

B O D Y
&
L I F E S T Y L E

Soderli

Sodashi

Wholeness. Purity. Radiance. That's the meaning of the Sanskrit word Sodashi, and it perfectly describes the values by which all of our sophisticated, chemical-free skin care products are created – without compromise.

Sodashi products are unparalleled in performance and purity, employing only therapeutic grade, ethically-sourced essential oils and plant actives to heal and nurture.

From seed to shelf, Sodashi remains true to its name, dramatically regenerating the skin, and imparting a deep sense of wellbeing to spirit and mind.

Sodashi is proof that chemical-free skin care *can* be luxurious and *does* achieve exceptional results.

EXFOLIANTS

JOJOBA BEAD BODY POLISH

Softens, smoothes
and hydrates

250ml/8.5fl.oz e



This extra-gentle aromatic body polish leaves skin soft, smooth and hydrated. Jojoba beads lightly polish the skin, while Geranium and Bergamot balance and uplift the mind.

Directions: Apply to damp skin and massage over the body. Rinse to remove.

Ingredients: aqua (purified water), simmondsia chinensis (jojoba beads), xanthan gum, citrus grandis (grapefruit seed extract), sodium cocoamphoacetate*, vegetable glycerin, lauryl glucoside*, sodium cocoyl glutamate*, sodium lauryl glucose carboxylate*, citrus aurantium bergamia (bergamot*), pogostemon cablin (patchouli*), potassium sorbate, pelargonium graveolens roseum (rose geranium*), cananga odorata (ylang ylang*). *organic

EXFOLIANTS

BODY BALANCE SALT THERAPY EXFOLIANT

Smoothes skin, relieves stress and fatigue

250g/8.8oz e



A mineral-rich body exfoliant that promotes healthy, smooth skin and balances the mind. Himalayan Crystal Salts stimulate circulation and relieve stress and fatigue.

Directions: Sprinkle exfoliant directly on to damp skin, or following the application of Sodashi Vitamin Rich Body Oil. Massage the salts over skin and rinse to remove.

Tip: Add 1-2 tablespoons to a bath for a jet-lag recovery treatment.

Ingredients: sodium chloride (himalayan crystal salt), simmondsia chinensis (jojoba oil*), tocopherol (vitamin E), olea europaea (olive leaf extract), citrus sinensis (sweet orange*), lavandula angustifolia (lavender*), pelargonium graveolens (geranium*), aniba roseodora (rosewood), salvia sclarea (clary sage*). *organic

EXFOLIANTS

VANILLA BODY EXFOLIANT

Gently softens and
revitalises the skin

200g/7oz e



An aromatic body exfoliant that gently softens and smoothes the skin. Vanilla comforts, while Wattle Seed and Sandalwood revitalise the skin and relieve tension.

Directions: Sprinkle exfoliant directly on to damp skin or following the application of Sodashi Vitamin Rich Body Oil. Massage the exfoliant over skin and rinse to remove.

Tip: Add 1-2 tablespoons to a bath.

Ingredients: unrefined cane sugar*, acacia victoriae (wattle seed), santalum spicatum (sandalwood powder), tocopherol (vitamin E), vanilla planifolia (vanilla*). *organic

EXFOLIANTS

ORGANIC GREEN TEA SALT THERAPY EXFOLIANT

Mineral-rich
purifying treatment

250g/8.8oz e



A detoxifying body exfoliant that promotes healthy, smooth skin and eliminates toxins. Mineral-rich Himalayan Crystal Salts stimulate circulation while Green Tea provides a boost of antioxidants.

Directions: Sprinkle exfoliant directly on to damp skin or following the application of Sodashi Vitamin Rich Body Oil. Massage the salts over skin and rinse to remove.

Tip: Add 1-2 tablespoons to a bath.

Ingredients: sodium chloride (himalayan crystal salt), camellia synensis (green tea*), simmondsia chinensis (jojoba oil*), santalum spicatum (sandalwood powder), eucalyptus dives (broad leaf peppermint), tocopherol (vitamin E). *organic

BODY BUTTERS

FLORAL BODY BUTTER

Long lasting hydration,
softening

250ml/8.5fl.oz e



This luxurious body butter deeply nourishes, protects and softens the skin. Damask Rose and Rosewood promote cell renewal and long-lasting hydration.

Directions: Apply to the body to deeply moisturise. For best results, apply whilst skin is still damp.

Tip: Warm body butter in hands for a smoother application.

