

BENEFITS OF KASHMIRI SAFFRON

DURING

PREGNANCY



- ✓ Helps reduce morning sickness
- ✓ Improves mood & reduces stress
- ✓ Aids digestion & relieves bloating
- ✓ Supports better sleep & relaxation
- ✓ Improves blood circulation
- ✓ Rich in antioxidants, supports baby's healthy development

DAILY CONSUMPTION GUIDE

- ✓ After the 1st Trimester:
2-3 Saffron Strands Daily
 - Soak in warm milk & drink

SHALIMAR SAFFRON

Organic Premium Grade. Kashmiri Mogra Saffron

Email: sales.shalimarsaffron@gmail.com | Mobile: 7984013373

FITNESS BENEFITS OF KASHMIRI SAFFRON

- ✓ Boosts Natural Energy & Stamina
- ✓ Improves Physical Endurance & Performance
- ✓ Enhances Oxygen Delivery to Muscles
- ✓ Aids Faster Muscle Recovery
- ✓ Reduces Muscle Soreness & Fatigue
- ✓ Supports Lean Muscle Function & Strength
- ✓ Improves Workout Focus & Motivation
- ✓ Helps Maintain Healthy Body Composition
- ✓ Reduces Oxidative Stress from Intense Training



✉ sales.shalimarsaffron@gmail.com

☎ 7984013373

SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

ELEVATE YOUR PERFORMANCE NATURALLY

FITNESS BENEFITS RECIPES

KASHMIRI SAFFRON

1 SAFFRON PRE-WORKOUT DRINK

(Natural Performance Booster)

HOW TO MAKE:

- ✓ 4-5 saffron strands
- ✓ 1 glass warm water or milk
- ✓ Optional: ½ tsp honey

Warm lightly, cool, store in glass bottle

WHEN TO TAKE:

- ✓ 30 minutes before workout

2 SAFFRON RECOVERY MILK

(Post-Workout)

