



nattika
essence



Special Ayurvedic Essential Oil
Blend for Vatha Constitution.





The Nattika Life Herbal and Oil Company presents to you, “Nattika Essence”, a pioneering innovation by combining the science of Ayurveda and Aromatherapy.

Ayurveda considers the use of aroma as an important tool for prevention and healing. Some plants have very high concentration of essential oils, which they have developed for their protection. Such plants have been used as medicinal plants / herbs since thousands of years to add to our own body's arsenals of defense.

Essential oils are the aromatic or volatile extracts, which can be derived from different parts of the plant. The properties and healing action of the essential oil is different according to the source of origin.

Each plant has its own unique combination of five elements (Space, Air, Fire, Water and Earth) and give rise to its distinctive structure and fragrance. Hence the 'pachabhouthik' (Five elements) balance of the body can be maintained and restored by using the proper blend of these aromas.

Ayurveda makes the distinction in the energetics of each herbs and we can classify the essential oils into hot, cold, medium category as well as dry and wet nature. This further makes the possibility of classification based on Vatha, Pitha and Kapha. This concept make it a natural blend of aromatherapy using essential oils and carrier oils to help balance ones Dosha.

Each essential oil used in aroma therapy has its own array of unique healing properties, uses and effects that can help us to heal, stimulate, relax, concentrate, reduce stress, balance our emotional state and help to manage various health issues.

In this Nattika Essence box, you will find a special combination of ten blended essential oils for your wellbeing.

“Allow things in your life which make
your heart sing,
feed your soul or nourish you on a daily basis.”



SPECIAL POINTS TO OBSERVE

Read and Understand the benefits of each our blends.

Observe the recommended modes of application as listed in the specifications sheet.

Inform our physicians about any known allergy which you have on any essential oils.

Allow a duration of at least 2 hours before using different blends.

Preferably try to undergo an allergy test before using the essential oil.

Follow the instructions on the usage of essential oil strictly as advised by our physicians.

Do not swallow the essential oils provided here. These are intended only for external usage.

Avoid contact of the essential oil with your skin unless it is provided with the combination of carrier oil.

Take the time to make notes on your thoughts and feelings after application of the blended essential oils.

PROCEDURE OF BLENDING:

Mix with carrier oil in 1: 4 proportion to apply over skin

PRECAUTIONS

1. Avoid contact of the essential oil with your skin unless it is provided with the combination of carrier oil.
2. Do a patch test by applying 1-2 drops over skin. Cover it with a band aid and wait for 48 hours. If you observe any reaction (itching/rashes/blister), avoid skin contact to the essential oil you tested.

LAVODHAR

COMBINATION :

Celery oil	30 %
Cinnamon oil	50 %
Cedar oil	20 %

CARRIER OIL RECOMMENDED :

Coconut oil, Jojoba oil, Almond oil.

BENEFITS :

- This blend promotes good sleep.
- It is also good for reducing hypertension.
- The cinnamon dominance in the blend helps to manage depression and anxiety.

METHOD AND USAGE :

- For Aroma 2-3 drops on a towel undiluted or in diffuser.
- For good sleep massage your hand and feet by adding few drops in coconut oil.
- Add few drops in bathing water in the evening for good sleep.
- Inhale the blend for hypertension.

TIME OF USE : Bed time and evening hours.

DATE OF EXPIRY : 2 years.



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MYRISTIC RUH - JITH

COMBINATION :

Nutmegoil	50 %
Cedar oil	50 %

CARRIER OIL RECOMMENDED :

Coconut oil, Sesame oil, Almond oil.

BENEFITS :

- This blend is having Anti-spasmodic property.
- Hence used to cure muscle ache and pain.
- It is also useful in menstrual discomfort and pain.

METHOD AND USAGE :

- For Aroma 2-3 drops on a towel.
- For Pain/Spasm - Mix 10 to 15 drops in coconut oil and use in a roller bottle.
- For Menstrual pain and discomfort - Circular massage to abdomen by adding in sesame oil.
- Apply the blend diluted with almond oil on dry scalp after shower or before bed.

TIME OF USE : As needed.

DATE OF EXPIRY : 2 years.



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SHOT HINI

COMBINATION :

Nutmegoil	30%
Citronella oil	50%
Olibanum oil	20%

CARRIER OIL RECOMMENDED :

Coconut oil, Sesame oil, Almond oil.

BENEFITS :

- This blend is having anti-inflammatory property and is used for managing pain and aches.
- It is also effective in respiratory issues.

METHOD AND USAGE :

- For Pain- Mix 10 to 15 drops in coconut oil and use in a roller bottle.
- Massage pain area by mixing in warm sesame oil.
- Hot Compress- Add 5-10 drops in quart of hot water/hot salt water. Soak a towel in this and use as hot compress.
- Steam inhalation by adding few drops of blend in boiling water for upper respiratory congestion.

TIME OF USE : As needed.

DATE OF EXPIRY : 2 years.



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HARSHA

COMBINATION :

Nutmegoil	30%
Rosemary oil	50%
Olibanumoil	20%

CARRIER OIL RECOMMENDED :

Coconut oil, Jojoba oil, Almond oil.

BENEFITS :

- This blend acts as mood enhancer.
- This also used for improving circulation.
- Local application of this blend provides anti-inflammatory effect.
- Taking bath in this combination is effective in boosting the immune system.

METHOD AND USAGE :

Add few drops in bathing water in the evening for relaxing.

