

Tibby Times

Spring 2022

The Lifestyle Magazine
brought to you by Tibby Olivier

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Tibby Times

Welcome to the Spring 2022 edition of Tibby Olivier Lifestyle magazine, Tibby Times.

We would like to share with you our unique stories and offer you an insight into the wonderful world of Tibby Olivier Skincare.

This year for us is all about bodywork and mindfulness, after almost two years of forced isolation and stagnation, cries of grief and joy, add to that consciously felt trauma, bodywork speaks to our most earnest and fundamental wants: to move and flow with ease, to be felt, to find balance and to mend what hurts, to simply connect.

Bodywork and mindfulness combine with our Plant Beauty In The World Campaign to soothe your mind and body.

Help our campaign to Plant Beauty In The World, we love your reactions to our Bee friendly campaign to plant lavender everywhere and watch it bloom.

Receive your FREE pack of lavender seeds with every bottle of Shrinking Violet. Lavender's delicate blue flowers are a magnet for pollinators, such as bees, butterflies and birds.

Our Lavender Angustifolia is one of the best to grow for attracting bees, butterflies and birds. The seeds are also eaten by birds in autumn and winter.

Tag us with your growing seeds to win a t-shirt.
#TibbyBeauty

Plant beauty, bloom and bee friendly - three important messages that reach so many levels, think about what that means to you.





Lavender - Plant The Seeds

Plant Beauty In The World

Help our campaign to plant lavender everywhere and watch it bloom as it's bee friendly!

Receive your free pack of lavender seeds with every bottle of Shrinking Violet.

It's pretty awesome when we can plant something that can invoke such happiness in the world.

Plant beauty, bloom and bee friendly, three important messages that reach so many levels, think about what that means to you! We love the sustainability.

Birds, bees and butterflies and other pollinators are responsible for bringing us one out of every bites of food we take and they are critical to a healthy sustainable ecosystem.

It is therefore imperative that we continue to inspire and educate others to create more viable homes for nature's greatest allies.

You can make a difference in a few simple yet impactful ways.

1. Plant the lavender seeds, watch them bloom into lovely lavender plants.
2. Be a mindful gardener and populate your back garden, terrace or yard with native trees, flowering plants, bird baths and feeders.
3. Be a conscious customer educate yourself about what you're purchasing and try to purchase from companies that you know are trying to make positive differences in the world through their business practices.
4. Make a difference even if its only one plant seed at a time, plant beauty in the world!
5. Plant lavender and wild flowers for pollinators, native plants give them a safe place to land and to pollinate. Bees need diverse sources for immune system, health and survival which makes lavender, wild flowers, native plants and grasses the perfect environment.

They are pretty to look at too, which is a bonus for you! More flowers equals more food (and plants and flowers) for all of us. Read more [here](#).

Lavender

Grow The Plant For Your Mental Health

Lavender - growing your own is not only better for our health, but our planet as well.

Lavender plants can work wonders on your mental health. You just need to know which plant to get and where to put it.

Here's our guide.

Stress, noise, worries, lack of sleep... the start of a new year is always a mix of excitement about starting a new season and is fatigue related to all the adjustments that are involved. In your arsenal of tools and tactics for staying calm and improving your well-being, lavender plants can prove to be a precious resource. Lavender plants can boost your wellbeing.

If you're anything like us, stress (or lets be honest, even panic) is taking up a lot of mental space. So to help us calm down and stay zen, lets look at what lavender plants can do for us, in herbal tea, in decorative planters or in essential oil, they can help us relieve tension and soothe the mind.

Dried Flowers and Closets

When it comes to scents, lavender is high on the list for calming. It can be placed in the entrance for a sensory atmosphere that imbues a peaceful vibe as soon as you walk in the door. The balcony or the windows are also great spots to place them. If you really don't have the space, you can slip some in to small fabric bags and tuck them into a closet or drawer, or for scenting the kitchen by putting them in little pots with earth. A great aromatic herb in the kitchen, lavender is great in baked products, ice creams and even in some savoury dishes. Lavender flowers are also amazing for making lavender tea with to improve mood disorders. Lavender is widely used as an aromatherapy agent and supplement to help with anxiety, depression and fatigue. Lavender

helps boost sleep, soothe mental cramping and improves skin health.