- ✓ 5-6 saffron strands
- ✓ 1 cup warm milk

HOW TO USE: 1 tsp daily with warm water or milk

BENEFITS

- ✓ Faster muscle recovery
- ✓ Reduces inflammation
- ✓ Improves sleep quality

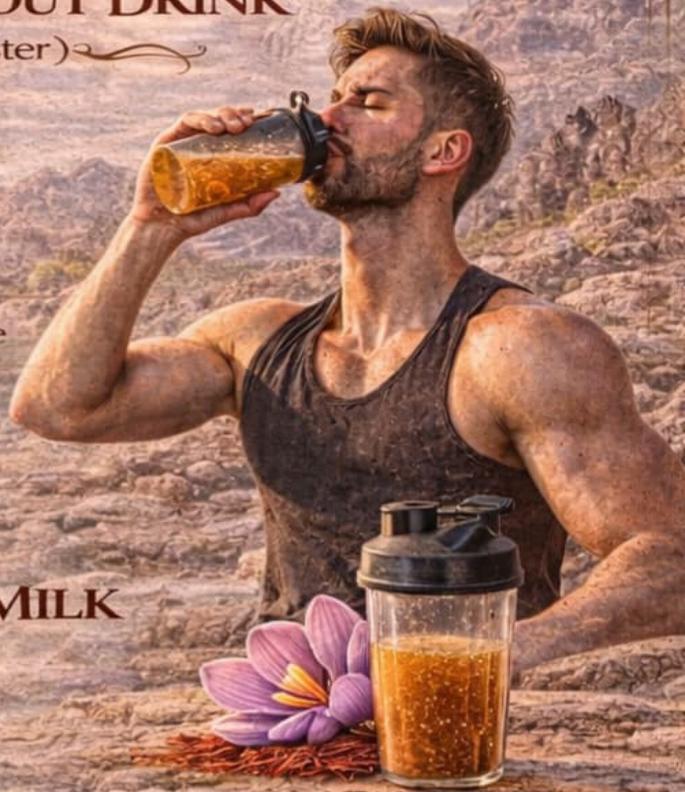
NATURAL BOOSTER FOR FITNESS ENTHUSIASTS

SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

✉ sales.shalimarsaffron@gmail.com

☎ 7984013373



SKIN BENEFITS OF KASHMIRI SAFFRON

- ✓ Brightens & Evens Skin Tone
- ✓ Reduces Dark Spots & Blemishes
- ✓ Boosts Natural Radiance & Glow
- ✓ Fights Signs of Aging & Wrinkles
- ✓ Helps Reduce Acne & Pimples
- ✓ Soothes Sensitive & Irritated Skin
- ✓ Hydrates & Nourishes the Skin
- ✓ Promotes Smooth & Clear Complexion
- ✓ Protects Against Environmental Damage



SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

REVITALIZE YOUR SKIN THE NATURAL WAY

✉ sales.shalimarsaffron@gmail.com

☎ 7984013373

SKIN BENEFITS RECIPES

KASHMIRI SAFFRON

1 SAFFRON GLOW MILK

(Daily Beauty Drink)

- ✓ 4-5 strands Kashmiri saffron
- ✓ 1 cup warm milk

Soak saffron for 10–15 minutes,
drink at night

BENEFITS

- ✓ Enhances natural glow
- ✓ Improves skin tone & texture
- ✓ Reduces dullness & pigmentation

2 SAFFRON FACE PACK

(2–3 times/week)

- ✓ 6–7 saffron strands
- ✓ 1 tbsp raw milk or rose water
- ✓ 1 tsp sandalwood or multani mitti

Apply: 15–20 minutes, rinse gently

BENEFITS

- ✓ Brightens skin
- ✓ Reduces acne & blemishes
- ✓ Soothes sensitive skin

REVITALIZE YOUR SKIN NATURALLY

SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

✉ sales.shalimarsaffron@gmail.com

☎ 7984013373

HAIR BENEFITS OF KASHMIRI SAFFRON

- ✓ Strengthens Hair Roots & Follicles
- ✓ Promotes Thicker & Fuller Hair Growth
- ✓ Reduces Hair Fall & Breakage
- ✓ Nourishes Scalp & Prevents Dryness
- ✓ Helps Control Dandruff
- ✓ Enhances Hair's Natural Shine & Luster
- ✓ Delays Premature Greying
- ✓ Conditions & Hydrates the Hair
- ✓ Stimulates Scalp Circulation



SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

NOURISH & STRENGTHEN YOUR HAIR THE NATURAL WAY

✉ sales.shalimarsaffron@gmail.com

☎ 7984013373

HAIR BENEFITS RECIPES

KASHMIRI SAFFRON

1 SAFFRON HAIR GROWTH OIL

(2-3 times/week)

- ✓ 8-10 saffron strands
- ✓ ½ cup coconut or almond oil

Warm lightly, cool, store in glass bottle

BENEFITS

- ✓ Strengthens hair roots
- ✓ Reduces hair fall
- ✓ Improves shine & thickness

2 SAFFRON HAIR MASK (Weekly)

(2-3 times/week)

- ✓ 6-7 saffron strands
- ✓ 1 tbsp raw milk or rose water
- ✓ 1 tsp sandalwood or multani mitti

