

**UK Product Name** Vata Aroma Oil **Code Name** AVAT  
**Availability** Stock item in UK

**Description** It has a soothing effect on Vata dosha which governs all mental activity. This blend of warm, sweet, and sour aromas will help you unwind and relax when you feel restless, or when it's cold and dry outside. Makes a great companion when you're travelling.

Personal balance with essential oils

The essences of flowers and plants have been used in holistic healing traditions such as ayurveda for centuries. The sense of smell is a quick-acting, powerful means of creating balance. Our therapeutic aroma oils are precise blends of 100% pure essential oils -diffuse them through lockets or diffusers, combine 5-10 drops per 2 oz. of your base massage oil, or add a few drops to your bathwater for a fragrant healing experience you'll cherish long after you've left the bath.

Calming Vata Aroma Oil: This serene selection of essential oils includes Geranium Rose, Sweet Orange and Fennel. Just the thing when you need to slow down and take it easy, or when the weather outside is cold and dry

## Ingredients

| Botanical Name                | Common Name    | Plant Part      | Rank | % | Quantity() |
|-------------------------------|----------------|-----------------|------|---|------------|
| Pelagonium odoratissimum      | Geranium       | essential oil   | 1    |   |            |
| Ocimum basilicum L.           | Sweet basil    | leaf oil        | 2    |   |            |
| Foeniculum vulgare ssp capill | Sweet Fennel   | seed oil        | 2    |   |            |
| Citrus dulcis                 | Sweet orange   | rind oil        | 2    |   |            |
| Origanum marjorana            | Sweet Marjoram | whole plant oil | 5    |   |            |

**Contraindications/Precautions** Not intended for use on the skin. However the warmth of the body may be used to diffuse the aromas - if so dilute in a base oil (1:10) before applying. Be particularly cautious on young and sensitive skin.

**Over dose and its Management** NA

**Side Effects and Interactions** None known

## Usage

**Age Group** All

**Dosage Form** Liquid

**Method of Use** Use an aroma diffuser to diffuse the oil in an enclosed space. The benefits come through the sense of smell rather than through the skin. The warmth of the body may be used to evaporate this oil but it is recommended that you first dilute it with a fixed oil (e.g. almond) taking particular care with young and sensitive skin.

**How Long to Continue Use?** As desired

**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 10 ml in a glass bottle with dropper and t/e cap

**Net Weight grams**

**Storage** Store in a cool, dry, dark place, tightly closed

**Shelf Life (months)**

**Regulatory Status** General