Hanging Plants For The Bathroom

When it comes to making the bathtub or shower a relaxing haven, look to lavender plants which grow quickly, spread humidity and freshness, placing lavender in a hanging basket is also a favourite. In addition to decorating a piece of furniture or a bookcase, they can be placed on the edge of a bathtub or shower. The bathroom is also a good place to keep a branch of dried lavender of which you can get a delightful whiff when you run the water, dried lavender in a muslin bag thrown in the bath is a great way to infuse your bath water with lavender.

Lavender Flowers For The Living Room And The Bedroom

Choose your seasonal favourites, fresh lavender plants, dried bags of lavender or my favourite is lavender wands placed on my pillow, for sure. But, for calm and appeasement, look to the elegance of lavender wreaths, and on a hot summers night the smell is amazing and in any case, offering a pretty bouquet of freshly cut seasonal lavender flowers or a lavender plant provides sensory pleasure to both the giver and the recipient.





Why creating and nurturing a lavender therapy garden has many reciprocal benefits for the mind and body.

The power of plants - therapy gardens are becoming increasingly common, as gardening becomes recognised and valued for its therapeutic and restorative qualities, the benefits from spending time in a more therapeutic outdoor space are innumerable.

You can design your own lavender garden to suit your particular physical or mental health needs. Whether you're in a stressful job and need time to relax or let go of anxiety, there are ways to tweak your outdoor space to make it work for you and for your family and friends.

For me, my lavender garden is meditative, when I'm working in nature, I feel grounded in the moment. A lavender garden is great because it has something for all five senses - smell, sight, sound, taste and touch. A single pot of lavender in a simple kitchen herb garden might also appeal to your nose or taste buds.

Plants don't judge people, they just respond to the level of care you give them, which is powerful. When you go into the garden after a stressful day, you can feel everything start to slow down. Your breathing deepens and your heart rate slows.

It's important to remember that you don't have to set foot outdoors to enjoy the benefits of a therapy garden.

continued...

You can use lavender indoors, in your office space, bedroom, kitchen or any other area where you feel you'd benefit from a little nurturing through nature.

We are surrounded by lavender plants in our office and regularly take mindful breaks throughout the day to tend and water them.

I build caring for my lavender plants into my work day. In moments of uncertainty, we return to nature. As humans we have a primal urge to work with the earth. Lavender is visually appealing. with its soft silvery foliage topped with dense flower spikes, it comes in different shades of colour - from white or pink to purple or blue, as well as the aroma, is lovely relaxing and sedative.



We All Need Some ART In Our Lives

(Attention Restoration Theory), in a nutshell, ART, proposes that exposure to nature is not only enjoyable but can also help us improve our focus and ability to concentrate.

Below are 4 common features that have been linked through research with natural environments and gardens that provide restoration.

1. Being away - time away from usual stresses of life and "getting away from it all".
2. Extent - provides enough content and structure to occupy the mind.
3. Fascination - passive interaction, catching and holding your attention without effort.
4. Compatibility - ease of opportunity to spend time in green space and for special populations, its accessibility for the user, their needs and desires. Use is supported, encouraged and demanded by the setting.

You can have a look at a garden or park and decide how you think it may provide restoration. We have given you some examples but this isn't an exact science and we all have our own preferences.

Being Away

When we think about "being away", different green spaces will be able to do this in different ways. That feeling will depend on your own experiences. For example, an urban garden in London will feel noisy to someone from a rural village but to a Londoner it could well seem quiet and calm. Ideally you are often looking for a garden to block out the built or man made environment. Screening using plants can help achieve this.

The transition into the space could be important as well. Walled gardens with their entrances can provide a sense of being away. Unusual or exotic plants could support this too, as could wildlife. Think about how you might view it from a seated position.

Extent

Extent is the bigger picture. Are there enough different sensory elements to occupy our minds? Colour, varied greens and soft colours are often considered the most calming.

