

FOUR WAYS TO ENJOY

Use the enclosed spoon.

1 level spoon = approximately 5 g.



1 FOOT SOAK

Dissolve 15 g (3 level spoons) in 2–3 L of comfortably warm water. Stir until evenly dispersed. Soak your feet for 10–15 minutes; rinse if desired and dry thoroughly.



2 BODY BATH

Dissolve 50 g (10 level spoons) in a bathtub of comfortably warm water. Stir until evenly dispersed. Soak for 10–15 minutes, then rinse with clean water.



3 PAIL RINSE

Dissolve 15 g (3 level spoons) in approximately 5 L of comfortably warm water. After bathing, pour gently over the body, leave for 1–2 minutes, then rinse with clean water.



4 BODY SCRUB

Mix 15 g (3 level spoons) with a small amount of water to form a soft paste. Gently massage onto wet skin, avoiding eyes and broken skin, then rinse thoroughly.



A TRADITIONAL PRACTICE

In many Asian bathing traditions, turmeric-based preparations have long been applied to the body before bathing.



POTENTIAL BENEFITS

Gentle rubbing provides physical exfoliation, while turmeric is being studied for its antioxidant and anti-inflammatory properties and potential role in supporting skin health [2].



USE WITH CARE

- External use only.
- Patch test first.
- Avoid eyes and broken or irritated skin.
- Stop use if irritation occurs.
- Turmeric/curcumin can cause contact allergy in some people [3,4].
- Turmeric may stain skin, fabric and surfaces.
- Bath surfaces may become slippery.
- Keep away from children.

WHY CURCUMA MINERAL?



A HERITAGE BATHING RITUAL

Inspired by the royal, bridal and ceremonial bathing traditions of Asia, turmeric and salt have long been associated with purification, auspiciousness, radiant-looking skin and overall wellbeing.

Traditional heritage, refined through careful science-led preparation.

SCIENCE BEHIND THE EXPERIENCE



WARM-WATER BATHING

Warm-water bathing has evidence for supporting relaxation and sleep preparation. [1]



TURMERIC & SKIN RESEARCH

Turmeric continues to be studied for topical skin applications, with early evidence suggesting potential skin-health benefits. [2]

SCIENTIFIC REFERENCES

- 1 Haghayegh S et al. Sleep Med Rev. 2019;46:124-135. doi:10.1016/j.smrv.2019.04.008.
- 2 Vaughn AR et al. Phytother Res. 2016;30:1243-1264. doi:10.1002/ptr.5640.
- 3 Chaudhari SP et al. J Clin Aesthet Dermatol. 2015;8:43-48. PMID:26705440.
- 4 Palaniappan V, Karthikeyan K. Indian Dermatol Online J. 2023;14:459-464. doi:10.4103/idoj.idoj_340_22.

INGREDIENTS

Sodium Chloride, dried high-quality turmeric rhizomes (*Curcuma longa* L.).



SCAN TO DISCOVER
THE RITUAL



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A
TRADITIONAL
RITUAL
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WELLBEING



CURCUMA MINERAL



YOUR BOTANICAL-MINERAL BATHING RITUAL



TRADITIONAL
WISDOM



SCIENCE
INFORMED



NATURAL
INGREDIENTS



EVERYDAY
WELLNESS

NET WT. 300 g

RESET. RELEASE. RESTORE.

When the day feels heavy, create a quiet moment for yourself. Curcuma Mineral transforms warm-water bathing into a meaningful ritual inspired by time-honoured turmeric and salt traditions.

TRADITIONAL ASSOCIATIONS



SYMBOLIC PROTECTION

Traditionally used to ward off the evil eye and negative influences.



CLEANSING RITUAL

Used to cleanse a heavy energy or aura, bringing a sense of lightness.



A GROUNDING RESET

A comforting ritual after tiredness or emotional overload.



SUPPORT DURING LOW MOOD

Used during periods of low mood to bring comfort and a sense of calm – not a treatment for depression.



SOOTHING COMFORT

Warm-water use is traditionally associated with easing body tension or achiness – not a pain treatment.



AN EVENING WIND-DOWN

A peaceful ritual before rest to help you unwind.



A TRANSITIONAL RITUAL

Often used before prayer, meditation or important occasions to feel refreshed and centred.



These traditional associations carry cultural and personal meaning. The scientific evidence presented here relates specifically to warm-water bathing and ingredient research.

ROOTED IN TRADITION | POWERED BY SCIENCE

WHAT SCIENCE CAN SUPPORT

Traditional wisdom is now being explored by modern research. Here is what current scientific evidence suggests.



WARM WATER & WIND-DOWN

May support relaxation and better sleep

A systematic review found that a warm bath or shower, particularly 1–2 hours before bedtime and for as little as 10 minutes, was associated with faster sleep onset and improved self-rated sleep quality. This evidence concerns warm-water bathing in general, not this formula specifically. [1]



TURMERIC & SKIN RESEARCH

Early evidence for skin benefits

A systematic review found early clinical evidence for oral and topical turmeric or curcumin in several skin-related settings, including potential anti-inflammatory, antioxidant and wound-healing effects, while calling for stronger studies. It does not establish benefits for turmeric dispersed in bath water. [2]



ANTIOXIDANT & ANTI-INFLAMMATORY

Compounds of interest for skin health

Curcumin, the main active compound in turmeric, has been studied for antioxidant and anti-inflammatory properties that may support skin health. Most evidence is from laboratory and clinical studies using topical formulations. [2]



SKIN BARRIER & HYDRATION

Traditional use with emerging evidence

Turmeric has been traditionally used in Asian skincare rituals to support healthy-looking skin. Some studies suggest potential benefits for skin barrier function and hydration, but stronger clinical evidence is needed. [2]



SAFETY MATTERS

- Turmeric can cause contact allergy in some people. [3]
- Perform a patch test before first use.
- Avoid use on broken or irritated skin.
- Discontinue use if irritation occurs.



Rooted in traditional practice.
Informed by modern science.

NATURAL RITUALS
BRIGHTER DAYS

A HERITAGE BATHING RITUAL, REFINED

Inspired by the royal, bridal and ceremonial bathing traditions of Asia, turmeric and salt have long been associated with purification, auspiciousness, radiant-looking skin and overall wellbeing.



TURMERIC



FINELY SIEVED



ROCK SALT



SMALL-BATCH

WHAT MAKES IT DIFFERENT

Curcuma Mineral combines dried, high-quality turmeric rhizomes (*Curcuma longa* L.) with natural crystalline rock salt. Each ingredient is prepared separately: the turmeric is finely sieved, while the rock salt is ground to increase its surface area for faster dissolution and more even dispersion in warm water.

Prepared in small batches, it brings traditional wisdom into a carefully controlled, science-led bathing ritual.

DRIED, HIGH-QUALITY TURMERIC RHIZOMES
(*Curcuma longa* L.) + NATURAL ROCK SALT

Faster dissolving | Small-batch prepared
Pure, as nature intended