

UK Product Name	Blissful Joy Aroma Oil	Code Name	ABJOY
Availability	Stock item in UK		
Description	<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 Web	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		

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
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