Is there movement and interesting structure and form? Can you detect scents or sounds of nature? Biodiversity (lots of different forms of life) may well support 'extent', as could the garden having different rooms or styles of horticulture.

Fascination

Is there enough in your green space to grab your attention? Are there some striking features or sensory elements? If extent is the big picture then fascination is the close up.

Compatibility

In research, this often refers to the availability of nature and green spaces for different people. When we think about gardening for health and wellbeing we would think about how the garden can support engagement. How gardens or parks do this depends on the person. For some it might be cognitive about making sense of the space or finding your way around a park. It could also be sensorial, for example for people with sight loss, a permanent noise such as a water feature can help that person to know where they are in the garden. It could even be an emotional connection.

1. Does it feel like our type of space?
2. Does it have familiar elements to the garden?
3. Do the features connect us to our own identity, family, friends or culture?

Exploring using this structure to explore a garden or park makes for a great activity in itself and you may come away with ideas of how to improve the spaces you observe. Some ideas maybe easy to change, such as moving a bench so you look away from buildings. Others may need planning and some extra resources, such as an archway to add an extra transition.

As you explore you may find that one or two elements within the garden support more than one of the components of Attention Restoration Theory. There is definitely an overlap between the components but without any structure, it can be difficult to plan and make improvement to a garden that will ultimately provide more restoration and allow gardens to help to heal us.



Creating Your Own Therapy Garden Growing Lavender

Lavender plants are reasonably easy to grow. They like sheltered positions to survive the winter, as they don't like to be cold and wet.

Lavender plants prefer well drained soil in a sunny position and are ideal in containers or raised beds where they have a chance to dry out between waterings.

They are best planted in the spring and can be kept in shape by regular pruning, pruning is best to take place after flowering, but is also possible in spring as lavender flowers on this years growth. It is best to avoid cutting back into woody growth as the plant may not produce new growth from that. Softwood and semi-ripe cuttings can be taken during the summer and hardwood cuttings later in the year.

This is the best way to increase your stock if you are planning to grow enough for a low hedge.

Another feature of lavender that makes it popular in gardens, is the way it attracts insects like bees and hoverflies.

This is clearly good for the environment as well as interesting for us to watch too.

It maybe a little cold to plant lavender during the winter but if you are considering some lavender for your garden, it can be a good time to start planting seeds indoors, looking at the different varieties available and start planning for a spring planting.

Things To Do With Lavender

If you cut back your lavender after it has flowered and collect the cuttings, you can use the dried flowers. They can tied into posies or the tiny flowers can be removed from the stem and made into lavender bags by placing some in the centre of a small square piece of cloth. The corners are then lifted and a cord tied around to keep it in place.

The flowers can also be used to flavour cakes, biscuits and drinks, but best of all lavender plants are bee friendly - happy planting.

Bodywork



Focus On Bodywork

While the skin care industry is a face-obsessed one, more people are turning to treatments south of the neck to influence their overall mind and skin quality. Body work is nothing new, but for skin care experts and patients alike, it feels urgent right now. We are seeing a return in one area of well-being that typically gets left out of the modern skin care conversation: body work. More and more, skin care seekers are looking to therapists whose therapeutic care are focused in hands on body-care and body work.

Our bodies are interconnected —through our lymph, fascia, circulatory system, hormones, skeletal structure, our chi and life force. This we know is best treated as a whole. But our bodies for some reason in mainstream skin care, we simply ignore; instead, the face is treated like it's entirely on it's own, divorced from the rest of our body as a complete working system.

Well, not all practitioners see it this way, Shrinking Violet inventor Tibby Olivier states treating the body with Shrinking Violet slimming solutions and combining with manual lymphatic drainage and fascia release techniques gives an amazing difference to the muscle tone and firmness as well as draining away puffiness to show muscle definition.

“We see this daily with our Shrinking Violet body work practices, as specialists in the fascia or lymph to aid inch loss and cellulite reduction.”

Tibby explains how fascia is a deeply intertwined, abundant connective tissue in the body and is intricately woven around organs as well as wrapped around every individual muscular fibre.

