

Maharishi AyurVeda - Public Information

UK Product Name	Pitta Massage Oil BDIH	Code Name	MA0914B
Availability	Stock item in UK		
Description	<p>For normal to sensitive skin. Daily oil massage improves circulation and strengthens immunity. This oil is rich in herbs that help keep you cool including Blue Water Lily, Sandalwood and Vetivert]</p> <p>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.</p>		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/ml)
Santalum album Linn.	White sandalwood	heartwood	0	0.02	0.2
Imperata cylindrica (L) Raeus	Thatch Grass	root	0	0.02	0.2
Nymphaea stellata Willd.	Blue Water Lily	flower	0	0.06	0.6
Vetiveria zizanioides (Linn.) N	Vetivert	root extract	0	0.04	0.4
Chrysopogon zizanioides	Vetivert	oil	0	0.18	1.7
Pinus roxburghii	Chir Pine	oil	0	0.42	4.0
Cedrus deodara (Roxb.ex D.	Deodar	Heartwood oil	0	2	19.0
Sesamum indicum Linn.	Sesame	Seed oil	0	97.26	924.0

Contraindications/Precautions	None
Over dose and its Management	If there is discomfort discontinue use temporarily
Side Effects and Interactions	None known
Potential Allergens	Pitta blend contains Limonene 0.018 Geraniol 0.018 Linalool 0.006

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 Pitta 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