

<b>UK Product Name</b>	Blissful Joy Aroma Oil	<b>Code Name</b>	ABLJ
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>This heart balancing blend includes rose, sandalwood and thyme that are renowned for their uplifting effect. .</p> <p>This formula of seven pure essential oils is especially made for those sad times when you're feeling low. It helps balance Sadhaka Pitta, the Ayurvedic principle that governs the physical and emotional heart. It is a mildly stimulating blend that will help you wake up to the joy of life again.</p>		

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Prunus dulcis (Mill.) DA Webb	Sweet Almond	seed oil	1		
Thymus vulgaris L.	'Red' Thyme	essential oil	2		
Santalum album Linn.	White sandalwood	heartwood oil	2		
Citrus limon (Linn.) Burm f.	Lemon	rind oil	4		
Mentha piperita	Peppermint	leaf oil	5		
Rosa x damascena Mill.	Damask Rose	petal oil	6		
Pelagonium odoratissimum	Geranium	essential oil	7		
Jasminum officinale Linn.	Jasmine	flower oil	8		

<b>Contraindications/Precautions</b>	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.
<b>Over dose and its Management</b>	NA
<b>Side Effects and Interactions</b>	None known
<b>Usage</b>	
<b>Age Group</b>	All
<b>Dosage Form</b>	Liquid
<b>Method of Use</b>	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.
<b>How Long to Continue Use?</b>	As desired
<b>Specific Dietary/Lifestyle Advice</b>	

### Presentation

<b>Presentation</b>	10 ml in a glass bottle with dropper and t/e cap
<b>Net Weight grams</b>	
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	
<b>Regulatory Status</b>	General