“Think of it like a spiders web, interlinking and crossing in a snowflake shape; if you pull on one end, it changes the shape of the entire spiders web,” she says. “Fascia connects the whole body, you cannot disconnect it.”

Shrinking Violet Body Wrap

Shrinking Violet, the revolutionary clinically proven inch loss body wrap, a treatment so powerfully fat busting, that one 60 minute application can result in a reduction of up to one whole dress size. The top line result from the clinical trial is up to 2.5% fat reduction per application. Its active ingredients penetrate cells and the fat busting formula acts as an ideal slimming solution. Shrinking Violet Body Wrap is a painless, effortless process that successfully removes fat in problem areas, such as thighs, buttocks and abdomen, engineered to also work on cellulite, fluid retention, sluggish circulation and detoxification. The supreme in inch loss body wraps for shrinking those inches. Just what we need after months of over-indulging during lockdown and Christmas.



Shrinking Sheer Bliss

A 60 minutes of pure inch loss bliss, this spa ritual incorporates body brushing and full body exfoliation to refresh and stimulate, bespoke lymphatic mapping followed by a lymphatic drainage massage sequence tailored to your individual body's needs using the clinically proven Shrinking Violet inch loss oil. This spa ritual will decongest your lymphatic system, whilst encompassing our fat busting formula to shrink those inches - an intensive anti-cellulite treatment encouraging the elimination of toxins and excess fluid, boosts circulation and aids in slimming. Highly effective inch loss. This treatment is ideal to mind and body reset after months of isolation.



We highly recommend our Shrinking Violet Spa Rituals.

Shrinking Extreme Booster

The ultimate extreme boost, this 90 minute treatment combines the powerful results of a Shrinking Violet Body Wrap with the blissful, relaxing, bespoke massage ritual of Shrinking Sheer Bliss with spectacular results, boosting your body confidence by reducing fat, detoxifying, improving cellulite and fluid retention. Shrinking those inches in a haze of lavender heavenly bliss, targets all problem areas and also leaves the skin feeling firmer, smoother and more toned. Shrinking Extreme Booster unequalled in powerful fat reduction and body sculpting. Body sculpting those lockdown pyjamas days away.



Shrinking Violet Lipo Pro

Shrinking Violet Lipo Pro's powerful solution duos with a lymphatic drainage massage combined with fascia release techniques and is a manual and natural technique to improve the body's lymph system - often improving the lymph flow by as much as 20 times. Shrinking Violet Lipo massage, accentuates our slimming solutions effectiveness, combined with decongestive lymphatic therapy, bandaging, compression, taping and pressotherapy. A power punch to get your body back on the right track quickly after housebound stagnation and isolation.



Which one will you choose?

What you need to know about bodywork. In our holistic practices, as experts in the skin, and more specifically the skin of the body, we use the body indicators as a way to see what's happening internally. Our skin can tell us a lot about ourselves. Puffy and swollen tissue can show us our lymph and circulation is stagnant.

In the case of massage and physical manipulation to treat lymph and fascia, treatments have become much more on trend, we see the demand for Shrinking Violet Spa rituals continue to grow worldwide year after year, alongside

standard spa treatments. Shrinking Violet Spa Rituals have been available in the UK since 2012 and the worldwide demand continues to grow, we concentrate on updating and retraining our therapists with every new professional training technique possible for enhanced Body Work results, which benefits the practitioner and their patients.

Tibby Olivier's Shrinking Violet treatments, work the lymphatic fluid through pressure and release to aid your body healing for maximum results. Tibby also notes that she addresses lymphatic drainage in every single one of her body treatments (the extent of which varies from person to person).

Our countless practitioners around the country practice lymphatic techniques, if you just know where to look and ask for it. Shrinking Violet Body treatments are extremely popular worldwide. Enquire [here](#).

But you can also do at-home work. That's what's so great about these spa rituals: There are ways to do it yourself, Spa at home. What's more is that most Shrinking Violet practitioners encourage you to practice regularly and at home, so the overall results are enhanced and flow, rather than being stagnant between sessions. In fact, Tibby recommends adopting a simple self-massage practice. The only requirement of spa at home is that it fits into your life with ease and you do it consistently.

