garima

THANKS FOR SCANNING! HERE'S HOW YOUR HIMALAYAN SHILAJIT RESIN WAS MADE:

Your Product's Journey

Origin

Karnali, Nepal

Altitude

3000 meters



Our brave heroes who extract raw shilajit rocks from the high cliffs

Manufacturing

Location

Suryabinayak Facility, Bhaktapur



Say hi to our manufacturing team!



Packaging

Location

Suryabinayak Facility, Bhaktapur

From the Heights of Karnali, to you

Our every jar and every gram begins high in the Himalayas of Karnali. By sourcing directly from local collectors and producers, we help create sustainable income opportunities in remote mountain communities where economic options are limited.

When you choose us, you are not simply purchasing a product. You are helping preserve ancient knowledge, supporting remote Himalayan communities, and contributing to a future where economic opportunity and environmental stewardship grow together.



Saijol Village, Dolpa

A Story Wrapped Around Every Product

During our expeditions through the remote landscapes of Karnali in search of the finest Himalayan Shilajit, we came across the village of Saijol in Dolpa. While our journey began with a search for one of nature's rarest treasures, it was the people we met along the way who left the deepest impression. Their resilience, humility, and unwavering connection to the mountains reflected a way of life shaped by generations of dedication and respect for nature.

The illustration of Saijol now appears on every Garima package as a tribute to that unforgettable experience. It celebrates the spirit of the Himalayas, the enduring strength of its communities, and the timeless values that continue to inspire our journey. To us, true luxury is not defined by rarity alone, but by the stories, traditions, and craftsmanship that give every creation its meaning.

From Mountain to Jar

Crafted by Time, Refined by Tradition



01

Where It Begins

At elevations above 3,500 metres, our Himalayan Shilajit is carefully harvested from the remote cliffs of western Karnali. Using ropes and traditional techniques, our experienced harvesters collect the raw resin from some of the most inaccessible Himalayan terrain.

02

The Journey to Our Facility

Once harvested, the raw Shilajit is carefully sorted by hand before making its journey to our workshop in Suryabinayak, Bhaktapur.



03

Ayurvedic Purification

Rather than rushing the process, we let time do the work. The raw Shilajit is soaked in purified water for several weeks in food-grade stainless steel vessels and gently stirred each day. This allows the Shilajit to gradually dissolve while separating it from naturally occurring impurities. The mixture is then left completely undisturbed, allowing sand, stones, and other heavier particles to settle to the bottom before the purified extract is carefully collected.

04

Fire, Just as It Has Been Done for Generations

The extract is slowly heated over a wood fire in a traditional iron vessel. The temperature is carefully controlled between 30–90°C, allowing the water to gradually evaporate until only a rich, concentrated resin remains.

05

Filtered by Hand

The resin is allowed to cool before being filtered through fine cloth by hand—again and again. It is a simple process that takes patience, but each round removes another layer of natural impurities while preserving the resin itself.

06

Following the Ayurvedic Tradition

Once purified, the resin is prepared according to traditional Ayurvedic methods. Triphala, Bhringraj, and cow's milk (Amrit Karan) are incorporated as part of this time-honoured process. Traditionally, these ingredients are used during purification to help refine the resin, neutralize heavy metals , mellow its naturally bitter taste, and complete the final preparation.

07

Before It Reaches You

Before any batch is packaged, we carry out a traditional fire test used by Himalayan practitioners as one final quality check. It is then sent for laboratory testing to verify its purity, safety, and quality.

08

From Mountain to Jar

From a remote Himalayan cliff to the jar in your hands, every batch follows the same path—harvested with care, purified with patience, and prepared using methods that have endured for generations. We believe the process matters just as much as the product.



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