



- **KARMA LUXURY MASSAGE OIL**

- **benefits:**

- Increase the blood's oxygen capacity by 10-15%
- Help loosen contracted, shortened muscles and stimulate weak, flaccid muscles. This muscle "balancing" can even help posture and promote more efficient movement;
- Speed recovery from exercise-induced fatigue;
- Increase production of gastric juices, saliva and urine;
- Increase excretion of nitrogen, inorganic phosphorus, and sodium chloride (salt). This suggests that the metabolic rate increases;
- Balance the nervous system by soothing or stimulating it, depending on which effect is needed;
- Improves function of the oil and sweat glands that lubricate, clean and cool the skin. Though, inflexible skin can become softer and more supple;
- Indirectly or directly stimulating nerves the supply internal organs can dilate the organs' blood vessels, improving blood supply.
- Key Ingredients :- Natural Extracts of Neem , orange , Natural Vitamins like A, B,C, D & E , Omega -3 , Almond Oil , Sandal Wood .



100% Herbal , 100% Organic ,
Laboratory Tested Products



- **KARMA BLUE VEIN CARE**

- **Varicose Veins**

- Varicose veins can appear anywhere in the body but most often affect legs and feet. Although they can be painful and disfiguring, they are usually harmless. When inflamed, they become tender to the touch and can hinder circulation to the point of causing swollen ankles, itchy skin, and aching in the affected limb.

- Varicose veins are a relatively common condition, and for many people they are a family trait. Women are twice as likely as men to develop them. In the United States alone, nearly 10 percent of all adult men and 20 percent of adult women are affected by them to some degree.

- **Symptoms**

- Prominent dark blue blood vessels, especially in the legs and feet.

- Aching, tender, heavy, or sore legs; often accompanied by swelling in the ankles or feet after standing for any length of time.

- Bulging, ropelike, bluish veins indicate superficial varicose veins.

- Aching and heaviness in a limb, sometimes with swelling, but without any prominent or visible blue vein, may signal a deep varicose vein.

- Discolored, peeling skin; skin ulcers; and constant rather than intermittent pain are signs of severe varicose veins.

- **Causes**

- To circulate blood from the lungs to all parts of the body, arteries have thick layers of muscle or elastic tissue. To push blood back to the heart, the veins rely mainly on surrounding muscles and a network of one-way valves. As blood flows through a vein, the cuplike valves alternately open to allow blood through, then close to prevent backflow.

- Varicosity results from a chronic increase in blood pressure, which dilates the vein. When the vein walls are pushed apart, the valves no longer seal properly, making it difficult for the muscles to push the blood 'uphill.' Instead of flowing from one valve to the next, the blood begins to pool in the vein, increasing venous pressure and the likelihood of congestion while causing the vein to bulge and twist. Because superficial veins have less muscular support than deep veins, they are more likely to become varicose.

- Any condition that puts excessive pressure on the legs or abdomen can lead to varicosity. Hormonal fluctuations during pregnancy and menopause may be responsible for the high proportion of varicosities among women. Dietary deficiencies or the loss of skin elasticity due to aging are contributory factors. Prolonged standing or sitting, constipation, constrictive clothing, lack of exercise, obesity, or repeated heavy lifting can interfere with normal circulation to increase the likelihood that varicose veins will develop-and can worsen existing varicosities. In chronic cases, the distended veins may be accompanied by aching pain or itching, and if the stretched skin breaks down, open sores may form.

- **Aromatherapy**

- Apply few drops of KARMA BLUE VEIN CARE on the effected area . Gently apply the mixture to the legs by stroking upward, in the direction of the heart. Don't massage directly on the veins. Instead, massage the surrounding area and gently stroke the oil over the veins.

- Applying Karma Blue Vein Care gently into an affected area may help stimulate circulation by causing capillaries to dilate. Karma Blue vein contains cypress and winter cherry , which helps in soothing swelling and inflammation and help relieve pain.

- Apply 3 times a day .



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- **KARMA HERBAL PAIN GUARD**
- Karma Herbal Pain Guard is an instant pain reliever for Muscle Pull , Aches , Joint Pains & Inflammation . Apply few drops on the effected area .
- Ingredients : Natural extracts of most powerful segment of plants like Black current , Sesame, Rosemary , White Babool , Borage Seed , Olive , Orange , Indian Aloe , Mineral salts



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- **KARMA AROMA FOOT HILR**
- **Excellent way to nourish your legs and feet – Organically . It's the best product to fight against Cramps , Fatigue ness, Foot burn , Sprains , Tiredness , Swollen ankle joint etc .**
- **DIRECTIONS:**
 - **FOR SPRAIN:** Dissolve two teaspoons full of crystals each in bowl of ice-cold water separately. Immense the feet once in warm water and then in cold water for ten minutes-3 times a day.
 - **FOR SWOLLEN/STRESSFULL FEET:** If the discomfortable areas of the feet are felt cold, please soak the feet for ten minutes in a bowl of warm water after dissolving two-teaspoon of crystals into it.
 - **If the discomfortable areas of the feet felt hot,** please soak the feet for ten minutes in a bowl of ice-cold water after dissolving two-teaspoon of crystals into it-2 times a day.
 - **FOR RELAXATION:** Soak the feet for fifteen minutes in a bowl of warm water after dissolving two-teaspoon of crystals into it-2 times a day.



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KARMA MUSCLE ENHANCER

Karma Muscle Enhancer is a completely natural product with no chemicals . It contains 43 legumes , herbs and spices in specific proportions with their natural biochemical and organic properties . It has antioxidants , soluble fibers , monounsaturated fats , essential amino acids (proteins) and powerful enzymes that cannot be reproduced synthetically .

Advantages of Natural Muscle Enhancer .

- **Aperitif (stimulates appetite)**
- **Antacid**
- **Depurative (purifies blood)**
- **Detoxicant (neutralizes toxins)**
- **Diuretic (promotes urine flow)**
- **Digestive**
- **Hepatic (stimulates liver and gall bladder)**
- **Hypoglycemant (lowers blood sugar)**
- **Laxative**
- **Antispasmodic**
- **Carminative (cures flatulence)**
- **Prevents Anaemia**
- **Anthelmintic (destroys or expels worms)**
- **Antilithic (prevents formation of calculi or retards their dilution)**
- **Bechic (relieves or cures cough)**
- **Cathartic (Cleans the bowels)**
- **Antidepressant (prevents or relieves depression)**
- **Antirolithic (prevents formation of urinary calculi)**
- **Anticholesteremic (helps reduce cholesterol level)**



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