

## Direction for use for Body Care and Natural Food products

**Seaweed Bodi Wrap:** Mix to a creamy medium consistency, using Ossetra Blue drop Iceberg water for a wonderful spread-ability. Measure according to the service being provided or the amount needed for service. Apply with Brush, spatula or gloved hands, on desired areas of the body. You can also add one teaspoon of Ossetra Blueberry Boost Powder to enhance an anti-Oxidant boost to this seaweed body treatment.

**Desired Effects:** -Cleansing, Improves skin elasticity, Detoxifying Energizing, Improves tonality of skin, Reduces cellulite, Remineralizes.

**Ingredients:** North Atlantic seaweed, Defatted Soy powder

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Seaweed Exfoli:** Mix to a creamy medium consistency, using Ossetra Blue drop Iceberg water for a wonderful spread-ability. Measure according to the service being provided or the amount needed for service. Apply with Brush, spatula or gloved hands, on desired areas of the body. Once Seaweed Exfoli is applied to the body, rub in circular movements. You can also add one tablespoon of Ossetra Blueberry Boost powder to enhance the anti-oxidant properties and exfoliating effect of this treatment.

**Desired Effects:** Cleansing, Exfoliating, Improves skin elasticity, Improves tonality of skin, Enhances cellular renewal.

**Ingredients:** North Atlantic seaweed, Fine Whelk shell.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Seaweed Sachets:** Add one Seaweed Sachet to warm bath water for 20 minutes. You can also add an aromatherapy essential oil, according to your scent preference and needs. We recommend you relax for 15 minutes after bathing and drink an herbal tea or a bottle of Blue drop Iceberg Water. Seaweed Sachet baths can be used once or twice weekly for a series of six weeks.

**Desired Effects:** Moisturizing, Slimming, Toning, Detoxifying, Invigorating, Overall well being.

**Ingredients:** North Atlantic seaweed, Fine Sea salt.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Sea Crystals:** Add one to two ounces (30 to 60mls) to your bath or hydro bath. Sea Crystals quickly dissolve in the water.

**Desired Effects:** Invigorating, Improves cellular activity, Moisturizing, Reduces fatigue, Improves skin tonality, and Detoxifying.

**Ingredients:** Fine sea salt, Northern seaweed, Peppermint and or Citrus essential oil.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Seaweed Rhodophyta Exfoliating Bar:** Use round soap bar in bath or shower. Place soap bar back in resealable foil packaging for sanitary purposes and to maintain freshness. Recommend using Exfoliating Bar, one to three times a week depending on skin type. Great to use as an exfoliant prior to an epilation service.

**Desired Effects:** Cleanses, Exfoliating, Improves skin moisturization, Enhances cellular renewal.

**Ingredients:** Northern dried Seaweed, Safflower oil, Coconut oil, Olive oil, Iceberg water, Peppermint essential oil, Ochre clay, Fine ground Whelk shell.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Seaweed Phaeophyta Exfoliating Bar:** Use round soap bar in bath or shower. Place soap bar back in resealable foil packaging for sanitary purposes and to maintain freshness. Recommend using Exfoliating Bar, three times a week for an exfoliating effect on the skin. Great to use as an exfoliant prior to epilation service.

**Desired Effects:** Cleanses, Exfoliating, Stimulating, and produces a lymphatic action. Creating more circulation to enhance an anti-cellulite effect.

**Ingredients:** Northern dried Seaweed, Safflower oil, Coconut oil, Olive oil, Iceberg water, Peppermint essential oil, teal oxides, Fine ground Whelk shell.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Red Seaweed Soap:** Use round soap bar in bath or shower. Use wash cloth if needed. Use straight on your skin. Massage into a rich, nourishing lather for approximately 3-5 minutes and rinse with water. Place soap bar back in resealable foil packaging for sanitary purposes and to maintain freshness. Can use Red Seaweed Soap regularly as a part of your normal cleansing routine will enhance the "hydrating & softening" effects that it can have over time.

**Desired Effects:** Cleanses, Stimulating, has intense moisturization properties.

**Ingredients:** North Atlantic dried Seaweed, Safflower oil, Coconut oil, Olive oil, Iceberg water, Peppermint essential oil, Ochre clay.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Green Seaweed Soap:** Use round soap bar in bath or shower. Use wash cloth if needed. Use straight on your skin. Massage into a rich, nourishing lather for approximately 3-5 minutes and rinse with water. Place soap bar back in resealable foil packaging for sanitary purposes and to maintain freshness. Can use Green Seaweed Soap regularly as a part of your normal cleansing routine will help enhance slimming and toning effect over time.

