

UK Product Name Smooth Cycle Aroma Oil **Code Name** ASCY
Availability Stock item in UK

Description Especially for women, this blend of nine pure essential plant oils helps balance the upward and downward flows of energy, whilst also helping to balance mind, body and emotions.

This blend has a balancing effect on Apana Vata, which governs the downward flow of energy, while keeping the emotions stable. The essential oils of lavender, basil, sweet fennel, clary sage, origanum, cypress, myrrh, carrot, and cinnamon are blended to make a joyful, uplifting, and enlivening aroma.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Lavendula angustifolia	Lavender	flower oil	1		
Ocimum basilicum L.	Sweet basil	leaf oil	2		
Foeniculum vulgare ssp capill	Sweet Fennel	seed oil	3		
Salvia sclarea L.	Clary Sage	essential oil	4		
Thymus capitatus (L.) Hoff &	Conehead thyme	essential oil	5		
Cupressus sempervirens L.	Italian cypress	essential oil	6		
Commiphora myrrha (Nees),	Myrrh	exudate	7		
Daucus carota Linn.	Carrot	seed oil	8		
Cinnamomum zeylanicum Bl	Cinnamon	Leaf 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 (1:10) 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