



**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

(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

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/
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

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 (New)	₹ 150

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