**Desired Effects:** Cleanses, Stimulating, Has an anti-cellulite effect on the skin.

**Ingredients:** North Atlantic dried Seaweed, Safflower oil, Coconut oil, Olive oil, Iceberg water, Peppermint essential oil, teal oxide.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Lemon Sea Spray Bath Burst:** One bath burst in warm bath water or hydro bath.

**Desired Effects:** Cleanses, Improves the pH of bath water, Relaxing, Hydrating, Exfoliating.

**Ingredients:** Sodium Bicarbonate, Citric Acid, Safflower oil, Grapeseed oil, Citrus Limopnum (Lemon), Citrus Paradis (pink grapeseed), Citrusvert (lime), Laminaria glycerined extract.

**Lavender Splash Bath Burst:** One bath burst in warm bath water or hydro bath.

**Desired Effects:** Cleanses, Improves the pH of bath water, Relaxing, Hydrating, Exfoliating.

**Ingredients:** Sodium Bicarbonate, Citric Acid, Safflower oil, Grapeseed oil, Lavendenula Augustifolia (Lavender), Fucus glycerined extract.

**Lavender Massage Medium:** Spray our Lavender Massage Medium either on the body area or palm of gloved hand, rub hands together to warm and release the aroma of Lavender. You may also add a few drops to bath or hydro tub for a restful experience.

**Desired Effects:** Relaxing, Improves skin tonality, Improves cellular activity.

**Ingredients:** Coconut oil, Lavender Essential oil.

**Blueberry Exfoliating Glow:** Pour our Blueberry Exfoliating Glow in palm of gloved hand, rub hands together to warm and release the aroma of Blueberry, apply to body area. Shake bottle before using.

**Desired Effects:** Exfoliating, Moisturizing, Anti-oxidant absorption.

**Ingredients:** 100% Blue berry Powder, Ossetra signature oil blends.

**Butterfly Kisses Lip Balm:** Apply small amount to lip areas. Can also apply as a protective barrier on your lips during the steaming and mask phase of a facial.

**Desired Effects:** Soothes, Softens, Moisturizing, Protective barrier for lips.

**Ingredients:** Bees wax, Vitamin E, Purple Earth Soap Color, Birch Sap, Ossetra Signature oil blends, Lavender, Bergamot, Sweet Mandarin, Lemon essential Oils.

**Seaweed Face & Bodi Bar:** Use this soap in shower or bath regularly as part of your normal cleansing routine will enhance the "hydrating & softening" effects that it can have over time. Use wash cloth if needed. Use it straight on your skin. Massage into a rich, nourishing lather for approximately 3-5 minutes and rinse with water. It is gentle enough to use on a daily basis.

**Desired Effects:** Cleanses, Gentle exfoliation effect for the face & body, Detoxifying, hydrating and Moisturizing.

**Ingredients:** Glycerin, Grapeseed oil, Vitamin E, Lemongrass Essential oil, Dried Northern seaweed.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

**Complexion Bar:** Use this soap in shower or bath regularly as part of your normal cleansing routine will enhance the "hydrating & softening" effects that it can have over time. Use wash cloth if needed. Use it straight on your skin. Massage into a rich, nourishing lather for approximately 3-5 minutes and rinse with water. It is gentle enough to use on super sensitive skin on a daily basis.

**Desired Effects:** Cleanses, Gentle exfoliation effect on the face, Moisturizing, Hydrating.

**Ingredients:** Glycerin, Grapeseed oil, Vitamin E, Geranium Essential oil, Finely ground oatmeal, Dried Chamomile, Cardamon Sprice.

**Contraindications of use:** Ossetra Body Products should be consulted with a doctor before using if you have any medical conditions, are on medication, or are pregnant. Do not use in case of skin infection or external wounds

**i Pillow:** Place i Pillow over eyes to create a gentle pressure around the eyes and temples, while gently contouring the face. The opening at one end allows you to remove and heat the insert relieving tension and calming active muscles around the eyes. This provides a deepening relaxation during spa treatments.

**Chill the insert to relieve puffy, tired eyes.** The removable insert makes our eye pillow luxurious and sanitary. We recommend chilling the pillow as it is more beneficial to the delicate eye area. Warning, microwave for 30 seconds only.

