

UK Product Name Vata Massage Oil Code Name MA0913  
 Availability Stock item in UK

**Description** For normal to dry skin. Daily oil massage improves circulation and strengthens immunity. This oil is rich in soothing herbs that help balance dryness and excitability.

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	79.87	758.8
Withania somnifera (L.) Duna	Aswagandha	root	2	5.03	47.8
Sida cordifolia Linn.	Country Mallow	whole plant	2	5.03	47.8
Mimosa pudica Linn.	Sensitive Plant	whole plant	2	5.03	47.8
Convolvulus pluricaulis Chois	Aloeweed	whole plant	2	5.03	47.8
Citrus limon (Linn.) Burm f.	Lemon	essential oil	6	0.01	0.1
Jasminum officinale Linn.	Jasmine	essential oil	7	0.01	0.1

**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 the oil to body temperature and massage onto the whole body for 3-5 mins. Preferably allow 15 mins for it to be absorbed before washing off. If time does not allow a full body massage focus first on the head and soles of the feet. Ideally use Vata Hair Oil for the head.  
**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