



**THE HEALTH  
AWARENESS CENTRE**



**Tanay: 9158118569**

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

## Ladoos & Sticks (HALF KG)

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**MRP**

Coconut Ladoo

₹ 550

Crushed Peanut Powder Ladoo

₹ 475

Mixnut Ladoo

₹ 499

Peanut Ladoo

₹ 450

Til Ladoo

₹ 525

Til Sticks

₹ 575

## Spices

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**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

(3)

\* can be made jain on request

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

Schezwan Sauce ₹ 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)

₹ 105

## Cereals

## MRP

Sama

₹ 100

Organic Indrayani Brown Rice  
(1 kg)

₹ 100

## Others

## MRP

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

₹ 600

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) ₹ 126

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) ₹ 599  
10 Fragrances (100 gm)

Massage Oil Peppermint &  
Eucalyptus - (60 ml) ₹ 248

Massage Oil Lavender - (60 ml) ₹ 320

Massage Oil Lemongrass - (60 ml) ₹ 232

## **Auroshikha**

### **Essential Oils (10 ml)**

**MRP**

Lavender ₹ 720

Lemongrass ₹ 296

Orange ₹ 280

Price Inclusive of GST

Peppermint

₹ 288

Eucalyptus

₹ 300

Tea Tree

₹ 290

Rosemary

₹ 364

Citronella

₹ 284

Patchouli

₹ 900

Frankincense

₹ 390

Sandalwood (5ml)

₹ 2310

Price Inclusive of GST

## Other Kinder Alternatives

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MRP

Auroshikha Air Freshener	₹ 294
Auroshikha Freedom Incense	₹ 110
Auroshikha Sandalwood Incense	₹ 200
Auroshikha Resin Incense	₹ 148
Auroshikha Neroli Incense	₹ 120
Handmade Dish Wash Soaps (100 gm)	₹ 90
Handmade Laundry Soaps (100 gm)	₹ 90
Liquid Detergent Liquid Wash (500 ml)	₹ 120
Mosquito Spray <b>(New)</b>	₹ 150

Price Inclusive of GST

## Books

MRP

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From Doing to Being <b>(New)</b>	₹ 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

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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