**Desired Effects:** Reduce puffiness under eyes. Relaxation, Relieving tension, Calming.

**Ingredients:** Fax seed, Organic lavender and rose buds, Lavender essential oil.

**Contraindications of use:** Ossetra Body Products should be consulted with a doctor before using if you have any medical conditions, are on medication, or are pregnant. Do not use in case of skin infection or external wounds.

**Birch Sap Soap:** Use this soap in shower or bath regularly as part of your normal cleansing routine will help in treating infections of skin-dermatitis, eczema, psoriasis. Birch sap is a natural antiseptic, astringent and disinfectant. Use wash cloth if needed. Use it straight on your skin. Massage into rich, nourishing lather for approximately 3-5 minutes and rinse with water. It is gentle enough to use on super sensitive skin on a daily basis.

**Desired Effects:** Cleanses, antiseptic effect on skin.

**Ingredients:** Birch sap liquid, Vitamin E, Grapeseed oil, Balsam Fir needle essential oil.

**Contraindications of use:** Ossetra Body Products should be consulted with a doctor before using if you have any medical conditions, are on medication, or are pregnant. Do not use in case of skin infection or external wounds.

**Vegi Green Medley Masque:** Mix to a creamy medium consistency, using Ossetra Blue drop Iceberg water for a wonderful spread-ability. Use Iceberg water that is at room temperature. Measure according to the service being provided or the amount needed for service. Brush on face and neck with brush avoiding the eye areas. Leave treatment for 10-15 minutes. After the treatment time rub in small circular motions to gently exfoliate the face leaving your skin soft and smooth. Remove with warm towels.

**Desired Effects:** Cleansing, Exfoliating, Improves skin elasticity, Improves tonality of skin, Enhances cellular renewal, reduce the appearance of fine lines, wrinkles and redness.

**Ingredients:** Organic Non-GMO Lecithin, Wheat Grass, Aloe Vera, Spirulina, Wakame, Cranberry Extract, Bilberry Extract, Birch bark.

**Contraindications of use:** High blood pressure, pregnancy, varicose veins, iodine intolerance, thyroid condition, cancer.

### **Ossetra Birch Sap Bath & Body Oil**

Pour our Bath and body oil into the palm of your gloved hand, rub hands together to warm and release the rich nourishing and reviving lotion, apply to body area. This bath and body oil has great spread ability while leaving the skin supple. Shake bottle before using.

**Desired Effects:** Birch Sap Bath and Body Oil creates a rich nourishing, protecting and reviving lotion, which will not leave the skin oily or tacky, but will create a well moisturized, hydrated and supple skin. After applying this lotion it will quickly be absorbed by the skin, leaving it silky soft, smooth and well moisturized.

**Ingredients:** Emulsifier, Ossetra Signature oil blends, Birch Sap, Ylang-ylang, Patchouli, Orange Sweet, Lavender, Sandalwood, and Jasmine Essential Oils, Vitamin E.

**Contraindication:** All Ossetra Body Products should be consulted with a doctor before using if you have any medical conditions, are on medication, or are pregnant. Do not use in case of skin infection or external wounds. People who are hypersensitive to aspirin should not use Birch Sap, and anyone taking prescription blood-thinning medications should always consult a physician before using it.

### **Ossetra Birch Bark Bodi Bar**

Use this soap in shower or bath regularly as part of your normal cleansing routine. Use wash cloth if needed. Use it straight on your skin. Massage into a rich, nourishing lather for approximately 3-5 minutes and rinse with water. It is gentle enough to use on super sensitive skin on a daily basis.

**Desired Effects:** Using our Newfoundland Birch Bark Bar will not only cleanse but will help to relieve eczema, rashes and psoriasis. Birch Bark Bar also has a gentle exfoliation effect on the face and body. This soap will help to moisturize and hydrate the skin promoting a clear and vital younger looking skin.

**Ingredients:** Glycerin, Grapeseed oil, Vitamin E, finely dried ground Birch Bark powder, Dried Chamomile, Cardamon Sprice. Essentials Oils: Wintergreen, Camphor, Chamomile and Pine Essential Oils.

**Contraindication:** All Ossetra Body Products should be consulted with a doctor before using if you have any medical conditions, are on medication, or are pregnant. Do not use in case of skin infection or external wounds. People who are hypersensitive to aspirin should not use birch bark, and anyone taking prescription blood-thinning medications should always consult a physician before using it.

