

UK Product Name Even Temper Aroma Oil **Code Name** AET

Availability Stock item in UK

Description Cool it' with sandalwood and vetiver

When pressure makes you "see red," the chances are that Pitta, the Ayurvedic principle that can create a hot temper, is out of balance. Take a deep breath and allow this cooling blend of pure essential oils to restore inner harmony.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Vetiveria zizanioides (Linn.) N	Vetivert	essential oil	1		
Santalum album Linn.	White sandalwood	essential oil	2		
Foeniculum vulgare ssp capill	Bio Fennel	essential oil	3		
Jasminum officinale Linn.	Jasmine	essential oil	4		
Rosa centifolia Linn.	Bio Rose petals	essential 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 (1:5) 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