

# THREE SEASONS AYURVEDA



## **Panchakarma Supplies Included**

Tongue Scrapper (stainless steel)

Nasya (Nasal) Oil

Organic Ghee (for kitchari)

Organic Digestive Ghee (used for internal oileation)

Lymphatic Capsules (for blood and liver detox)

Triphala Capsules (for assisting assimilation and elimination)

Detoxification Tea (made specifically for you constitution and health concerns)

Doshic Spice Blend (made specifically for your constitution and health concerns)

French Press (for making daily tea)

Organic Basmati Rice (for kitchari)

Organic Mung Beans (for kitchari)

Mineral Salt (for kitchari)

Doshic Abhyanga Massage Oil

Purgation Castor Oil (for purgation day)

Medicated Basti Oil

8oz Fleet Enema Bottle (for basti days)



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