

THREE SEASONS AYURVEDA



Panchakarma Supplies

Included in Cleanse



- Tongue Scrapper (stainless steel)
- Nasya (Nasal) Oil
- Organic Ghee (for kitchari)
- Organic Digestive Ghee (used for internal oilation)
- Lymphatic Capsules (for blood and liver detoxification)
- Triphala Capsules (assist with digestion, assimilation, and elimination)
- Detoxification Tea (made specifically for your constitution)
- Doshic Spice Blend (made specifically for your constitution)
- French Press (for making daily tea)
- Organic Basmati Rice (for kitchari)
- Organic Quinoa (for kitchari)
- Organic Mung Beans (for kitchari)
- Mineral Salt (for kitchari)
- Doshic Abhyanga “Massage” Oil
- Purgation Castor Oil (for purgation day)
- Medicated Basti Oil (for final three days of herbal enemas)
- Rock salt (for basti practice)
- 8oz Fleet Enema Bottle (for basti days)
- Your personalized notebook with your daily schedule, recipes, instructions for all holistic practices, product information sheets, and pertinent articles.



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