



## Javanese lulur Body Scrub



One of the great secrets of the Javanese Royalty, *lulur*, the luxurious body scrub, is believed to be one of the nature's best exfoliating methods. This sumptuous traditional Javanese health and beauty rituals, has been used by the ladies of the Royal families for centuries. Traditionally it was given to the bride-to-be of the Royal families each day for 40 days

prior to her wedding to cleanse, smooth, soften, and rejuvenate their skin. This healing art works well in eliminating dead skin cells. Our Lulur recipe is made from a blend of finely ground Javanese native herbs, spices such as Pandanus leaves, Turmeric, *Curcuma Heyneana* and Rice powder. Combined, they bring back the true feel of *jamu* with its exotic scent.

### Benefits :

- Turmeric has antiseptic properties that help cleanse the skin; antioxidant; antibacterial; anti-fungal; anti-allergic; anti-inflammatory; antispasmodic; used to treat skin diseases, itch, wounds, ulcers, abscesses and rheumatism; promotes circulation; stimulant.
- *Curcuma heyneana* or Temugiring root is an important ingredients in traditional Javanese lulur; it acts as an emollient (softens and smoothes the skin, and soothes inflamed and irritated tissues); astringent; antiseptic; helps to treat skin diseases, wounds, abrasions and injuries; body deodorant; helps to combat fatigue.
- Pandanus leaves have a very distinct scent, and commonly used in many Indonesian cuisine.
- Rice powder is used as a base in traditional body scrubs due to its exfoliating properties.