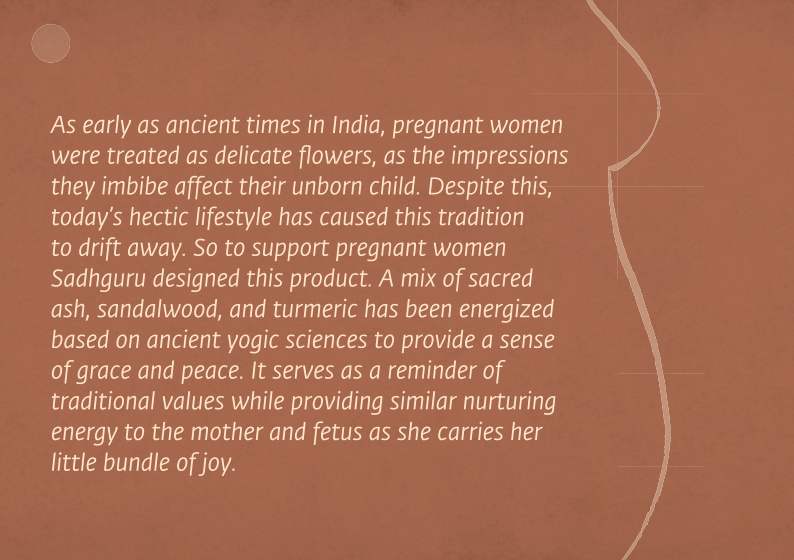




For Conscious Living

# Garbha Lepam


*Natural and Consecrated  
Powder for Pregnant Women*



*As early as ancient times in India, pregnant women were treated as delicate flowers, as the impressions they imbibe affect their unborn child. Despite this, today's hectic lifestyle has caused this tradition to drift away. So to support pregnant women Sadhguru designed this product. A mix of sacred ash, sandalwood, and turmeric has been energized based on ancient yogic sciences to provide a sense of grace and peace. It serves as a reminder of traditional values while providing similar nurturing energy to the mother and fetus as she carries her little bundle of joy.*



# Ingredients

- **Turmeric** - Turmeric's anti-inflammatory, antiseptic and antibacterial properties will promote a healthy pregnancy in an effective and safe way.
  - **Sacred Ash** - Its energy is believed to provide spiritual and emotional support.
  - **Sandalwood** - It's soothing and healing properties will reduce stretch marks, while providing the expectant mother a pleasant, calming scent.
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## How to use

- *Begin by taking a shower.*
- *Then mix the Garbha Lepam powder with either milk or water.*
- *Gently apply the paste all over the abdomen.*
- *Drink a glass of warm water mixed with one or two drops of honey.*
- *Chant the sacred sound "AUM" twenty-one times.*
- *Do it once daily for maximum benefits.*

# Benefits

- **Enhance the Mother-child Bond:** Garbha Lepam can help mothers strengthen their connection with their unborn children.
- **Act as a Strong Support During Pregnancy:** This will help her to adjust to the emotional, psychological, and physical changes brought on by pregnancy.
- **Maintain Her Well-being:** Maintain their health and stability while also having a positive impact on the unborn child.
- **Make the Journey Fulfilling:** The method can enrich a woman's pregnancy journey with a profound sense of joy and pleasantness
- **Build a Positive Atmosphere:** It enables her to create the most supportive environment for the life within her if it is carried out with complete involvement.

