

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]		
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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
Albizia 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 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 Kapha Hair Oil for the head.
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
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