# **Three Seasons Ayurveda**

  

**Product List**

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| **Herbals Formulas:** |
| **Triphala-** *Renowned for clearing toxins and supporting digestion, assimilation, and elimination.*Capsules: *Available in 100-count increments-* 22¢ eachChurna (powders): *Minimum quantity is 4 ounces-* $4.50 per ounce**Vata Balancing:** Haritaki, amalaki, bibhitaki, and coriander.**Pitta Balancing:** Amalaki, haritaki, bibhitaki, and cumin.**Kapha Balancing:** Bibhitaki, haritaki, amalaki, and ginger.**Tridoshic:** Amalaki, bibhitaki, haritaki and cardamon. |
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| **Digestive Health**Capsules: *Available in 100-count increments-* 22¢ eachChurna (powders): *Minimum quantity is 4 ounces-* $4.50 per ounce**Vata Digestive:** Warming, grounding, and stimulating for the appetite, digestion, and assimilation.**Pitta Digestive:** Strengthens digestion without aggravation, cooling, and soothing.**Kapha Digestive:** Enkindles digestion, burns fat and toxins and supports metabolism.**Trikatu:** Stimulates sluggish, heavy, and cool digestion and IBS symptoms.**Hingwastika:** Benefits gas, bloating, hiccups, and constipation. |
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| **Dosha Balancing Formulas** (*These formulas balance the body, mind & spirit)*Capsules: *Available in 100-count increments-* 25¢ eachChurna (powders): *Minimum quantity is 4 ounces-* $6.00 per ounce**Vata Balancing:** Balances cool, dry, and light qualities and supports overall health and well-being.**Pitta Balancing:** Balancing without aggravating and balancing the mind and emotions.**Kapha Balancing:** Supports overall health with warming and astringent herbs for Kapha. |
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| **TSA Proprietary Herbal Formulas-** (*Below are some frequently requested formulas)*Capsules: *Available in 100-count increments-* 25¢ eachChurna *(powders*): *Minimum quantity is 4 ounces-* $6 per ounce |
| **Adrenal Boosting** **Allergy Relief****Arthritic Formula****Balanced Skin****Calm & Tranquil****Cholesterol Buster**  | **Clarity & Focus****Cleansing Formula****Heart & Circulatory Tonic High Blood Pressure****Immunity Protector****Kidney Health** | **Liver Rejuvenation****Respiratory Tonic** **Skin Tonic****Sugar Buster****Urinary Tonic****Women’s Balance** |
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| **Teas**Powders and Teas (cut and sift): *Minimum quantity is 4 ounces*- $5.00 per ounce**Avipattikar-** Digestive tonic, antacid and laxative. Benefits the heat, thirst and acidity of pitta.**Sitopaladi-** The “cough powder”, benefits respiration, bronchodilator, asthmatic and allergenic.**Jeff’s Goodnight Lassi-** Super adaptogen (adapts to stress), builds immunity, and grounding.**Jeff’s Chai Tea- Decaf** black tea, cardamom, anise, ginger, licorice, pepper, cinnamon, and clove. |
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| **Dosha Spice Blends**Churna *(powders*): *Minimum quantity is 4 ounces-* $4.50 per ounce**Vata:** Warming and grounding, benefits gas, burping, bloating.**Pitta:** Benefits digestion with aggravation bring balance and coolness to the GI tract.**Kapha:** Heating, stimulating and energizing for a colder and sluggish digestion.**Six Tastes**: Contains all of the six tastes and is balancing for all the doshas. |
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| **Guggulu’s**Capsules: *Available in 100-count increments-* 35¢ eachChurna: *(powders*): *Minimum quantity is 4 ounces-* $8-15 per ounce**Kaishore Guggulu:** Arthritic, skin and respiratory tonic, anti-inflammatory, and alterative.**Kanchanar Guggulu:** Destroys ama and growths, heals ulcers, and bleeding disorders.**Gokshura Guggulu:** Purifies blood, antidiabetic, neurological, urinary and kidney tonic.**Purnavarna Guggulu:** Reduces cholesterol, cardiotonic, benefits gout, prostate and urination.**Triphala Guggulu:** Detoxificant, blood purifier, super respiratory tonic and anti-inflammatory.**Yogaraja Guggulu:** Arthritic, clears obstructions and ama, and benefits nerve disorders. |
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| **Ghees** *(medicated)*8-ounce bottles*- $34***Triphala:** Improves sluggishness digestion, bloating, flatulence, and constipation.**Brahmi:** Improves memory and concentration, urinary, and heart tonic, and increases longevity.**Turmeric:** Scraps toxins, benefits diabetes, anti-arthritic qualities, and purifies the blood.**Shatavari:** Rasayana, promotes fertility, increases ojas, respiratory and nervine tonic.**Ashwagandha:** Builds Ojas, improves sleep, pain reliever, and benefits respiratory issues.**Licorice:** Nervine tonic, anti-inflammatory, heals ulcers, benefits respiratory conditions, grounding.**Tikta** *(Vegan and Cholesterol Friendly):* For cleansing and Snehana (daily internal oileation). |