Homecare products available [here](#).

"I often find that people are pretty intuitive when it comes to working on their own face and bodies," she says. "For me, I just like to do it at night with a hot bath and SlimBathe duo, my favourite two step bath oil and body oil. It doesn't have to be 30 minutes or with tools. Most nights I only do it for ten minutes. But if you do it regularly, it can make the biggest difference."

How to massage yourself at home - [read blog](#).

continued...

The Beauty Of Bodywork

And why we want it now

Which one will you choose?

After almost two years of forced isolation and stagnation, cries of grief and joy, and consciously felt trauma, body work speaks our most earnest and fundamental wants: to move and flow with ease, to be felt, to find balance, and to mend what hurts, to simply connect.

Body work is, well, work. A quick trip to the medi-spa this is not. ***“The body holds tension and trauma. We store issues in our tissues,”*** says Tibby. ***“When we release stuff in the body, it can also affect us emotionally. For some people, it can be a very profound experience. It can be powerful for people in a great way, but it also can be something that’s challenging to handle—a healing crisis.”***

Which is why we use the benefits of lavender essential oil and its healing powers in all our body oils. Lavender boasts an array of medical uses from stress relieving to promoting sleep and body wellness.

In the process of undoing physical and body tension, you may find that there is more inside you that needs to be freed.

We recommend SlimBathe bath oil as a way to aid the body and help you sleep. This two step programme is amazing, a whole body routine, bath and self massage goes hand in hand with relax and sleep. In the pursuit of body wellness through body work, you may find something far more worthwhile: previous trauma release.



Faith Lift Anti-Ageing

Celebrity Facialist and beauty product inventor Tibby Olivier on beauty anti-ageing and the product that changed her relationship with her eyes.

Having just turned 53 this year yikes! My left eyelid has been a concern to me since my mid twenties, fretting that my left eyelid just doesn't fold as nicely as the right, looks lower, older, I wasted years fretting. Before I realised my main problem is asymmetry.

"Having asymmetrical brows isn't uncommon. It's because we use one side of our face more than the other, I'd say. I've spent 50 years raising my right brow more than the left."

Normal facial asymmetry can make one eye appear higher or lower than the other. Sometimes it's not uneven eyes, but uneven eyebrows or the shape of your nose making your eyes appear uneven. Ageing is also a common cause of facial asymmetry. As I hit my late twenties this was my obsession. I stared at that eyelid and brow, had every cream, treatment, facials, nothing seems to perfect that eyelid, I was fixated at honing in on what I thought was a flaw that everyone could see!



All the beauty products that I invent start their life to personally fix an area of concern of mine, that's why I know all of our products do exactly what they say on the tin, and perform as they are to correct and repair, and believe me I am obsessed. This is how Faith Lift Mask was born, I was in the middle of a major depression about my eyelid, whilst tinkering in my lab with wonder ingredient ginseng. The original superfood ginseng is an anti-ageing ingredient because it has so many photo-nutrients, vitamins, minerals, and a source of antioxidants, which helps prevent and repair cellular damage. I knew this was the ingredient I wanted to use to repair my skin. Ginseng is unparalleled for its healing properties.

I also knew no matter what your skin type is or what your complexion maybe, chances are, ginseng can probably assist you. That's because ginseng is a "natural skin balancer". Dull skin revitaliser, hyper-pigmentation is no match for ginseng either, as it helps inhibit melanin production. Balancing oily skin, and best of all for me and my sensitive skin, ginseng natural anti-inflammatory properties help quell redness and puffiness.

If like me fine lines and wrinkles are your focus, ginseng can help boost the circulation of your skin's smallest blood vessels, in turn ramping up the synthesis of collagen, assisting in firmer skin. Also it's antioxidant properties protect your skin from free radicals and other environmental aggressors that could trigger the formation of fine lines and wrinkles. I was hooked with this herbal extract.

