

**UK Product Name** Rejuvenation Massage Oil - Men **Code Name** MA1593  
**Availability** Stock item in UK

**Description** This oil is very easily absorbed and supports circulation of the blood and skin health. Especially recommended for the over 40's.  
 For relaxation and deeper sleep  
 Enhance the benefits of your Ayurvedic daily massage with our specially blended Rejuvenation Massage Oils. More easily absorbed by the skin than most regular massage oils, these precise blends of Ayurvedic herbs and aromas deliver results more quickly—good circulation, especially to nerve endings; balance of mind and emotions and natural resistance to stress; greater stamina through the day and deeper, better quality sleep.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/ml)
Sesamum indicum Linn.	Sesame	seed oil	1	70	665.0
Withania somnifera (L.) Duna	Aswagandha	root	2	12	114.0
Teramnus labialis Spreng.	Mashaparni	whole plant	3	4.5	42.8
Sida cordifolia Linn.	Country Mallow	root	4	3	28.5
Hemidesmus indicus (Linn) R	Indian Sarsaparilla	root	4	3	28.5
Santalum album Linn.	White sandalwood	heartwood	6	1.5	14.3
Pluchea lanceolata Oliver &	Indian Groundsel	leaf	6	1.5	14.3
Nelumbo nucifera Gaertn.	Sacred Lotus	flower	6	1.5	14.3
Boerhaavia diffusa Linn.	Spreading Hogweed	root	6	1.5	14.3
Prunus puddum Roxb. a	Wild Himalayan Cherry	heartwood	10	0.6	5.7
Cyperus scariosus (R.Br.)	Nagarmotha	tuberous root	10	0.6	5.7
Elettaria cardamomum (Linn.)	Cardamom	fruit	12	0.3	2.9
fragrance	fragrance	Aerometh	13	0.02	0.2

**Contraindications/Precautions** Generally well tolerated but first test for skin sensitivity by applying a little oil. External use only.

**Over dose and its Management** An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.

**Side Effects and Interactions** None known

## Usage

**Age Group** Adolescents & adults

**Dosage Form** herbal oil

**Method of Use** Warm the oil and apply it to your lower arms, hands, lower legs and feet before bed to improve the quality of your sleep. Pay special attention to the base of the nails of hands and feet.  
 Also use it for your daily body massage; dilute it 50-50 with a base oil such as sesame or almond oil. Leave it on for 15 minutes before taking a warm bath.

**How Long to Continue Use?** As desired

**Specific Dietary/Lifestyle Advice** To increase energy favour fresh fruits, vegetables, spices and whole grains in your diet.

## Presentation

**Presentation** 100ml in an amber glass or PET bottle

**Net Weight grams** 95

**Storage** Store in a cool, dry, dark place, tightly closed

**Shelf Life (months)** 36

**Regulatory Status** Cosmetic