Maharishi Ayurveda

Public Information

UK Product Name	Pitta Massage Oil	**Code Name**	MA0914
Availability	Stock item in UK		

Description

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 Vertivert]

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)
Pinus roxburghii	Turpentine	Oil	0	0.42	4.0
Pinus roxburghii Sargent.	Chir Pine		0	0	0.0
Vetiveria zizanoides (Linn.) N	Vetivert	Oil	0	0.18	1.7
Cedrus deodara (Roxb.) Loud	Deodar	Heartwood oil	0	2	19.0
Sesamum indicum Linn.	Sesame	seed oil	1	97.26	924.0
Vetiveria zizanoides (Linn.) N	Vetivert	root	2	0.04	0.4
Santalum album Linn.	White sandalwood	heartwood	2	0.02	0.2
Nymphaea stellata Willd.	Blue Water Lily	flower	2	0.06	0.6
Imperata cylindrica Bearv.	Thatch Grass	root	5	0.02	0.2

Contraindications/Precautions None

Over dose and its Management If there is discomfort discontinue use temporarily

Side Effects and Interactions Pitta Pacifying 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