Mixing ginseng with complex polysaccharides and associated glycoproteins gave me the result I wanted to achieve. When applied to the skin it formed an elegant film that will lift, tighten and smooth. This perceivable phenomenon is due

to physical changes in the polymer structure of the polysaccharides as they dry on the skin. This gentle sensation of smooth skin will last for hours, in some cases days, without the skin flaking or leaving it overtly tight. Bingo, we had a Face Lift! With the ginseng to repair, Faith Lift Mask was born, totally safe and non invasive, I love it! Lifting, tightening and contouring your jawline, since 2006 I have had "The Face Mask" that can aid boosting collagen, assisting in firming the skin and helps delay the onset of wrinkles, truly Faith Lifting.

Used in professional beauty spas and salons world wide, The Faith Lift Mask has always been an instant hit with clients and therapists, it really is a phenomenon and remains to this day our best selling face mask. I personally still use this Mask twice a week and before special occasions I sleep in it! For a truly Face Lifted experience try it today, I guarantee you will love this Little Face Lift in a jar forever, this face mask that I engineered to fix my left eyelid, now helps me lift, tighten and tone my whole face, whilst helping repairing my skin as I age and helping me look ten years younger!

Faith Lift Mask

An instant bioactive face lift, leaving you with immediate firming and lifting effect. Faith Lift visibly reduces wrinkles and sagging to the skin and makes your skin look younger and fresher. Faith lift is a non-surgical faith lift system that gives dramatic results to your clients after just one treatment by physically lifting sagging skin. Containing a herbal extract it leaves the skin feeling smooth and repaired.

"This facial uses clever products, such as the faith lift mask. Which forms a temporary film over the skin to tone, tighten and smooth."

Glamour Magazine





**The New CBD
Alternative**

**The power to
relieve pain is even
greater than the
power to inflict it.**

THE RADIANT

renewing - relieving - relaxing - rehabilitating
THERAPEUTIC MASSAGE THERAPY

TheraDEEP™ is a luxurious oil formulated with our signature Phyto Soothe Infusion™. It is a soothing blend of botanicals with herbal extracts and essential oils, that provide a natural therapeutic remedy and sleep aid, reducing stress and inflammation. Our exclusive therapeutic massage therapy and accompanying TheraDEEP™ massage oils are recommended for those who are need a healing powerhouse for bodies and joints to aid soothing and reviving.

TheraDEEP™ super emollient “body oils” use our very own blend of nutrient rich botanicals blended with herbal extracts and essential oils aiding a natural therapeutic remedy, which penetrates deep within every layer of the skin. TheraDEEP™ a natural botanical, Phyto Soothe Infusion™ oil which contains vital herbs that make it a nutrient rich natural process, ensures the highest efficacy therapeutically, helping to soothe and revive overworked bodies and joints with its healing powerhouse properties.

TheraDEEP Therapeutic Massage Oil

is a luxurious face and body oil, formulated with a blend of the world's most nutrient-rich botanicals for nourishing and restorative moisturising with herbal extracts and essential oils, a Phyto Soothe Infusion™ for maximum natural therapeutic qualities. At the heart of our transformative oil is our signature Phyto Soothe Infusion™, a 28 day process which begins with whole plants and, over the course of four weeks, gently infuses their powerful nutrients into our formula. Added to this infusion is a strategic group of botanical herbs and essential oils to amplify performance and effectively address a broad range of skin and muscle relieving concerns.



Ingredients

TheraDEEP™ oils reflect our commitment to the finest quality ingredients sourcing and time-honoured formulation methods. Included are nutrient rich botanicals sourced from conscious growers around the U.K., many of whom have grown the same beautifully cultivated plants for generations. But it is not enough to assemble the finest ingredients, you must honour them throughout your process. We spend four weeks meticulously infusing these high-performance plants into our already powerful foundation oils, ensuring their full spectrum of nutrition is captured. Botanicals, herbs and essential oils of the highest grade further amplify the performance of TheraDEEP™ therapeutic oils.

