

UK Product Name	Calm Temples Aroma Oil	Code Name	ACLT
Availability	Stock item in UK		
Description	Eight oils including lavender, mint and Indian basil, that help to soothe your temples Balances the Ayurvedic principles Vata and Kapha.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Lavendula angustifolia	Lavender	flower oil	1		
Mentha piperita	Peppermint	leaf oil	2		
Ocimum basilicum L.	Sweet basil	leaf oil	3		
Santalum album Linn.	White sandalwood	heartwood oil	4		
Mentha spicata	Spearmint	leaf oil	5		
Origanum marjorana	Sweet Marjoram	whole plant oil	6		
Rosa x damascena Mill.	Damask Rose	petal oil	7		
Jasminum officinale Linn.	Jasmine	flower oil	7		

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