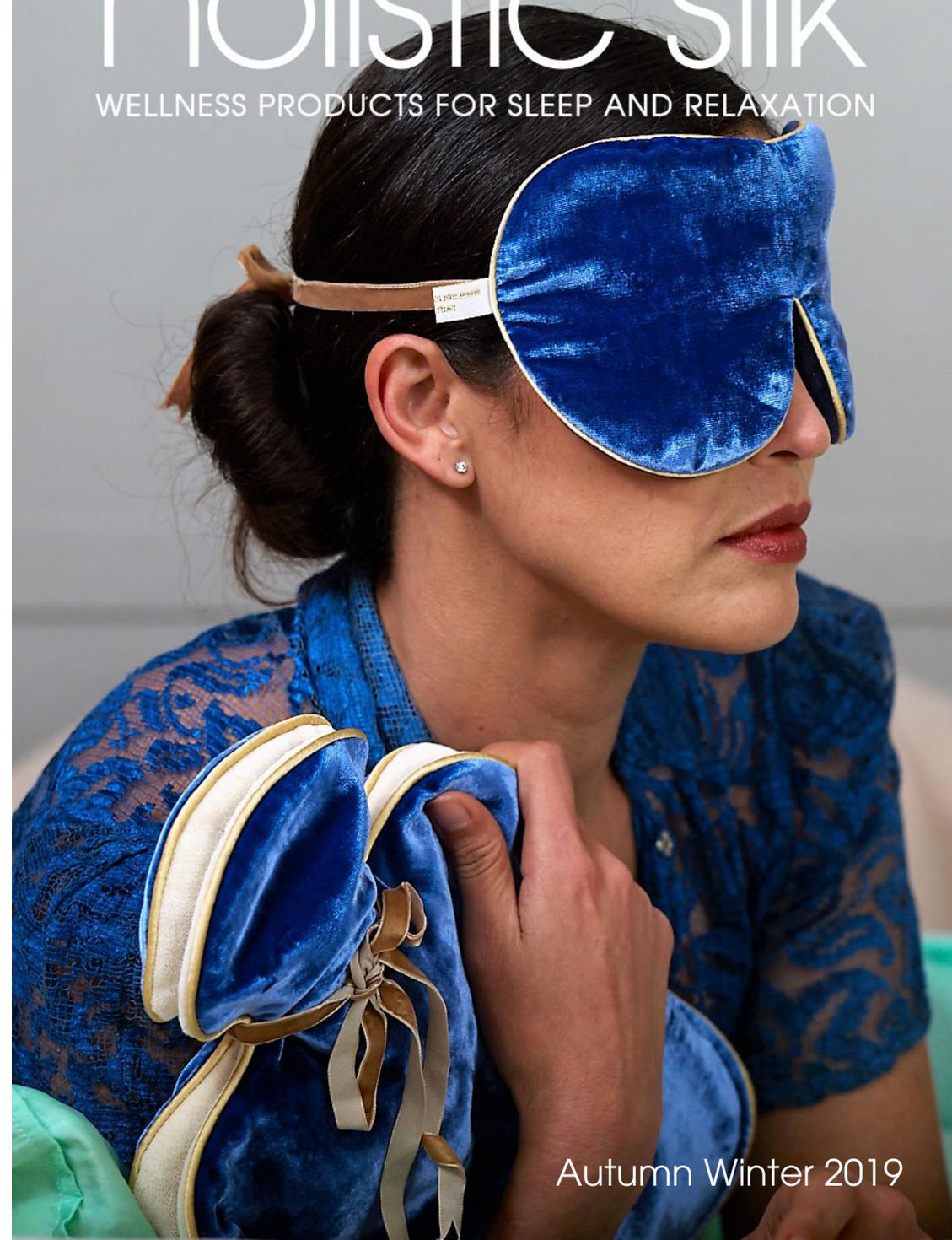


# holistic silk

WELLNESS PRODUCTS FOR SLEEP AND RELAXATION



Autumn Winter 2019



## Luxury Products Crafted with Love

Joanna Weakley created Holistic Silk in 1999 as an antidote to the fast pace and stress of modern life, designing and creating items that comfort and reassure simply, effectively and beautifully. This true passion, combined with a love of design and fashion, is perhaps why Holistic Silk remains one of the most respected Wellness brands today.