As a result this highly concentrated formula contains restoring nutrients for a soothing relief. Our powerful natural Phyto Soothe Infusion™ contains:

- **grapeseed oil**
- **wild lettuce extract**
- **poppy seed oil**
- **ginger essential oil**
- **turmeric essential oil**
- **lavender essential oil**
- **ylang-ylang essential oil**
- **geranium essential oil**

Process

Phyto Soothe Infusion

The transformative effects of TheraDeep Oils, would not be possible without our Phyto Soothe Infusion™. Uniquely this 28 day process begins with nutrient rich plants like lavender, geranium, turmeric, ginger, wild lettuce and ylang-ylang. These plants were called “the foods of life” in ancient times because they were believed to contain everything your body and mind needs to thrive. Through a methodical, temperature controlled, four week extraction process, every

- **Restorative nutrients for a soothing relief**
- **Natural therapeutic botanicals**
- **Deeply nourishing and moisturising**
- **Free- radical fighting Antioxidants**
- **Support the body's natural recovery process**
- **Relieve anxiety and insomnia**
- **A healing powerhouse**
- **Actively boosts skin health and natural radiance**
- **Restorative phytoceramides and phytonutrients**
- **Suitable for all skin and daily AM and PM use**
- **100% natural ingredients, formulated without added sulphates, parabens, phthalates, synthetic fragrance, PEGs or SLSs**

ounce of their powerful nutrition is captured in the most optimal ratios, so that whole plant nourishment is infused into every drop of our formulas, which the skin immediately recognises and puts to work, supporting its natural powers of balance, restoration and soothing.

Delivery System

A formula with our level of optimal nourishment cannot be effective without a proper delivery system, which is why we developed a three-label approach. First, our formulas small particles size allows the skin to easily absorb our plant- derived skin nutrition. Second, we added ingredients with naturally occurring compounds that promoted optimal absorption. Third, we developed our prayer method of application, which further activates the TheraDEEP oils and supports circulation within the skin to boost soothing and restoration.

Results

Restorative Soothing

Through optimal nutrition and the strategic use of powerful botanicals, herbs and essential oils, TheraDEEP oils are able to deliver transformative results to all skin, regardless of gender, age, tone or type.

Nourishing

Grapeseed oil and Poppy seed oil feed your skin a full array of essential nutrients for a healthy skin.

Soothing

Wild lettuce extract is a plant that has been used for pain relief and to induce sleep. It is used by people interested in alternatives to conventional medications.

Supporting

Natural protectors like lavender, turmeric and ginger to help defend your immune system, relieve anxiety and insomnia.

Regeneration

Ingredients such as geranium essential oil have potent cellular regeneration properties which purify and soothe your skin.

Balancing

Acting as a healing powerhouse Ylang-ylang essential oil boosts the regeneration process of your skin, has hydrating properties and its natural antiseptic properties help to heal any kind of cuts or cracks caused by excessively dry skin, replenishing the skin.

Application

The Prayer Method

Warm a little oil into the cup of your hand and press your hands together in a prayer movement, then using both hands, push and press into the skin, pat not rub onto the affected area. This technique is not only less damaging on the skin structure, but it also increases the absorption and effectiveness of the ingredients as well as stimulate the blood flow, giving a nice glow to the skin. Patting helps your products absorb quickly and effectively.

How long till I feel TheraDEEP™ working ?

Most individuals feel the benefit immediately and see a visible improvement within their own skin within days. Because of our whole plant nutrition results will increase over time.

Can I combine TheraDEEP™ massage treatments with TheraDEEP™ home care products?

Of course our systems are designed for optimal use of salon treatments and continued use at home for optimal results.

“Works exceptionally well with back pain after trying everything to no avail, this is the only treatment that genuinely gave me notable relief and helped me get back to work.”

“Over recent months I have tried several treatments and lots of other products to ease my neck pain but this treatment has been the most successful and I would recommend to anyone Theradeep.”

“Superb treatment, great on my whole body not just my frozen shoulder, what joy to find a treatment that actually works, I could cry with relief.”

“Very effective, definitely helps with the pain, highly recommend this treatment and oils.”

“Perfect for my hip and knee pain gave immediate relief.”



Tibby Olivier
Units 48-49C Fulwell Court
Redscar Business Park
Longridge Road
Preston
PR2 5LX

Telephone: 0161 327 0007
Email: info@tibbyolivier.com