



THE HEALTH
AWARENESS CENTRE



Tanay: 9158118569

Call to place an order **11am - 5pm (Mon-Sat)**

Ladoos & Sticks (HALF KG)		MRP
Coconut Ladoo		₹ 550
Crushed Peanut Powder Ladoo		₹ 475
Mixnut Ladoo		₹ 499
Peanut Ladoo		₹ 450
Til Ladoo		₹ 525
Til Sticks		₹ 575
Spices		MRP
Dry Ginger Powder (100 gm)		₹ 150
Herb Salt (150 gm)		₹ 195
Sabja Seeds (100 gm)		₹ 130
Pure Turmeric (100 gm)		₹ 130

Price Inclusive of GST

Wet Dressings (200-225 ml)

MRP

1000 Island Dressing ₹ 300

Creamy Pesto Dressing ₹ 300

Nutty Pesto Dressing ₹ 300

Cashew Herb Dressing ₹ 300

Cashew Honey Mustard Dressing ₹ 300

Oriental Sesame Dressing ₹ 300

Peanut Sauce (Gado-Gado) ₹ 220

Thai Peanut Sauce ₹ 250

Peanut Curd ₹ 160

Lemon Jaggery Dressing ₹ 240

Lemon Honey Dressing ₹ 280

Price Inclusive of GST

Khatta Meetha Chutney ₹ 150

Garlic Chilli Paste ₹ 150

Tomato Sauce ₹ 170

Kadipatta Chutney ₹ 180

Seasonal Green Chutney ₹ 125

Lemon Pickle ₹ 150

Sweet Mango Chutney
(Seasonal) ₹ 150

Dry Chutney Powders MRP **(150 gms)**

Molgapodi ₹ 175

Dry Peanut Powder ₹ 200

Price Inclusive of GST

Gomasio ₹ 220

Saraswat Chutney ₹ 210

Tangy Coconut Masala ₹ 200

Nut & Seed Powder ₹ 300

Flour/Attas (HALF KG)

MRP

Whole Moong Atta ₹ 150

Whole Chauli Atta ₹ 140

Whole Brown Channa Atta ₹ 140

Nachni Atta ₹ 100

Sama Atta ₹ 140

Rice Atta ₹ 80

Price Inclusive of GST

Sweetners

MRP

Honey - (500 ml)

₹ 450

Wild honey - (200 ml)

₹ 300

Two Brothers Jaggery
Powder- (500 gms)

₹ 150

Cereals

MRP

Sama

₹ 100

Organic Indrayani Brown Rice
(1 kg)

₹ 100

Others

MRP

Aloo Papad (1 kg) **(New)**

₹ 550

Price Inclusive of GST

Personal Care

MRP

Virgin Coconut Oil (500 ml)

₹ 500

Rose Water - (200 ml)

₹ 175

Alogel (100 gm)

₹ 150

Auroshikha Soaps (12 Varieties)

₹ 118

Camphor Roll on Balm

₹ 150

Noni - 800 ml

₹ 1600

Noni - 400 ml

₹ 800

Ice Bags

₹ 175

Apricot Scrub (100 gm)

₹ 150

Apricot Oil (125 ml)

₹ 275

Price Inclusive of GST

3-in-One-Moisturiser
(Skin-Lip-Hair)
10 Fragrances (100 gm)

₹ 499

Massage Oil Peppermint &
Eucalyptus - (60 ml)

₹ 224

Massage Oil Lavender - (60 ml)

₹ 310

Massage Oil Lemongrass - (60 ml)

₹ 220

Auroshikha

Essential Oils (10 ml)

MRP

Lavender

₹ 720

Lemongrass

₹ 296

Orange

₹ 280

Bergamot

₹ 820

Price Inclusive of GST



Peppermint	₹ 288
Eucalyptus	₹ 300
Tea Tree	₹ 290
Rosemary	₹ 364
Citronella	₹ 284
Vetivert	₹ 640
Patchouli	₹ 506
Frankincense	₹ 390
Sandalwood (5ml)	₹ 2310

Price Inclusive of GST

Other Kinder Alternatives

MRP

Auroshikha Air Freshener	₹ 280
Auroshikha Freedom Incense	₹ 110
Auroshikha Sandalwood Incense	₹ 164
Auroshikha Resin Incense	₹ 148
Handmade Dish Wash Soaps (100 gm)	₹ 90
Handmade Laundry Soaps (100 gm)	₹ 90
Liquid Detergent Liquid Wash (500 ml)	₹ 120

Price Inclusive of GST

Books

MRP

From Doing to Being **(New)** ₹ 250

No If's No But's: Dr Vijaya Venkat ₹ 450

An Earthcare Notebook ₹ 500

Milk A Silent Killer: Dr N.K Sharma ₹ 300

Prakrutik Aahar ke Chamatkar
(Hindi book) ₹ 100

THAC's Open House Online Recordings

MRP

A Parent's Guide to
Understanding Growth Stages
from 0-16 Years ₹ 590

The Heart Of The Matter ₹ 590

Do You Need A Bone Coach? ₹ 590

Price Inclusive of GST

Understanding Pain

₹ 590

Simple Solutions to Stressful
Living

₹ 590

Vitamin B & D

₹ 590

Old Age, Ageing and Elderly

₹ 590

The Protein Puzzle

₹ 590

The Neuroscience of Feeling Safe
and Connected

₹ 590

**Open House recordings are available
online at <https://learning.thac.in>**

Price Inclusive of GST