

# MASSAGE

## More than Skin Deep

A GUIDE TO AYURVEDIC OILS AND BALMS



# Quality Matters...



TRADITIONAL. SIMPLE. PURE.


Like most people, you probably think twice before applying something to your skin. You are wise to do so, as the skin is the largest organ of the body, and anything applied to the skin has an impact far greater than “skin deep.” This protective layer is a sensitive and potent interface between the external world and our inner being, including the physical, emotional, and mental. It is precisely because of this interaction that Ayurveda recommends the use of high quality base and herbalized oils in massage, and it is why Banyan Botanicals takes utmost care to produce organic oils known for their standards of excellence.

Banyan’s herbalized products (oils and balms) start with the highest quality USDA certified organic oils. This allows you to rest assured that the oils have been produced from plant materials that are free of pesticides, chemicals, and toxins. Ayurveda is not shy about how much oil can be used in massage, so regardless of which oil is indicated for a specific individual, the purity of the oil is very important.

We then add USDA certified organic herbs, again assuring safety and purity. The herb combinations used in each of the oils have been formulated based on traditional Ayurvedic herbal formulas and the time-honored uses of each of the individual

herbs. The ancient formulas are adjusted for modern times when herbs are not available from organically farmed and sustainably sourced methods, or when traditional formulas call for herbs not allowed for sale in the U.S. This adjustment is made because we believe in supporting the sustainability of our plants as a precious natural resource. Each formula is prepared so that the herbs can work synergistically to produce the desired result when applied.

We prepare all of our herbalized oils in-house, based on cooking methods found in the traditional Ayurvedic texts. The process itself takes several days. Each mixture of herbs is first cooked in water as a tea to extract the water-soluble properties of the herbs. The tea, along with more herbs, is then cooked in the oil to extract the lipid soluble properties of the herbs. Through this method, an herbalized oil is produced that is able to provide the complete range of healing qualities of the herbs combined with the lubricating, unctuous qualities of the oil. All of our oils are premium quality, 100% chemical and solvent free, and come in BPA-free bottles.

Banyan takes great pride in offering you a wide array of base and herbalized oils that have been produced with the greatest respect for tradition, purity, and efficacy. 

## Why use Oil instead of Lotions and Creams?

- Oils nourish the skin and retain moisture
- Oils carry herbal properties to deeper tissues
- Oils calm and support the nervous system
- Lotions/creams need preservatives
- Lotions/creams are emulsions of oil and water/water-soluble actives
- Moisturizing quality of lotions/creams is short-lived
- Avoid mineral oil based products, as mineral oil is derived from petroleum





# Mahanarayan Oil

FOR MUSCLES AND JOINTS

Mahanarayan Oil is an ancient Ayurvedic recipe that delivers powerful muscle and joint targeting herbs in a base of certified organic sesame oil. A nourishing and strengthening oil with rejuvenating and analgesic qualities, it is used to soothe sore muscles and tendons, supporting an active lifestyle and preventing over-use damage. In Ayurvedic terms, Mahanarayan Oil is particularly good for rehabilitating those suffering from disorders due to high vata, supporting rejuvenation of joints affected by wear and tear, joint space narrowing, and synovial fluid dehydration.

The oil can be applied locally to areas where there is physical discomfort. It may also be diluted with a base oil and used in deep-tissue massage.

**Ingredients:** Sesame oil\*, Dashamula\*, Shatavari\*, Camphor oil, Manjista\*, Arjuna\*, Ashwagandha\*, Bala\*, Punarnava\*, Fennel\*, Musta\*, Neem\*, Valerian\*, Turmeric\*, Vidanga\*, Anantamul\*, Bhumyamalaki\*, Brahmi\*, Calamus\*, Cardamom\*, Clove\*, Ginger\*, Guduchi\*, Licorice\*, Mineral Salt, Tulsi\*.