## The Worlds Best Sleep Masks

Our award winning ergonomic Eye Mask delivers deep, restorative sleep. Lightweight, luxurious and made to last with a unique no padded design to give a perfect, light blocking fit. Filled with natural dried Lavender flowers to add a subtle sleep inducing aroma and featuring two soft Velvet ties, this mask rests on your forehead and cheekbones to eliminate any pressure on the delicate eye area. This is, quite simply, the very best Eye Mask available.

Our most luxurious eye mask, the **Pure Mulberry Silk Eye Mask** features Silk on both sides. Naturally non-absorbent, the Silk lining actively helps prevent night-time facial creasing and dehydration, making it perfect for sensitive and maturing skin.

The **Limited Edition Eye Mask** is made in small runs using Joanna's pick of seasonal colours and designs in Silks, Brocades and Cottons and feature a soft Cotton Velvet lining.

The **Classic Lavender Eye Mask**, our ever popular original, is made with Dupion Silk on the front and a soft cotton velvet lining on the reverse. Available with an embroidered Blossom or Dragonfly motif.



## Why Two Ties?

Two ties allow a super comfortable, perfect, personalised fit to enhance your experience. We stand out from the Eye Mask crowd for providing this. Tie once then slip your mask off in the morning and back on at night. We make selected designs with one wide, soft Velvet elasticated strap for those who don't believe two ties are better than one!





## Luxury Gift Sets

### Silk Velvet Comfort Set

A Hot Water Bottle is one of the best tools for stress relief and comfort. Our reassuring, soothing and super luxurious Silk Velvet version of a classic favourite induces relaxation and sleep and comes complete with a high quality Fashy™ bottle. Combined with a matching Silk Velvet Lavender Eye Mask this set brings luxury, warmth and comfort at any time of the day. Glamorous enough to use at work and on the move. Presented in a beautiful Organza storage bag.



Blue Silk Velvet



Scarlet Silk Velvet



Gold Silk Velvet



Turquoise Silk Velvet



Rose Silk Velvet



Lilac Silk Velvet



Khaki Silk Velvet



Pink Silk Velvet



Saffron Silk Velvet

All Hot Water Bottles and Eye Masks are available separately

Shireen uses Rose Silk Velvet Comfort Set on Cream Pure Mulberry Silk Pillowcase



## Ultimate Sleep Set

Our two sleep heroes combined to bring you the ultimate night's sleep. Let your tensions subside as the Lavender Eye Pillow induces calm and silences mind chatter, preparing you for sleep. Follow with our Classic Lavender Eye Mask to block out all light and soothe your senses through until morning. Presented in a beautiful Organza storage bag.



Rose



Bronze



Lavender



Saffron



Emerald



Jade

## Rejuvenating Sleep Set

Mulberry Silk is recommended for your skin by beauty experts and for your hair by stylists. This set combines our beautifully crafted, fair made, hypoallergenic 100% Mulberry Silk Pillowcase and Eye Mask to reduce facial creasing and promote natural hydration, protecting both skin and hair whilst inducing relaxation and sleep. Once experienced there's no going back. Also available in White & Cream. Presented in a beautiful Organza storage bag.



Rose



Navy



Jade



Weavers Bloom  
Liberty Print

All items on this page are available separately



# The Beauty of Pure Mulberry Silk

Silk's beauty benefits have been harnessed by the Chinese for centuries. Compared to Cotton, Mulberry Silk is renowned for reducing skin and hair damage by up to 50% and is recommended for your skin by beauty experts and for your hair by stylists.

Silk contains naturally occurring Serecin, great for improving skin and hair hydration whilst reducing facial creasing. It is hypoallergenic and anti ageing making it the ideal beauty sleep fabric.

Amazingly our Mulberry Silk products are easily cared for by machine washing with a mild detergent on a 30° delicate cycle.

## Pure Mulberry Silk Pillowcase

Fair made to our own unique design with fully piped French seams and secure, no gape reverse closure, this pillowcase is easily cared for by machine washing at 30°.



