

<b>UK Product Name</b>	Kapha Aroma Oil	<b>Code Name</b>	AKAPH
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Lifts your spirits and gives you energy when it is cold and wet. Warm and energizing, this blend of natural flower and fruit essences is just what you need to lift your spirits, reinspire, and perk you up. Use it when you feel slow and lethargic or when the weather is cool and rainy to bring a little sunshine into your life.		

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Lavendula angustifolia	Lavender	flower oil	1		
Rosmarinus officinalis L.	Rosemary	leaf oil	2		
Eucalyptus globulus Labill.	Blue Gum	leaf oil	3		
Cinnamomum camphora (Lin	Camphor	leaf oil	4		
Boswellia carterii Birdw.	Frankincense	exudate	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