### **NATURAL FOOD PRODUCTS**

**Ossetra Blue drop Iceberg Water:** Water born at the top of the World in the Arctic Polar Icecap, where the purest waters has been locked away for over 12,000 years. It's here that the simplest, healthiest and finest water is frozen solid. It has been untouched by pollutants and toxins leaving you with pure pristine iceberg water. This water is a perfect complement to any meal.

**Recommended personal use:** It is recommended to drink 4 to 8 - 500ml. bottles throughout the day.

**Recommended spa use:** Iceberg water is used for the mixing of Ossetra body care products. After the application of a Ossetra Seaweed Bodi wrap or Ossetra Seaweed Exfoli body service it is recommended to drink 3 - 4 bottles of Iceberg Blue Drop water to further promote detoxification in the body and hydration of the skin. Iceberg Water is the "Oldest water for the youngest looking skin".

**Desired Effects:** Drinking Iceberg water daily will reduce water retention as well as eliminate toxins and cleanse the body from inside out. Iceberg water is refreshing, natural, has no aftertaste, no added minerals, and has the lowest total dissolved solids of any water available, FDA approved. Also drinking Iceberg water is one of the most environmentally conscious methods of meeting the world's increasing demand for clean fresh water.

**Ingredients:** Pure Iceberg Water

**Ossetra Blueberry Boost Powder:** 100% dried Blueberry powder is a great additive to any recipe whether for personal use or Spa use. The rich deep blue color is also natural.

**Recommended personal use:** Add desired amount, depending on your taste. Add one teaspoonful to Ossetra Blue Drop Iceberg Water, smoothies, fruit or vegetable salads, soy/dairy products, dessert toppings, yogurt, juices, jams, punches, teas, cereal, muffins, cookie or bread dough, melted chocolate or cakes etc...Add to a dressing for your salads. Recipe example:  $\frac{1}{2}$  tsp. Dijon mustard,  $\frac{1}{4}$  tsp. of Ossetra Sea Spice salt replacement,  $\frac{1}{4}$  tsp. freshly ground pepper, 1 clove of garlic,  $\frac{1}{3}$  cup balsamic vinegar,  $\frac{1}{3}$  cup maple or corn syrup,  $\frac{2}{3}$  cup vegetable oil,  $\frac{1}{4}$  cup of Ossetra Blue Drop Iceberg Water, 2 tbs. of Ossetra Blueberry Boost powder. Directions: In a mixing bowl, add mustard, Sea Spice, pepper and crushed or powdered garlic. Add balsamic vinegar, syrup, blueberry juice (blueberry boost powder, iceberg water) and add oil. Whisk until well mixed. Refrigerate for at least 30 minutes. For best results make the previous day.

**Recommended Spa use:** Mix two teaspoonfuls of powder with our Ossetra signature Bodi Wrap, Exfoli or bath salts,  $\frac{1}{4}$  of a tsp. for adding to manicure water as a soak,  $\frac{1}{2}$  tsp. to pedicure bath or massage lotion. Add 1 tsp. to a facial treatment or add 1 tbs. to hydrotherapy tub.

**Desired Effects:** Is a natural supplement, Anti-oxidant and Detoxifying, Refreshing and has an excellent nutritional value.

**Ingredients:** 100% Pure Dried Blueberries

**Ossetra Partridgeberry Burst Powder:** This Partridgeberry (Lingonberry) powder is 100% natural and is a great additive to any spa treatment or dessert recipe. The rich red color is also completely natural.

**Recommended personal use:** Add desired amount, depending on your taste. Add one teaspoonful to Ossetra Blue Drop Iceberg Water, smoothies, juices, liqueurs, fruit or vegetable salads, punches, teas, baking, (examples, pie crusts, jams, icings, whipped cream, ice cream, cookie or bread dough, melted chocolate, cakes or muffins), sauces, yogurt, cereal, stuffing or sauces for wild game such as, moose, caribou, turkey, duck, geese or grouse.

**Recommended Spa use:** Add one teaspoonful to our Ossetra signature Bodi Wrap or Seaweed Exfoli. Add 1 tsp. to bath salts. Make a natural shampoo with a temporary color rinse. This shampoo color rinse is great for cleansing and in helping to add red hair tone to a light blonde or light brown hair color. Recipe example: 1 oz of Olive oil, 1 egg, 1 tbs. of lemon juice, 2 tsps. of Ossetra Partridgeberry Burst Powder, 1 tsp. of apple cider vinegar. Blend the following natural ingredients in a blender. Always place leftovers in a labeled glass container and refrigerate. Use within 4 days.

