THE HEALTH
AWARENESS CENTRE

The Health
Awareness Centre

THAC

PRODUCTS



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

* can be made jain on request

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 (150 gms)	**MRP**
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
Channa Sattu	₹200

Price Inclusive of GST

Sweetners	MRP
Honey - (500 ml)	₹ 450
Wild honey - (200 ml)	₹ 300
Two Brothers Jaggery Powder- (500 gms)	₹ 125

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)	₹ 200
Alogel (100 gm)	₹ 150
Auroshikha Soaps (12 Varieties)	₹ 140
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)	₹ 599
Massage Oil Peppermint & Eucalyptus - (60 ml)	₹ 264
Massage Oil Lavender - (60 ml)	₹ 328
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	₹ 230
Auroshikha Resin Incense	₹ 160
Auroshikha Neroli Incense	₹ 120
Auroshikha Lavender Incense (New)	₹ 126
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