Ingredients: aqua (purified water), cetearyl alcohol (plant derived), cocos nucifera (coconut oil*), simmondsia chinensis (jojoba oil*), corylus avellana (hazelnut oil), jasminum grandiflorum (jasmine hydrosol*), butyrospermum parkii (shea nut butter*), mangifera indica (mango butter), shorea robusta (sal butter), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), aniba roseodora (rosewood), vanilla planifolia (vanilla*), cananga odorata (ylang ylang*), santalum spicatum (sandalwood australian), rosa damascena (damask rose), jasminum grandiflorum (jasmine*). *organic

BODY BUTTERS

VANILLA BODY BUTTER

Long lasting hydration,
softening

250ml/8.5fl.oz e



This luxurious body butter deeply nourishes, softens and protects the skin. Ylang Ylang and Vanilla soothe the senses, while Mango Butter and Coconut Oil provide long-lasting hydration.

Directions: Apply to the body to deeply moisturise. For best results, apply whilst skin is still damp.

Ingredients: aqua (purified water), cocos nucifera (coconut oil*), cetearyl alcohol (plant derived), simmondsia chinensis (jojoba oil*), jasminum grandiflorum (jasmine hydrosol*), butyrospermum parkii (shea nut butter*), mangifera indica (mango butter), shorea robusta (sal butter), tocopherol (vitamin E), citrus grandis (grapefruit seed extract*), citrus paradisi (grapefruit*), cananga odorata (ylang ylang*), pogostemon cablin (patchouli*), vanilla planifolia (vanilla*). *organic

LOTIONS

DEEP RELAX BODY LOTION

Hydrates, softens
and rejuvenates

200ml/6.8fl.oz e



This deeply relaxing body lotion hydrates, softens and rejuvenates the skin. Shea Butter nourishes, while Geranium and Clary Sage comfort and balance body and mind.

Directions: Apply liberally to the body to moisturise.

Ingredients: aqua (purified water), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), corylus avellana (hazelnut oil), cetearyl alcohol (plant derived), simmondsia chinensis (jojoba oil*), butyrospermum parkii (shea nut butter*), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), persea gratissima (avocado oil*), aniba roseodora (rosewood), lavandula angustifolia (lavender*), pelargonium graveolens (geranium*), citrus sinensis (sweet orange*), salvia sclarea (clary sage*). *organic

LOTIONS

ENLIVENING BODY LOTION

Revitalise the skin,
uplift the senses

200ml/6.8fl.oz e



This revitalising body lotion hydrates, softens and awakens the skin. Lemongrass and Cypress stimulate circulation, while Bergamot uplifts the senses.

Directions: Apply liberally to the body to moisturise.

Ingredients: aqua (purified water), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), corylus avellana (hazelnut oil), cetearyl alcohol (plant derived), simmondsia chinensis (jojoba oil*), butyrospermum parkii (shea nut butter*), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), persea gratissima (avocado oil*), citrus aurantifolia (lime*), cymbopogon flexuosus (lemongrass*), cananga odorata (ylang ylang*), cupressus sempervirens (cypress*), citrus aurantium bergamia (bergamot*). *organic

SPECIALISED

CONTOURING BODY GEL

Instantly firms and tightens

250ml/8.5fl.oz e



This concentrated gel helps alleviate cellulite and fluid retention. Mineral-rich Seaweed and Kelp boost circulation and eliminate toxins, while Lemongrass firms and tightens the skin.

Directions: Apply daily to affected areas to tone and smooth skin. Follow with Sodashi Contouring Body Lotion.

Ingredients: aqua (purified water), magnesium oxide, sodium oxide, silicon oxide, fucus vesiculosus (fucus), aesculus hippocastanum (horse chestnut), citrus grandis (grapefruit seed extract), durvillea potatorum (kelp*), rosmarinus officinalis (rosemary cineol*), cedrus atlantica (cedarwood*), picea mariana (spruce*), cymbopogon flexuosus (lemongrass*), cupressus sempervirens (cypress*). *organic

SPECIALISED

CONTOURING BODY LOTION

Hydrates and tones

200ml/6.8fl.oz e



This nourishing body lotion firms, tones and hydrates the skin. Kelp and Seaweed help to alleviate cellulite, whilst Gotu Kola and Lemongrass boost circulation.

Directions: Massage daily into affected areas following application of Sodashi Contouring Body Gel.

Tip: When time is limited, mix gel and lotion together to apply.

