

**UK Product Name** Pitta Massage Oil **Code Name** MA0914  
**Availability** Stock item in UK

**Description** For normal to sensitive skin. Daily oil massage improves circulation and strengthens immunity. This oil is rich in herbs that help keep you cool including Blue Water Lily, Sandalwood and Vertivert]

Our light, fragrant Aroma Massage Oils offer the benefits of the daily self-massage and the healing scents of therapeutic aroma blends at the same time. The perfect choice for the days you're feeling the effects of day-to-day stress, these blends are formulated by skin type and are designed to nourish and balance the emotions. They help relax frayed nerves and keep the mind alert, focused and calm.

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/ml)
Sesamum indicum Linn.	Sesame	seed oil	1	82.03	779.3
Vetiveria zizanioides (Linn.) N	Vetivert	root	2	4.93	46.8
Santalum album Linn.	White sandalwood	heartwood	2	4.93	46.8
Nymphaea stellata Willd.	Blue Water Lily	flower	2	4.93	46.8
Imperata cylindrica Bearv.	Thatch Grass	root	5	3.13	29.7

**Contraindications/Precautions** None  
**Over dose and its Management** If there is discomfort discontinue use temporarily  
**Side Effects and Interactions** None known

### Usage

**Age Group** All  
**Dosage Form** herbal oil  
**Method of Use** Warm oil to body temperature and massage onto the whole body except face and head (use Pitta Hair oil for face and head). For more detailed instructions see [www.maharishi.co.uk](http://www.maharishi.co.uk).  
**How Long to Continue Use?** As desired  
**Specific Dietary/Lifestyle Advice**

### Presentation

**Presentation** 150ml in a PET bottle and 1 litre in HDPE bottle.  
**Net Weight grams** 142  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 36

**Regulatory Status** Cosmetic