




For Conscious Living

Garbha Lepam

A Consecrated Offering for mothers to be to experience pregnancy with a deep sense of joy and pleasantness.


Isha Life offers Garbha Lepam to enrich an expectant mother's experience of pregnancy, childbirth and parenthood.

Garbha Lepam is a consecrated powder made of the finest and most carefully sourced natural ingredients- sacred ash, sandal and turmeric. This powder is energized through a preparatory process based on ancient Yogic sciences and carefully packaged in a specially crafted earthen pot, reminiscent of a mother's womb.



About
Garbha
Lepam

Garbha Lepam can be used every day during pregnancy to consciously establish and enhance the mother's connection with her unborn child. It enhances balance and stability in a phase where a woman's body is subject to intense physical, psychological and emotional changes. Consequently, it has a positive impact on the new life blossoming in her womb.



*“Of all the products that
we produce on this planet,
is it not most important
that we produce wonderful
human beings for the
future generations?”*

~ Sadhguru

- **Turmeric** - Its anti-inflammatory, antiseptic and antibacterial properties cleanse and bring vibrancy to the body.
- **Sacred Ash** - Is a great medium to transfer or transmit energy and regulate the energy body.
- **Sandalwood** - Known for its pleasant aroma and calming fragrance, the soothing and healing properties of sandalwood help reduce stretch marks.



Ingredients

1. *Take a shower.*
2. *Mix Garbha Lepam powder with either milk or water.*
3. *Gently apply the paste all over the abdomen.*
4. *Drink a glass of warm water mixed with one or two drops of honey.*
5. *Chant "AUM" twenty-one times.*
6. *Do it once daily for maximum benefits.*



How to use

Strengthens the mother's connection with her unborn child.

Helps the mother adjust to the emotional, psychological, and physical changes brought on by pregnancy which has a positive impact on the new life.

Enriches the experience of pregnancy, infusing it with a profound sense of joy and pleasantness.

A large, light-colored, teardrop-shaped graphic element, possibly representing a drop or a leaf, is positioned on the right side of the page. It has a soft, glowing appearance and is set against a dark brown background. The word "Benefits" is written in a white, cursive font in the lower-left quadrant of the image.

Benefits