

**UK Product Name** Vitality Aroma Oil **Code Name** AVIT  
**Availability** Stock item in UK

**Description** A complex blend of 12 oils that is both warming and stabilizing at the same time, thus promoting balanced energy.  
 Recharge your vital reserves with this blend of pure essential oils. It will help balance the Ayurvedic principles Vata and Kapha, while enhancing vitality for men and women.

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Santalum album Linn.	White sandalwood	heartwood oil	1		
Prunus dulcis (Mill.) DA Webb	Sweet Almond	seed oil	2		
Salvia sclarea L.	Clary Sage	essential oil	3		
Litsea cubeba Pers.	Litsea	essential oil	4		
Pogostemon patchouli	Patchouli	essential oil	5		
Cinnamomum zeylanicum Blu	Cinnamon	Leaf oil	5		
Syzygium aromaticum (Linn.)	Clove	flower bud oil	7		
Pelagonium odoratissimum	Geranium	essential oil	8		
Styrax benzoin Dryand	Benzoin gum	resin oil	9		
Mentha piperita	Peppermint	leaf oil	9		
Rosa x damascena Mill.	Damask Rose	petal oil	11		
Juniperus communis Linn	Juniper	berry & leaf oil	11		
Jasminum officinale Linn.	Jasmine	flower oil	11		

**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