FREE SHIPPING ABOVE ₹999 · CASH ON DELIVERY AVAILABLE · PRESSED WEEKLY · SHIPPED FRESH

Amrutdhara

Shop oils · Pantry · Our process · About

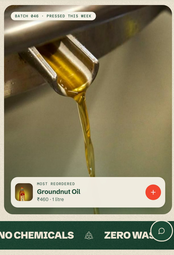
— WOOD-PRESSED · ZERO WASTE

Slow-pressed. Nothing added.

Single-seed oils from a wooden ghani. No heat, no chemicals.

Shop the oils → How it's pressed →

★★★★★ 4.8 · 1,200+ KITCHENS ✓ FSSAI · LAB-TESTED



MOST REORDERED
Groundnut Oil
₹400 · 1 litre

WOOD-PRESSED ◬ SINGLE SEED ◬ NO HEAT ◬ NO CHEMICALS ◬ ZERO WA

— TAP A STORY · 1,200+ REVIEWS

Real kitchens. Real reviews.

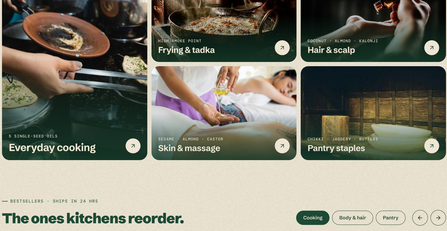
★★★★★ 4.8 average · verified buyers



— SHOP BY NEED · 12 OILS · 6 PANTRY STAPLES

Start with what you'll use it for.

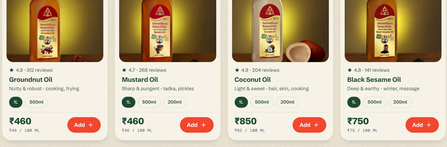
View all products →



— BESTSELLERS · SHIPS IN 24 HRS

The ones kitchens reorder.

Cooking | Body & hair | Pantry



— WHY WOOD-PRESSED

Same seed. Very different oil.

Most oil on the shelf is pushed through heat and chemicals to make more of it, faster. We do the opposite — and you can taste it from the first tadka.

01 — Pick one seed
Single-seed, never blended. Cleaned and sun-dried before it goes in.

02 — Press it slow
The wooden ghani turns slowly, so the oil never heats up.

03 — Let it settle
No chemical filtering. The oil rests and clears on its own.

04 — Bottle it fresh
Small weekly batches, bottled and shipped while it's fresh.

	AMRUTDHARA	REFINED OIL
Heat while extracting	✓ Low — slow wooden ghani	✗ High, in several stages
Chemicals used	✓ None	✗ Solvents, bleach, deodoriser
Taste & aroma	✓ You can smell the seed	✗ Neutral, stripped
Natural goodness	✓ Retained	✗ Largely lost
What's left over	✓ Oil cake for farms	✗ Waste by-products

— THE PART NOBODY TALKS ABOUT

One seed. Two harvests. Zero waste.

What's left after pressing is oil cake. We sell it to farms as cattle feed and fertiliser — nothing ends up in a bin.

Shop oil cake →



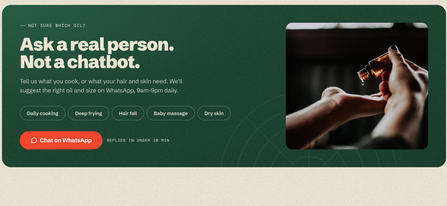
HARVEST #1 · OIL
For your kitchen
Pure, single-seed oil — bottled within the week.

HARVEST #2 · OIL CAKE
For the farm
Cattle feed and natural fertiliser for local farmers.

— FROM REAL KITCHENS · #PRESSEDSLOW

Watch it. Then want it.

Follow us on Instagram →



— NOT SURE WHICH OIL?

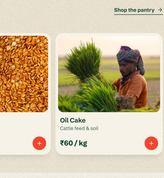
Ask a real person. Not a chatbot.

Tell us what you cook, or what your hair and skin need. We'll suggest the right oil and size on WhatsApp, 8am–6pm daily.

Daily cooking | Deep frying | Hair fall | Baby massage | Dry skin

Chat on WhatsApp

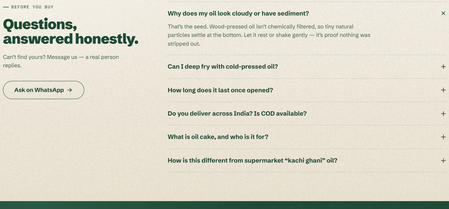
REPLIES IN UNDER 10 MIN



— FROM THE SAME FARMS

Goes with your oil.

Shop the pantry →



— BEFORE YOU BUY

Questions, answered honestly.

Can't find yours? Message us — a real person replies.

Ask on WhatsApp →

Why does my oil look cloudy or have sediment?
That's the seed. Wood-pressed oil isn't chemically filtered, so tiny natural particles settle at the bottom. Let it rest or shake gently — it's proof nothing was stripped out.

Can I deep fry with cold-pressed oil? +

How long does it last once opened? +

Do you deliver across India? Is COD available? +

What is oil cake, and who is it for? +

How is this different from supermarket "kachi ghani" oil? +

— JOIN 5,000+ HOUSEHOLDS

10% off your first bottle.

Plus seasonal pressing notes. No spam, ever.

Your email — Get my code

Amrutdhara

Wood-pressed, single-seed oils from small batches. Nothing added. Nothing wasted.

SHOP
Cooking oils
Body & hair oils
Pantry
Oil cake
All products

LEARN
Our process
Zero waste
Which oil for what?
Journal

HELP
Shipping & delivery
Returns & refunds
Track my order
FAQs

TALK TO US
WhatsApp us
hello@amrutdhara.example
Every day, 8am–6pm

Amrutdhara

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UPI · CARDS · NET BANKING · COD

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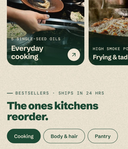
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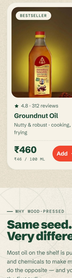
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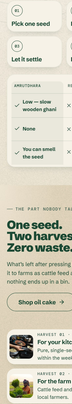




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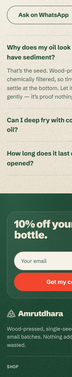
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LEARN +

HELP +

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