Ingredients: aqua (purified water), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), corylus avellana (hazelnut oil), cetearyl alcohol (plant derived), simmondsia chinensis (jojoba oil*), butyrospermum parkii (shea nut butter*), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), persea gratissima (avocado oil*), aniba roseodora (rosewood), lavandula angustifolia (lavender*), pelargonium graveolens (geranium*), citrus sinensis (sweet orange*), salvia sclarea (clary sage*). *organic

SPECIALISED

YOUTHFUL SILHOUETTE BUST FIRMING GEL

Nutrient-rich gel
to firm and tone

250ml/8.5fl.oz e



A concentrated gel to revitalise the skin of the bust and décolletage. African Geranium supports circulation, while Lemongrass firms and tones.

Directions: Apply daily to bust and décolletage. Follow with Sodashi Youthful Silhouette Bust Lotion.

Ingredients: aqua (purified water), cistus ladaniferus (cistus hydrosol*), magnesium oxide, sodium oxide, silicon oxide, citrus grandis (grapefruit seed extract), pelargonium graveolens (rose geranium*), santalum spicatum (sandalwood australian), pelargonium graveolens (geranium*), scymbopogon flexuosus (lemongrass*), vetiveria zizanioides (vetiver*), citrus aurantium (blood orange*), rosa damascena (damask rose). *organic

SPECIALISED

YOUTHFUL SILHOUETTE BUST LOTION

Revitalising lotion
to firm and tone

200ml/6.8fl.oz e



This nourishing lotion helps firm and tone the skin of the bust and décolletage. African Geranium and Vetiver support circulation, while hydrating Damask Rose provides a soothing, delicate aroma.

Directions: Massage daily into bust and décolletage following application of Sodashi Youthful Silhouette Bust Firming Gel.

Tip: When time is limited, mix gel and lotion together to apply.

Ingredients: aqua (purified water), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), cetearyl alcohol (plant derived), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), pelargonium roseum (rose geranium*), santalum spicatum (sandalwood australian), citrus aurantium (blood orange*), pelargonium graveolens (geranium*), cananga odorata (ylang ylang*), cymbopogon flexuosus (lemongrass*), vetiveria zizanioides (vetiver*), rosa damascena (damask rose). *organic

SPECIALISED

AFTER SUN COOLING MIST

Cools and relieves irritation

100ml/3.4fl.oz e



This hydrating mist instantly cools and soothes the skin following sun exposure. Sandalwood Hydrosol relieves irritation, while Peppermint and Lavender heal and refresh.

Directions: Following sun exposure, close eyes and spray mist over face and body to cool and soothe.

Tip: Use as often as required.

Ingredients: aqua (purified water), santalum spicatum (sandalwood hydrosol), alcohol (ethanol, pure cane spirit), soy lecithin, tocopherol (vitamin E), prunus dulcis (almond oil polyglycerol), citrus grandis (grapefruit seed extract), santalum spicatum (sandalwood australian), lavandula angustifolia (lavender*), melaleuca alternifolia (tea tree*), anthemis nobilis (chamomile roman*), chamomilla matricaria (chamomile german*), mentha piperita (peppermint*), rosa damascena (damask rose). *organic

SPECIALISED

AFTER SUN RECOVERY BODY LOTION

Aids skin recovery

200ml/6.8fl.oz e



This soothing body lotion hydrates and cools sensitive, inflamed or sunburnt skin. Chamomile and Sandalwood calm, while Calendula and Lavender heal and aid skin recovery.

Directions: Following sun exposure, apply liberally to hydrate, cool and calm the skin. Not for use on the face.

Tip: Apply on a hot day to cool the body.

Ingredients: aqua (purified water), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), cetearyl alcohol (plant derived), corylus avellana (hazelnut oil), calendula officinalis (calendula oil*), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), lavandula angustifolia (lavender*), santalum spicatum (sandalwood australian), melaleuca alternifolia (tea tree*), anthemis nobilis (chamomile roman*), chamomilla matricaria (chamomile german*), mentha piperita (peppermint*). *organic



SPECIALISED

DEEP CONDITIONING HAIR AND SCALP MUD

Removes chemical build-up
and restores shine

250ml/8.5fl.oz e



An intensive treatment to stimulate and cleanse the scalp, and deeply nourish all hair types. White Clay and Rosemary remove chemical build-up from scalp, while Jojoba Oil improves hair manageability and restores shine.

Directions: Dampen hair and apply liberally to the scalp and hair. Massage into the scalp and leave on for 10 - 20 minutes. Shampoo to remove.

Tip: Apply mask and wrap head in hot towel for a more intensive treatment.