Apply: 15-20 minutes, rinse gently

BENEFITS

- ✓ Controls dandruff
- ✓ Hydrates scalp
- ✓ Promotes healthy hair growth

NOURISH YOUR HAIR THE NATURAL WAY

SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

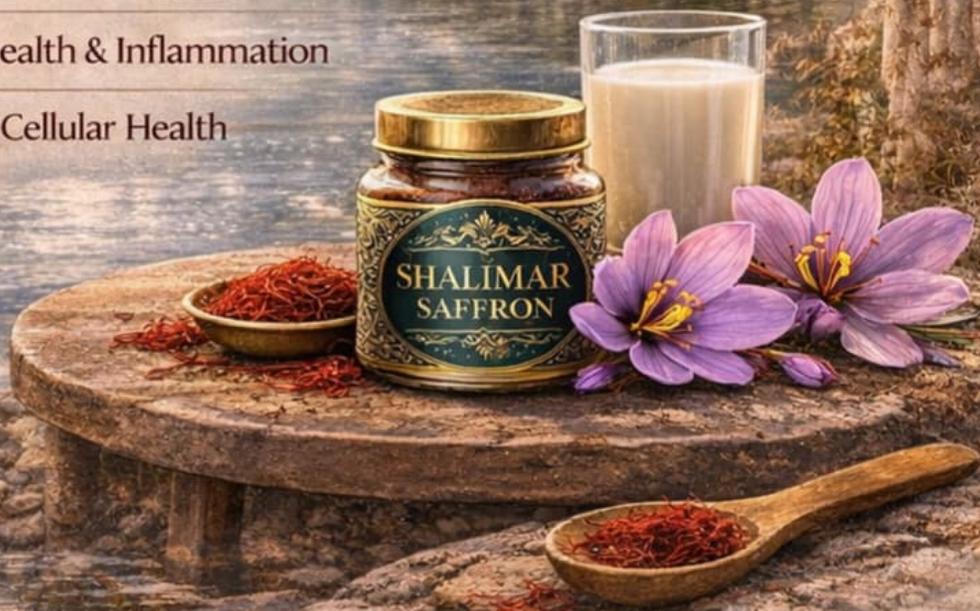
✉ sales.shalimarsaffron@gmail.com

☎ 7984013373



HEALTH BENEFITS OF KASHMIRI SAFFRON

- ✓ Powerful Natural Antioxidant
- ✓ Supports Heart Health & Circulation
- ✓ Boosts Immunity & Vitality
- ✓ Reduces Stress & Mental Fatigue
- ✓ Improves Mood & Well-Being
- ✓ Aids Healthy Digestion & Metabolism
- ✓ Promotes Restful Sleep
- ✓ Supports Joint Health & Inflammation
- ✓ Enhances Skin & Cellular Health



✉ sales.shalimarsaffron@gmail.com

☎ 7984013373

SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

ELEGANCE WOVEN IN EVERY STRAND

HEALTH & WELLNESS RECIPES

KASHMIRI SAFFRON

1 SAFFRON MORNING TONIC

(Daily Energy Booster)

- ✓ 3–4 saffron strands
- ✓ 1 cup warm water

Warm lightly, cool, store in glass bottle

BENEFITS

- ✓ Improves digestion
- ✓ Boosts immunity
- ✓ Enhances metabolism

2 SAFFRON HONEY BOOST

(Natural Wellness Elixir)

- ✓ 8–10 saffron strands
- ✓ 1 cup pure honey
- ✓ Infuse for 5–7 days

HOW TO USE: 1 tsp daily
with warm water or milk

BENEFITS

- ✓ Natural energy booster
- ✓ Supports heart & brain health
- ✓ Improves stamina

REVITALIZE YOUR BODY THE NATURAL WAY

SHALIMAR SAFFRON

Organic Premium Grade Kashmiri Mogra Saffron

✉ sales.shalimarsaffron@gmail.com

☎ 7984013373

DAILY USAGE GUIDE

KASHMIRI SAFFRON

DAILY CONSUMPTION

- ✓ 3–6 Premium Kashmiri Mogra saffron strands
- ✓ Can be consumed with warm milk, water, honey, or added to recipes

MAXIMUM DOSAGE

- ✓ 8–10 Saffron strands per day
- ✓ Excessive use can cause dizziness, nausea, dry mouth

ALWAYS USE

PREMIUM GRADE KASHMIRI MOGRA SAFFRON

- ✓ 5–6 saffron strands
- ✓ 1 cup warm milk
- ✓ Ensures maximum quality, potency and health benefits
- ✓ Store in cool, dry place, away from sunlight



SHALIMAR SAFFRON

Elegance Woven in Every Strand

☎ sales.shalimarsaffron@gmail.com

☎ 7984013373