

Maharishi AyurVeda

**Kaash Massage Bowl**

**Product Code: 11950**

**Let your feet fly - enjoy a foot massage with a Kaash Bowl**

The harmonising massage bowl has smoothly polished surfaces inside and outside. The smooth surface gives the foot massage a flexible and soft quality. It has a balancing and harmonious effect. This gentle massage feels like one continuous stroke and leaves a feeling of relaxed tranquillity. Foot massages using the Kaash bowl and ghee are traditionally common in many parts of India, particularly as a means to relax before bedtime.



The name “Kaash” stands for a special blend of metals: its most important components are **copper** and **zinc**. The Kaash massage bowl looks like a small singing bowl and fits into one hand. Its smooth surface on the inside and outside gives the foot massage an unusually smooth and soft quality.

**A foot massage using the Kaash massage bowl is suitable at any time of day.**

Because of its relaxing effect on body and soul, we highly recommend that you use it before going to bed. Each bowl is handmade and shipped in a cotton bag that includes instructions on how to use it.

**Supplied Contents**

1 x Kaash Bowl.