Ingredients: aqua (purified water), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), cetearyl alcohol (plant derived), #1332/58/7 kaolin (argilez white clay), simmondsia chinensis (jojoba oil*), butyrospermum parkii (shea nut butter*), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), olea europaea (olive leaf extract), xanthan gum, aniba roseodora (rosewood), cupressus sempervirens (cypress*), rosmarinus officinalis (rosemary*), cedrus atlantica (cedarwood*), citrus limon (lemon*). *organic

HANDS & FEET

HAND RESCUE CREAM

Nourishes, repairs
and protects

50ml/1.7fl.oz e



This fast-absorbing hand cream nourishes, repairs and protects hands and cuticles. Benzoin and Lemon smooth and soften, while Rosewood helps skin recover from day to day stressors.

Directions: Massage into hands and cuticles daily. Repeat as often as desired.

Ingredients: aqua (purified water), simmondsia chinensis (jojoba oil*), cetearyl alcohol (plant derived), persea gratissima (avocado oil*), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), citrus grandis (grapefruit seed extract), tocopherol (vitamin E), butyrospermum parkii (shea nut butter*), citrus limon (lemon*), aniba roseodora (rosewood), cinnamomum camphora (ho leaf), styrax benzoe (benzoin*), rosa damascena (damask rose). *organic

HANDS & FEET

MINT SOOTHER FOOT TREATMENT

Refreshes and
cools feet and legs

200ml/6.8fl.oz e



This refreshing lotion cools and soothes tired, aching feet and legs. Spearmint and Peppermint reduce fatigue and promote circulation, while Arnica helps reduce swelling.

Directions: Massage into feet and legs daily to soothe and moisturise. Particularly beneficial during and after travel.

Tip: Apply to feet and cover with socks for an overnight treatment.

Ingredients: aqua (purified water), macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), cetearyl alcohol (plant derived), simmondsia chinensis (jojoba oil*), arnica montana (arnica oil), tocopherol (vitamin E), citrus grandis (grapefruit seed extract), mentha spicata (spearmint*), mentha piperita (peppermint*), lavandula latifolia (lavender spike*). *organic

BODY OILS

VITAMIN RICH BODY OIL

Repairs and strengthens

100ml/3.4fl.oz e



A gentle, unscented blend of nutrient-rich plant oils that protect, nourish and strengthen the skin. Hazelnut and Jojoba oils deeply hydrate and restore softness. Safe for use during pregnancy.

Directions: Apply to damp skin following shower or bath. Ideal for body massage and for use with Sodashi body exfoliants.

Tip: Use during pregnancy to keep skin supple.

Ingredients: macadamia integrifolia (macadamia oil), prunus armeniaca (apricot kernel oil), prunus dulcis (almond oil), corylus avellana (hazelnut oil), simmondsia chinensis (jojoba oil*), tocopherol (vitamin E). *organic

BODY OILS

FITNESS RECOVERY BODY OIL

Warms and relieves tension

100ml/3.4fl.oz e



A therapeutic blend of nourishing plant actives to hydrate, warm and relieve tension. Ginger, Pine and Eucalyptus stimulate circulation and reduce inflammation.

Directions: Apply to damp skin following shower or bath. Ideal for body massage and to soothe after physical activity.

Ingredients: prunus dulcis (almond oil), prunus armeniaca (apricot kernel oil), tocopherol (vitamin E), eucalyptus radiata (eucalyptus), zingiber officinalis (ginger), rosmarinus officinalis (rosemary*), lavandula angustifolia (lavender*), piper nigrum (black pepper*), pinus sylvestris (pine). *organic

BODY OILS

SERENITY BODY OIL

Softens skin, clears the mind

100ml/3.4fl.oz e



A blend of nourishing plant oils and essences to soften the skin and clear the mind. Frankincense, Mandarin and Cardamom promote deep relaxation.

Directions: Apply to damp skin following shower or bath. Ideal for body massage and for use in times of stress or fatigue.

Ingredients: prunus dulcis (almond oil), prunus armeniaca (apricot kernel oil), tocopherol (vitamin E), citrus nobilis (mandarin red*), cymbopogon martini (palmarosa*), citrus aurantium amara (petitgrain*), elettaria cardamomum (cardamom*), boswellia carterii (frankincense), vetiveria zizanoides (vetiver*). **organic*

BODY OILS

TOXICLEANSE BODY OIL

Purifying and revitalising
for mind and body

100ml/3.4fl.oz e



A revitalising blend of plant oils and essences that eliminate toxins and impurities from the body. Cypress helps promote circulation, while purifying Juniper Berry relieves fluid retention.

Directions: Apply to slightly damp skin following shower or bath. Ideal for body massage.

