

<b>UK Product Name</b>	Sadhaka Balancing Aroma (H)	<b>Code Name</b>	ASUBH
<b>Availability</b>	Stock item in UK		
<b>Description</b>	Balances Sadhaka pitta Sadhaka pitta is responsible for the physical and emotional heart. When balanced it enables one to face challenges, make important decisions and have good memory.		

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg)
Santalum album Linn.	White sandalwood	heartwood oil	1		
Citrus bergamia	Bergamot	whole plant oil F	2		
Canaga odorata	Ylang Ylang	essential oil	3		
Citrus limon (Linn.) Burm f.	Lemon	rind oil	4		

<b>Contraindications/Precautions</b>	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.
<b>Over dose and its Management</b>	NA
<b>Side Effects and Interactions</b>	None known

### Usage

<b>Age Group</b>	All
<b>Dosage Form</b>	Liquid
<b>Method of Use</b>	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.
<b>How Long to Continue Use?</b>	As desired
<b>Specific Dietary/Lifestyle Advice</b>	

### Presentation

<b>Presentation</b>	10 ml in a glass bottle with dropper and t/e cap
<b>Net Weight grams</b>	
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	
<b>Regulatory Status</b>	General