Cream



White



Jade



Rose



Navy



Weavers Bloom Liberty Print



## Pure Mulberry Silk Hair Turban

This 100% 22 momme Mulberry Silk Turban is as beautiful to look at as it is effective. Expertly designed and constructed so that the shiny side of the Mulberry Silk sits against your hair, bringing the beauty benefits of silk to every strand.

A soft front twist and a small amount of elastic at the nape of the neck only, ensures that you can create the perfect personalised fit every time. Staying in place all night long without any hard knots or fastenings you definitely won't wake with any tell-tale facial marks from this Turban.

### The Benefits

Wraps and protects hair as you sleep

Stays in place all night long

Less frizz, less straightening, less snagging, less split ends

Naturally controls hair hydration

Protects straightening and styling treatments

Super stylish and easy to wear

Machine washable at 30°



Cream



Navy



Jade



Rose

## Pure Mulberry Silk Scrunchie

A soft elasticated pure Silk Scrunchie, comfortable and delicate enough to hold any hair style without snagging or damage. Hand or machine wash at 30°.



White



Cream



Navy



Jade



Rose

Shireen wears Rose Pure Mulberry Silk Hair Turban



# Pure Mulberry Silk Lavender Eye Mask



Ashina Liberty Print



Navy



Weavers Bloom Liberty Print



Jade



Florus Orange Liberty Print



Cream



Alma Liberty Print



Rose



Filigree Liberty Print



White

Featuring pure Mulberry Silk on both sides, two soft Velvet ties and a natural dried Lavender filling.

White, Cream and Navy also available with one soft elasticated strap.





# Chi Gemstone Facial Roller

A pure Gemstone classic facial massage tool to stimulate circulation and acupuncture points, leaving skin and facial muscles toned and puff free. Chi Rollers also relieve tension and soothe your mind. Simply incorporate into your daily beauty routine or use at your desk to help soothe your mind and release tension.



