

Rose Sphagnum Protective Skin Lotion

This Sphagnum Lotion skin care product is specially prepared by Developing the Self Developing the World to support wellbeing and sensory harmony in babies, children and adults. It complements the care and protection that a caregiver provides to their child for the development of the senses. The formula has been thought through so as to nourish and bring harmony to all ages and those with sensitive skin. 100% of profits go towards the Y Project, a section of Developing the Self Developing the World that is accessible to young adults from 16 years old and provides mentors, health services, artistic programs and events that are fully or partially funded.

Rudolf Steiner (1861-1925) indicated the use of sphagnum moss as a protection from environmental influences and the stimulation of everyday life. The pristine water that preserves life under the moss is carefully hand harvested and combined with organically sourced ingredients then prepared by hand in small batches. Applied to the skin, it acts as an extra layer to protect the vital forces required for growth and wellbeing.

Rose Sphagnum Protective Skin Lotion is free of alcohol and other preservatives; it is best used within 3 months of opening. The living nature of the ingredients are affected by environmental changes. It is recommended that the lotion be stored at a moderate temperature as the contents can solidify in temperatures below 20°C and separate in temperatures above 30°C. Shake the bottle well to combine the lotion before application.

See reverse of this card for application instructions.

Gentle
Organic
100% Natural
Free of Preservatives

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Ingredients: Sphagnum Aqua, Olive Oil, Rose Extract, Cupuacu Butter, Olivem 900, Beeswax

Throughout antiquity the rose has taken its rightful place as the archetype of harmony and beauty. Its affinity with the heart and the principle of wholeness guide its use in regaining and maintaining harmony in the body and mind. Compared with other plant extracts which have a calming or stimulating effect, the harmony of the rose represents balance and envelops one in an experience of wholeness.



Applying Sphagnum Protective Skin Lotion

Short, regular, massage applications of Sphagnum Protective Skin Lotion provides an experience of the body as well as a buffer to preserve the forces needed for growth and maintaining health. Touch brings awareness to the periphery and body parts in which pressure is applied. Developing whole body awareness is part of healthy child development. In adults it serves as a reminder of parts that may have dropped out of consciousness. The application process draws attention to the distinction between self and other. This awareness increases the opportunity to filter the many impressions that come towards us throughout the day. The Sphagnum Protective Skin Lotion can act as an extra layer between the self and the world. The combination of application process and product can be very useful for hyper sensitive children by receiving extra protection, and for hypo sensitive children whose limbs extend beyond their boundary and into the space of others.

Lotion can be applied after bathing, before bed or before going out for the day. The gesture is to envelop the body with rhythm in harmony with the body's rhythms.

Prepare the treatment space to be adequately warm and free of drafts. Hot water bottles on the feet or abdomen can be very soothing if it is at bedtime.

Dispense and warm the lotion in the hand before application. Rest the hand for a moment on the body where the stroke begins, move the hand using the whole palm leading with the finger tips until the hand arrives at the end of the body part. Lift off the hand and return to the starting place for the next stroke. The stroke has a beginning and an end on each body part rather than a continuous stroking across the body. This definition helps to create the rhythm and a sense of completeness with each stroke and the full treatment. Apply:

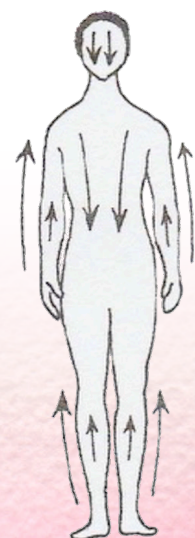
- about three strokes on each side of the back, and the same on the front of the torso.
- about three strokes on the inside and the outside of the arms from the hands over the shoulder to the heart.
- about three strokes on the back and the front of the legs from the foot to the hip.

Add lotion to the hands as needed to keep a decent coverage.
It can be relaxing to finish with a foot massage and rest.



Developing the Self
Developing the World

Prepared by therapists to
complement workshops and
resources on the
*Care and Development of The
Senses.*



To find more home healthcare instructions visit:

www.developingtheself.org