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| **Ayurvedic Oils**4-ounce bottle- $148- ounce bottle- $23**Vata Oil:** Warming, nourishing, and grounding promote calmness and strength.**Pitta Oil:** Cooling, calming, soothing, relaxes tension, and promotes clear, healthy skin.**Kapha Oil:** Invigorating and warming, revitalizing, sharpens the mind, and instills lightness.**Tridoshic Oil:** Balancing and revitalizing nourishes and rejuvenates body and mind, and spirit.**Swishing Oil** *“Pulling”:* Cleanses and strengthens oral health, balances hormones, and digestion.**Brahmi Oil:** Supports the nervous, improves concentration and memory, cooling and relaxing tonic. **Ear Oil:** Supports hearing, cleanses and moisturizes the tissues, calming and grounding to vata. **Hair Oil:** Supports hair growth, and luster, rejuvenative, and calming, and brings a calm mind.**Ksheerabala Oil:** Arthritic, anti-inflammatory, neurological, and pain oil.**Mahanarayan Oil:** Soothes muscles and joints, warming and penetrating, and balances all doshas.**Neem Oil:** Pacifies heat and irritation, cooling and soothing to pitta, and promotes healthy skin.**Nirgundi Oil:** This oil benefits the vata dosha bringing groundedness and warmth.**Nasya Oils**1-Ounce Dropper Bottle- $122-Ounce Dropper Bottle- $20**Nasya** *(Super):* Moisturizing, lubricating, mind-opening and energizing.**Nasya Oil** *(Goodnight):* Moisturizing, lubricating, calming, and balancing. |
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| **Aromatherapy**4-ounce mister bottles- $12**Vata Balance-** Sweet, warm, grounding, promotes intellect and rejuvenation and builds immunity.**Kapha Balance-** Energizing, warming, reduces stagnation-heaviness and improves mental clarity.**Pitta Balance-** Cooling, adrenal balancing, builds immunity, detoxificant, and benefits hyperacidity.**Soothing & Calming-** Sweet and heavy, balancing, relaxing, and grounding in nature.**Breathe Easy-** Improves respiratory function, a bronchodilator, antibiotic, and harmonizer.**Pure Focus-** Brain tonic supports focus, memory, and retention and is a nervine stimulant.**Headache Relief-** Pain reliever, headache, and migraine tonic soothes and rejuvenates. |
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| **Tinctures-** Herbal Infusions*(Non-Alcoholic)* 1-ounce dropper bottle- $122-ounce dropper bottle- $20**Super Adaptogen-** Promotes health and immunity, nervine, nutritive, and rejuvenative.**Balanced Mind-** Improves clarity, relieves stress, brings a sense of balance.**Tranquil and Calm-** Nervine sedative, reduces anxiety, stress, tension, and restlessness.**Focus & Memory-** Nervine stimulant improves focus, memory, retention, and cognition.**Super Immunity-** Builds immunity and Ojas, inhibits toxins, adrenal tonic, and super adaptogen.**Woman's Balance-** Adrenal tonic, benefits mensuration, hot flashes, and is a nutritive.**Cold & Flu Buster-** Cough suppressant, decongestant, expectorant, and respiratory tonic.**Smooth Move-** Benefits digestion, assimilation, and elimination, and stimulates liver and bile flow.**Headache Relief-** Natural aspirin, pain reliever, headache and migraine tonic, soothes and calms.**Heart Tonic-**Improves circulation, reduces HBP and cholesterol, antioxidant and rejuvenative.**Detox-** Detoxificant, stimulates liver cleansing, moves bile and lymph, and removes toxins. |
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| **Store Items** |
| **Tongue Scrapper** | Each | $5 |
| **Neti Pot and Salt Kit-** each $15 | Each | $15 |
| **Organic Split Yellow Moong Dal-** pound $8 | Per pound | $8 |
| **Organic Basmati Rice-** pound $5 | Per pound | $5 |
| **Himalayan Mineral Salt** | 4-ounces | $5 |
| **Kitchari Kit-** Mung Beans, Basmati, Ghee, Doshic Spices & Salt. | Kit | $35 |
| **Organic Ghee** | 8-ounce | $14 |
| **Eye Wash Cups** | Each | $5 |
| **Rose Water** | 4-ounces | $5 |
| **Triphala Eye Wash** | 4-ounces | $5 |
| **Lip Balms-** Bergamot, chamomile and sandalwood oils | Each | $5 |
| **Pain Salve-** A warming pain reliever for muscles and joints. | 2-ounces | $18 |
| **3 Butter Balm-** Shea, mango, and jojoba butters which is nourishing. | 2-ounces | $18 |
| **Chywanprash** “Lotus Blooming” | 8-ounce jar | $28 |



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