Amethyst to stimulate the mind and soothe emotions



Rose Quartz to ease stress and tension and to promote compassion



Aventurine to aid relaxation, calm anxiety and encourage healing



Serpentine to increase energy levels and self-regeneration



Yellow Jade to support emotional stability, balance and relationships



Red Jade to encourage action and dispel fear, worry and doubt



White Moonstone to stimulate Kundalini energy and perception. Ideal for insomnia

# Silk Beauty Cocoons

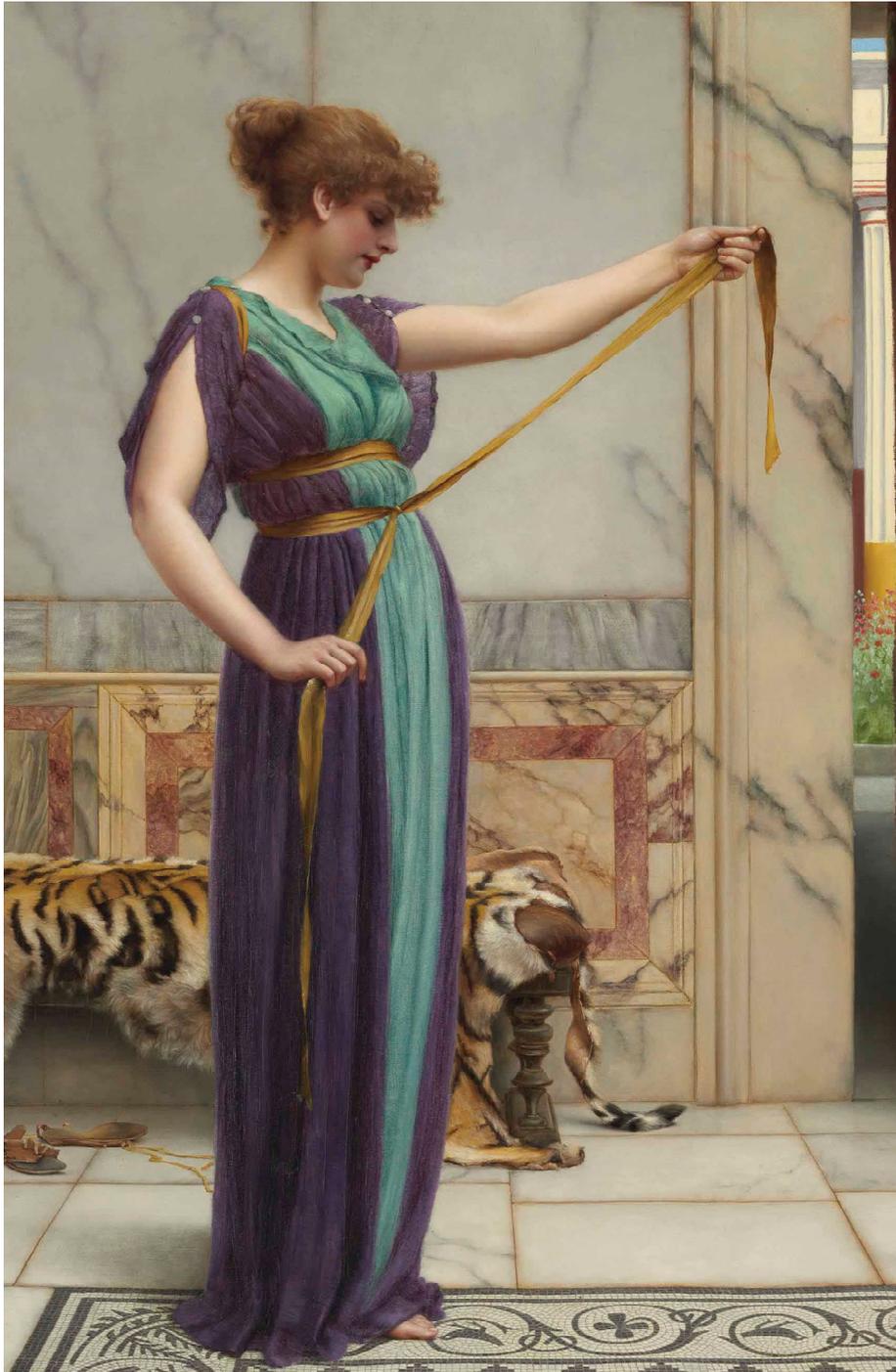
Historically used by Chinese Princesses, the compressed Silk fibres in these cocoons provide a natural and ecological way to exfoliate. Additionally, the naturally occurring Serecin nourishes, soothes, hydrates and plumps the skin leaving it luminous, smooth and refreshed.

Place a dampened cocoon on the end of your finger and exfoliate using small circular motions. Each cocoon can be used 2-3 times.





#myholisticsilk



# Pure Mulberry Silk Kaftan

Inspired by Grecian Goddesses, our classically designed Kaftan transcends time taking you to a place where luxurious lounging is a must.

The classic Kaftan has been worn for centuries and our 100% Pure Mulberry Silk version, generously cut for a flattering one size fit, features a V-neck, soft drawstring waist, drape sleeves and side vents for freedom of movement.

Complete with a luxurious Organza storage bag our Kaftan is ideal for travel, making it the perfect lounging accessory come winter or summer, at home or away.



100% Pure Mulberry Silk

Drape sleeves

Soft drawstring to create waist

Side vents

Lightweight yet opulent

One size

Perfect for lounging and travel

Machine wash at 30°



# Limited Edition Lavender Eye Mask

Featuring a soft Cotton Velvet lining, two soft Velvet ties and a natural dried Lavender filling. Made in small runs using Joanna's pick of seasonal colours and designs.



Tropical Birds



Raspberry Silk



Charcoal Silk



Aqua Brocade



Scarlet Brocade



Sprig



Gold Silk Velvet



Scarlet Silk Velvet



Rose Silk Velvet



Turquoise Silk Velvet



Lilac Silk Velvet



Saffron Silk Velvet



# Classic Lavender Eye Mask



Saffron



Pink



Tibetan Orange



Emerald



Blue



Black



Khaki

Featuring a soft Cotton Velvet lining, two soft Velvet ties and a natural dried Lavender filling.



Scarlet

Rose and Jade Dragonfly and plain Black also available with one soft elasticated strap.



