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|------------------------|---|------------------|------|
| 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