll then create a holistic plan which may include yoga, exercise, meditation, natural skincare, essential oils, sleep, mindfulness and diet changes to build and sustain optimal health.