Rose



Lavender



Jade



Cream



Bronze



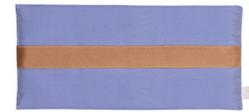
Silver





## Lavender Eye Pillow

Let your tensions subside and silence mind chatter with our Dupion Silk Lavender Eye Pillow. Filled and perfectly weighted with organic seeds and real dried Lavender flowers, this ergonomic design rests on your acupressure points for clarity and calm, making it instantly soothing. Naturally cooling, the Eye Pillow blocks out light to induce sleep and treats headaches, migraines, sinusitis, stress and insomnia. Ensures a moment of tranquillity and calm at any time. Available with or without two soft Velvet ties.



Lavender



Jade



Rose



Saffron



Emerald



Bronze



Navy



Also available with  
2 soft Velvet ties



## Heliotrope Ear Plugs

Enjoy the healing effects of natural gemstones with our Heliotrope, also known as Bloodstone, Ear Plugs which are renowned for their power to ground you, relieve anxiety and clear toxins.

Inspired by Hildegard von Bingen, a medieval superwoman who had profound insight into the healing effects of nature and the use of gemstones.





# Crystal Water

Water loses some of its natural curative properties due to reprocessing and filtering. Adding Gem Crystals can instill a positive energetic structure to your drinking water, which can include softening it and making it taste fresher. The captivating natural beauty of Gem Water Crystals encourages you to drink more water.

## Gem Water Crystal Mix

Our Chinese 5 Elements Wellbeing Mix contains a loose selection of Amethyst, Blue Lace Agate, Ocean Jasper and Rose Quartz crystals to use in your water jug.



A 500ml dishwasher safe glass bottle which allows you to enjoy your Crystal tonic in luxury. The removable base contains a sealed chamber of Rose Quartz, Amethyst and Clear Quartz. Easy to refill, use and clean.

## Crystal Gemstone Bottles



Clarity

Harmony

Elements

Balance

Glow

A lightweight 650ml bottle made from high quality BPA & BPS free plastic with a screw top lid and sealed gemstone chamber containing various crystal mixes. Perfect for enjoying your Crystal tonic on the go.

Shireen wears French Stripe Lavender Eye Mask and holds a carafe containing Gem Water Crystal Mix



# Yoga Rug Mat

Our super luxurious yet lightweight Yoga Rug Mat, filled with real dried Lavender flowers, has a non-slip faux leather base and cosy performance fleece top to give comfort and reassurance while stretching and holding your pose. Recommended for Hatha, Restorative, Kundalini and Yin Yoga, Meditation and Pilates. Machine washable at 30°.



Paisley



Turquoise



Navy



Denim



Tan



Floral



Rose



Rose Gold



Silver



Jade



Jute Check

Jen wears Lavender Massaging Slippers and Plum Brocade Lavender Eye Mask. She holds a Tan Yoga Rug Mat and Pink Silk Velvet Hot Water Bottle



# Relaxation Set

A beautiful gift set to take you from evening to bedtime. Combining the comfort, elegance and soothing properties of our Massaging Slippers with our sleep inducing Lavender Eye Mask presented in a beautiful Organza storage bag. The perfect accompaniment for travelling in style or relaxing at home.



Jade



Madagascar



Black Leaf

Small	Medium	Large
UK 3-4	UK 5-6	UK 7-8
EU 36-37	EU 38-39	EU 40-41

Beautifully crafted in a ballerina style using woven Brocades, our slippers with removable massaging magnetic insoles, improve circulation and relieve aching legs and feet. The nodules on the textured insoles massage your feet like reflexology whilst the magnets improve circulation and metabolism and aid pain relief, These insoles are fully removable and can be easily cleaned with soapy water.



Jade



Madagascar



Black Leaf

Featuring a soft Cotton Velvet lining, two soft Velvet ties and a natural dried Lavender filling, the Limited Edition Lavender Eye Mask is made in small runs using Joanna's pick of seasonal colours and designs in Silks, Brocades and Cottons .

All Slippers and Eye Masks are available separately



## Holistic Silk Ltd

Corentin, Tintagel Road,  
Boscastle, Cornwall.  
PL35 0AR  
Tel: +44(0)1840250425  
sales@holisticsilk.com