

UK Product Name Kapha Massage Oil **Code Name** MA0915
Availability Stock item in UK

Description For normal to oily skin. Daily oil massage improves circulation and strengthens immunity [This oil is rich in warming herbs that that have a stimulating and cleansing effect]
 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	80.58	765.5
Inula racemosa Hook. f.	Inula root	root	2	6.45	61.3
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	3	3.23	30.7
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	3	3.23	30.7
Cyperus rotundus Linn.	Nut grass	tuberous root	3	3.23	30.7
Albizzia lebbek Benth.	East Indian Walnut	bark	3	3.23	30.7
Cymbopogon nardus (L.) Ren	Citronella	essential oil	7	0.05	0.5

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 Kapha Hair oil for face and head). For more detailed instructions see www.maharishi.co.uk.
How Long to Continue Use? As desired
Specific Dietary/Lifestyle Advice

Presentation

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

Regulatory Status Cosmetic