Ingredients: prunus dulcis (almond oil), prunus armeniaca (apricot kernel oil), tocopherol (vitamin E), juniperus communis (juniper*), cedrus atlantica (cedarwood*), citrus limon (lemon*), cupressus sempervirens (cypress*), pelargonium graveolens (geranium*), citrus paradisi (grapefruit*). *organic

LIFESTYLE

SPACE CLEARING MIST

Refreshing mist to cleanse
any environment

100ml/3.4fl.oz e



Restore balance and calm to any environment with this refreshing room spray. This cleansing essential oil blend brings about a sense of peace.

Directions: Spray liberally around yourself or in an area such as a bedroom or workspace.

Tip: Spritz in your workspace to combat computer fatigue.

Ingredients: aqua (purified water), prunus dulcis (almond oil polyglycerol), alcohol (ethanol, pure cane spirit), soy lecithin, tocopherol (vitamin E), citrus grandis (grapefruit seed extract), boswellia carterii (frankincense), juniperus communis (juniper*). **organic*

LIFESTYLE

JET LAG RECOVERY TRAVEL KIT

Supports mind, body and emotions during travel

The Jet Lag Recovery Kit contains a Mist and Gel to uplift and support mind, body and emotions during and following periods of travel. A blend of Ginger, Angelica and Lemongrass helps stimulate the digestive system and strengthen mental clarity.

Directions: Apply Jet Lag Recovery Gel to pulse points and nape of neck every three hours during periods of travel. Spray Jet Lag Recovery Mist over face and body as often as required, avoiding contact with eyes.

Tip: Calms and soothes travel ailments.



Jet Lag Recovery Gel Ingredients: aqua (purified water), magnesium oxide, sodium oxide, silicon oxide, citrus grandis (grapefruit seed extract), citrus paradisi (grapefruit*), pelargonium graveolens (geranium*), zingiber officinalis (ginger), rosmarinus officinalis (rosemary), cymbopogon flexuosus (lemongrass*), mentha piperita (peppermint*), angelica glauca (angelica root). *organic

30ml/1fl.oz e

Jet Lag Recovery Mist Ingredients: aqua (purified water), alcohol (ethanol, pure cane spirit), soy lecithin, tocopherol (vitamin E), citrus grandis (grapefruit seed extract), prunus dulcis (almond oil polyglycerol), citrus paradisi (grapefruit*), pelargonium graveolens (geranium*), cymbopogon flexuosus (lemongrass*), rosmarinus officinalis (rosemary*), zingiber officinalis (ginger), mentha piperita (peppermint*), angelica glauca (angelica root). *organic

50ml/1.7fl.oz e



LIFESTYLE

CHAKRA BALANCE KIT

Essential oil blends to support mind, body and emotional wellbeing

All Chakra Balance Oils are 10ml/0.34fl.oz e, available as a kit or individually.

A wellbeing kit to boost vitality and balance mind, body and emotions.

Contains seven plant essence oil blends especially formulated to support the body's major chakras and a Sodashi Space Clearing Mist.

Directions: Apply 2 drops of your selected Chakra Balance Oil to the corresponding chakra point on the body or feet, as per instructions included with product.

Tip: Use Chakra Balance Oils as perfumes.

Chakra Balance 1: *Survival* – Alleviate insecurity and fear, ease stress-related tension.

Chakra Balance 2: *Sexuality* - Release blockages to creativity and achieving personal goals.

Chakra Balance 3: *Power* - Diminish feelings of powerlessness, anger and frustration.

Chakra Balance 4: *Love* - Cultivate love, both for ourselves and towards others.

Chakra Balance 5: *Communication* - To enable clear, honest communication and expression.

Chakra Balance 6: *Intuition* - To encourage physical senses and enhance inner vision.

Chakra Balance 7: *Cognition* - Increase connection to higher elements and expand consciousness.







LIFESTYLE

RADIANCE AROMA BLEND

Revitalise and uplift

10ml/0.34fl.oz e

A revitalising blend of essential oils, with Bergamot, Ylang Ylang and Neroli.



PURITY AROMA BLEND

Refresh and enliven

10ml/0.34fl.oz e

An enlivening blend of pure essential oils, with Juniper, Cypress and Grapefruit.



WHOLENESS AROMA BLEND

Balance and soothe

10ml/0.34fl.oz e

A balancing blend of pure essential oils, with Jasmine, Mandarin and Vanilla.

Directions: Add 15 drops to an aroma burner, diffuser or bath. Add 2 drops to a tissue for aromatic inhalation throughout the day.

