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# Healing *lifestyles & spas*

Featuring: Ancient Secrets

## Global Healing Traditions



Vancouver-based Sherina Jamal draws upon her Indian and East African heritage plus local and global natural ingredients for her

**Ancient Secrets** spa products. “My goal was to create a unique spa line that embraced healing ingredients and philosophies from different parts of the world in order to offer products and treatments that worked externally and internally,” states Jamal, who founded her company in 1997.

Pacific seaweed and Canadian glacial clay from the foundations of Jamal’s signature Age Effective Body Care line. Hand-harvested in an environmentally sound manner off the British Columbia coast, fast-growing *Macrocystis Intergrifolia* Pacific kelp is rich in zinc, potassium, magnesium, iron, and naturally

occurring vitamins that Jamal extols for replenishing the skin’s nutrients and improving tone and clarity. Cold-processing the sea-

weed within 8-12 hours after harvest retains it maximum potency.

Another key ingredient is nutrient-rich British Columbian glacial clay, one of the world’s few naturally colloidal clays. The glacial clay helps to remove toxins, improve circulation and reduce inflammation, says Jamal.

Other signature ingredients include the high-altitude French lavender featured in the Lavender Soy line. For more information, see [www.ancientsecrets.ca](http://www.ancientsecrets.ca)

—Bess Hochstein

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