# **Three Seasons Ayurveda**

  

**Product List**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Herbals Formulas:** | | | | |
| **Triphala-** *Renowned for clearing toxins and supporting digestion, assimilation, and elimination.*  Capsules: *Available in 100-count increments-* 22¢ each  Churna (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. | | | | |
|  | | | | |
| **Digestive Health**  Capsules: *Available in 100-count increments-* 22¢ each  Churna (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. | | | | |
|  | | | | |
| **Dosha Balancing Formulas** (*These formulas balance the body, mind & spirit)*  Capsules: *Available in 100-count increments-* 25¢ each  Churna (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. | | | | |
|  | | | | |
| **TSA Proprietary Herbal Formulas-** (*Below are some frequently requested formulas)*  Capsules: *Available in 100-count increments-* 25¢ each  Churna *(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** | | |
|  | | | | |
| **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. | | | | |
|  | | | | |
| **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. | | | | |
|  | | | | |
| **Guggulu’s**  Capsules: *Available in 100-count increments-* 35¢ each  Churna: *(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. | | | | |
|  | | | | |
| **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). | | | | |
|  | | | | |
| **Ayurvedic Oils**  4-ounce bottle- $14  8- 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- $12  2-Ounce Dropper Bottle- $20  **Nasya** *(Super):* Moisturizing, lubricating, mind-opening and energizing.  **Nasya Oil** *(Goodnight):* Moisturizing, lubricating, calming, and balancing. | | | | |
|  | | | | |
| **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. | | | | |
|  | | | | |
| **Tinctures-** Herbal Infusions*(Non-Alcoholic)*  1-ounce dropper bottle- $12  2-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. | | | | |
|  | | | | |
| **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 |



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist and AHG Herbalist, Iyengar Yoga instructor, IAYT and AyurYoga Therapist, Certified Nutritional Practitioner,

and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639 ~ [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)