**Desired Effects:** Is a natural Supplement, Anti-oxidant and Detoxifying, Refreshing. This powder has excellent nutritional value.

**Ingredients:** 100% Dried Partridgeberry (Lingonberry).

**Ossetra Bakeapple Blast:** This Bakeapple (Cloudberry) is native to Northern Climates and is a slow growing low shrub found in marshes and boggy areas of Newfoundland and Labrador. This powder is 100% chemical free and is a rich crystallized golden color.

**Recommended personal use:** Add desired amount, depending on your taste. Add to Ossetra Blue Drop Iceberg Water, smoothies, juices, baking, sauces, yogurt, jams, jellies, tarts, whipped cream, cakes, ice cream, and waffles. Canadian Inuit use Cloudberry as a protection against scurvy. Tea from this berry was also used as an ancient herbal medicine to cure urinary tract infections.

**Recommended spa use:** Add Ossetra Bakeapple Blast to any natural home spa remedy as its high benzoic acid content acts as a natural preservative and is rich in vitamin C.

**Desired Effects:** Is a natural Supplement, Anti-oxidant, and Refreshing. This powder has an excellent nutritional value

**Ingredients:** 100% Dried Bakeapple (Cloudberry).

**Ossetra Sea Spice:** This spice is an original and unique formula, which perks up your recipes to salt your dishes in a healthy way. Sea Spice is 100% dried Seaweed from the cold pristine waters of Newfoundland and Labrador.

**Recommended personal use:** Add desired amount, depending on taste. This spice is used primarily as a salt replacement to season salad, soups, sauces, garnish and entrée dishes. Seaweed is a natural stimulant and cleanser for the body. Our patented drying technique ensures quality and flavor. Add during or after cooking to enhance taste!

**Recommended spa use:** This spice is used in all Ossetra spices and is a choice additive to vegetable salads and whole wheat sandwiches as a salt replacement. Serve, as a day spa package service, along with your favorite Ossetra fruit smoothie.

**Desired Effects:** Natural supplement, Detoxifying, Reduces water retention, Salt substitute.

**Ingredients:** 100% Dried Northern Seaweed.

**Ossetra Seaweed Salt:** The spice is 100% fine dried northern seaweed from the cold pristine waters. Fine sea salt is added to the seaweed to a subtle flavor to these unique salts. Use in place of regular table salt to enhance the flavor of your favorite dishes.

**Recommended personal use:** Add desired amount, depending on taste. This spice is especially great in soups, sauces, salads entrée dishes.

**Desired Effects:** Replaces table salt.

**Ingredients:** 100% Dried Northern Seaweed and Fine Sea Salt.

**Ossetra Seaweed Pepper:** This quality spice uses cracked black pepper that adds a unique flavor to our 100% dried seaweed giving any dish that extra added taste.

**Recommended personal use:** Add desired amount, depending on taste. This spice is excellent for use on meats, poultry, fish and is wonderful in stews, soups, salads, sauces, marinades and entrée dishes. Add during or after cooking to enhance taste.

**Desired Effects:** Healthy salt substitute with cracked pepper to complement flavor. A great additive to any dish!

**Ingredients:** 100% Northern dried Seaweed, Cracked Black Pepper.

**Ossetra Cajun Sea Pepper:** This unique and original formulation contains our signature spice blend and 100% dried Northern seaweed.

**Recommended personal use:** Add desired amount, depending on taste. Cajun Sea pepper gives your soups, sauces, poultry, meat and fish an added zesty flavor. Excellent seasoning for that extra spicy dish!

**Desired Effects:** Replaces table salt. Healthy salt substitute with added blend of Cajun spices.

**Ingredients:** 100% Northern dried seaweed, onion powder, garlic powder, paprika, cayenne pepper.

**Ossetra Reuseable Sea Sac:** Ossetra uses this wonderful Newfoundland made Sea Sac in place of plastic or paper bags.

**Recommended personal use:** The Reusable Sea Sac can be used for boiling scallops, shrimp and mussels or heating glass bottled food products.

**Recommended spa use:** The natural net bag is also useful to keep your personal lingerie together. Net bag stays separate from other clothing while being machine washed.

**Desired Effects:** This Go Green natural Sea Sac contains no stiffeners, preservatives or artificial coloring.

**Ingredients:** Manila rope



