

**UK Product Name** Peace of Mind Aroma Oil **Code Name** APOM  
**Availability** Stock item in UK

**Description** This soothing blend of six pure essential oils calms Vata, the Ayurvedic principle that can cause negative thoughts when out of balance. Use this blend to enjoy greater peace of mind

A very soothing oil that settles Prana Vata with Patchouli, Lemon and Jasmine. It will help you unwind and create your personal oasis of calm.

#### Essential Oils Masterpiece

Create a healing environment with Therapeutic Aroma Oils. Pure essential oils are endowed by nature with exquisite fragrances. Blending the right oils in the right amounts creates a unique scent that is more than the sum of its parts — a Therapeutic Aroma oil blend. The full spectrum of our Therapeutic Aroma Oil blends is designed to help reconnect your mind and body, lift your spirits and raise your sense of harmony and well-being naturally. Our aroma oils are blends are made from pure, essential oils. They contain no alcohol, carrier oils or artificial ingredients

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Citrus limon (Linn.) Burm f.	Lemon	rind oil	1		
Pogostemon patchouli	Patchouli	essential oil	2		
Salvia sclarea L.	Clary Sage	essential oil	3		
Styrax benzoin Dryand	Benzoin gum	resin oil	4		
Jasminum officinale Linn.	Jasmine	flower oil	5		
Rosa x damascena Mill.	Damask Rose	petal oil	6		

**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