- Steam inhalation- 3 to 5 drops of essential oil add in boiling water and inhale.
- Use the blend in diffuser or over a towel while performing morning yoga.
- Massage palm and sole by adding few drops in coconut oil or almond oil in the evening
- Combine the blend coconut oil and peppermint oil and massage gently over pain area.

TIME OF USE : Morning hours, ideally while doing meditation and Yoga.

DATE OF EXPIRY : 2 years.



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KRISHNA

COMBINATION :

Anise oil 30%

Black pepper oil 50%

Olibanum oil 20%

CARRIER OIL RECOMMENDED :

Coconut oil, Jojoba oil, Almond oil.

BENEFITS :

- This blend can be used for managing common cold and cough.
- Olibanum in the blend is a good muscle relaxant and enhance circulation.
- This blend also helps in stimulating oestrogen hormone, helps to promotes breast milk production and stimulates menstruation.
- Anise and black pepper helps to reduce the symptoms and helps to manage addictions.

METHOD AND USAGE :

- Topical application after diluting with coconut oil.
- Steam inhalation by adding few drops of blend in boiling water for upper respiratory congestion.
- Apply diluted blend over the abdomen or area concerned for improving the circulation and muscle relaxing.
- Inhaling the blend is good for reducing cigarette craving.

TIME OF USE : As needed.

DATE OF EXPIRY : 2 years.



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SUGANDHI

COMBINATION :

Lemon grass oil	30%
Citronella oil	50%
Cedar oil	20%

CARRIER OIL RECOMMENDED :

Coconut oil, Jojoba oil, Almond oil.

BENEFITS :

- This blend is used as Mosquito repellent.
- It is having Anti spasmodic action and is used for pain and muscle sore.
- Due to its antimicrobial and antioxidant property, this blend is used for wound washing.

METHOD AND USAGE :

- Topical application by mixing in suitable carrier oil.
- Add 5 drops of blend in 1 cup of water and use for wound wash.
- Rub over effected area for pain relief.
- Add few drops of blend in bathing warm water for joint soothing.

TIME OF USE : As needed.

DATE OF EXPIRY : 2 years.



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VRISHYA

COMBINATION :

Aniseed oil	30%
Cinnamon oil	50%
Clove oil	20%

CARRIER OIL :

Coconut oil, Jojoba oil, Almond oil

BENEFITS :

- This blend is having Aphrodisiac effect.
- This combination is good for enhancing circulation and mood.
- The clove presence in the blend provides a local anaesthesia effect and can be used for premature ejaculation.

METHOD AND USAGE :

- Add 15 to 20 drops in bathing water in the evening.
- Add 2-3 drops over small pillow or add in diffuser and keep at bedroom.
- Add 10 drops of blend in 100 ml of sesame oil and use for massage.
- Add 2 drops of blend in 10 ml of coconut oil or almond oil and apply to de-sensitize the glans of the penis as an aid in preventing premature ejaculation. Leave on for few minutes and then wipe off thoroughly.

TIME OF USE : Evening/ Night.

DATE OF EXPIRY : 2 years.



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MANOHITH

COMBINATION :

Citronella oil	30%
Cinnamon oil	50%
Cedar oil	20%

CARRIER OIL RECOMMENDED :

Coconut oil, Jojoba oil, Almond oil.

BENEFITS:

- This blend helps in relieving stress and anxiety.

It helps to reduce hypertension.

- This also promotes good sleep by regulating stress hormones.
- This blend is also effective in neuralgia conditions.

METHOD AND USAGE :

- For Aroma 2-3 drops on a towel undiluted or in diffuser.
- Massage palm and sole by adding few drops in coconut oil or almond oil.

TIME OF USE : As needed.

DATE OF EXPIRY : 2 years.



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SHIRASANTHI

COMBINATION:

Basil oil	30%
Rosemary oil	50%
Cedar oil	20%

CARRIER OIL RECOMMENDED:

Coconut oil, Jojoba oil, Almond oil.

BENEFITS:

- This blend is good for managing migraine or headache.
- It also helps in destressing.
- The basil and cedar combination is also useful in chest and upper respiratory congestion.

METHOD AND USAGE:

- Topical application of the blend by adding carrier oil over forehead for headache.
- Apply 2-3 drops of blend on a towel and inhale for destressing.
- Rub the blend by adding carrier oil over the chest for chest congestion.
- Steam inhalation by adding few drops of blend in boiling water for upper respiratory congestion.

TIME OF USE: As needed.

DATE OF EXPIRY: 2 years.



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SMRITHI

COMBINATION :

Rosemary oil	50%
Cedar oil	50%

CARRIER OIL RECOMMENDED :

Coconut oil, Jojoba oil, Almond oil.

BENEFITS:

- This blend improves Memory and concentration.
- This is also good for managing stress.
- It is good for reducing joint inflammation.
- This blend is also good for under eye puffiness, oily skin and acne.

METHOD AND USAGE :

- Steam inhalation - 3 to 5 drops of essential oil add in boiling water and inhale.
- Topical application - Rub gently over forehead, palm and soles after mixing with carrier oil.
- Add few drops of blend in bathing warm water for joint soothing.
- Use the blend in diffuser or over a towel while performing morning yoga.

TIME OF USE : Morning hours, ideally while doing meditation and Yoga.

DATE OF EXPIRY : 2 years.

A Product of



NATTIKA LIFE

AN AYURVEDA HERBAL & OIL COMPANY

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