\*99% Certified Organic



## USE MAHANARAYAN OIL TO...

- Support comfortable joint movement
- Promote joint and muscle health for people with an active lifestyle
- Soothe pain and stiffness
- Pacify excess vata in muscles and joints
- Lubricate and warm dehydrated joints





# Ayurvedic Oils

BOOST THE THERAPEUTIC VALUE OF YOUR MASSAGE



**W**hy is warm oil an important part of massage? In Sanskrit, the word sneha can be translated as both “oil” and “love.” So in Ayurveda, there is an inherent connection between enveloping the body in oil and enveloping it in love. Both oil and love provide a sense of nurturing, grounding, and stability. These qualities benefit the entire body, particularly the nervous system; and most importantly, they support the entire being—body, mind, and spirit. Performing a massage with warm oil provides the opportunity to give love and nourishment as a part of the massage experience.

The rewards of using oil in massage as outlined in Ayurveda include the support of the musculoskeletal system, the nervous system, proper circulation and lymph drainage, and regular sleep patterns, to name a few. In addition to rejuvenating the skin, when oil is applied to the head it stimulates the scalp and promotes lustrous hair. Oil massage can also be helpful in the process of aging beautifully and gracefully. Overall, it adds to the body’s tone and strength. And in Ayurvedic terms, it is of benefit to all three doshas—vata, pitta, and kapha, especially vata, due to its grounding and nourishing benefits. One precaution in doing oil massage is to avoid full body oil for those showing signs of excessive ama—un-metabolized waste that can not be utilized by the body—which may include a thick coating on the tongue, extreme feeling of heaviness, and lack of mental clarity. Instead, apply oil directly to troubled areas, like sore joints or muscles, especially if warming herbs are infused into the oil, like Mahanarayan Oil.

In addition to describing the benefits of oil massage for the whole body, ancient Ayurvedic texts specifically mention the benefits of applying oil to the scalp, the ears, and the feet. Because Ayurveda

considers the scalp, the ears, and the feet to be maps representing the whole body, massaging these areas can positively impact other body parts and systems. For example, portions of the ear are energetically linked to the head and spine and also to specific organs, including the heart, lungs, liver, stomach, and colon.

In between treatments by a massage therapist, people can be encouraged to do self-massage at home with warm oil. This can prolong the benefits of a professional massage and provide a foundation for a healthy daily routine that helps keep the doshas in balance. A self-massage with oil on the soles of the feet and scalp

The herbalized oils listed on the following pages are not limited to Ayurvedic therapies. Commonly used for abhyanga or scalp massage, these oils may be used with any other massage modality or technique. As an Ayurvedic practitioner, massage therapist, or esthetician, selecting an herbal oil based on one’s constitution as well as seasonal and emotional influences can expand and deepen the therapeutic effect. Create a unique, memorable, and lasting treatment by using an herbalized oil.

are also ways to support deep and restorative sleep. And for those with an active lifestyle, be it yoga, running, climbing, or working out at the gym, self-massage with oil keeps the muscles and joints replenished and toned so they can keep up the pace.

Give massage with warm oil a try! You may be amazed at the results that manifest. Take in the wisdom of the ancients, and boost your massage with warm oil. 🌿





# Vata Massage Oil

RELAXING. WARMING. GROUNDING.

This rejuvenating oil is a synergistic blend of nine herbs, including ashwagandha, bala, and passionflower. The certified organic herbs nourish and ground vata, supporting vitality and vigor. Vata Massage Oil is made from a base of organic sesame and olive oils. These oils warm and lubricate the delicate vata system, restoring calm and providing strength.

Vata is composed of the elements air and space. Any motion in the body requires vata: swallowing, breathing, nerve impulses, muscle movements, thinking, bowel movements, urination, and menstruation. Vata benefits particularly from grounding and nourishing support, provided both by the oil itself and the warming herbs. Vata also benefits from regularity, especially a daily self massage with warm oil. The gentle pressure and firmness of massage grounds vata and brings stability.

**Ingredients:** Sesame oil<sup>†</sup>, Olive oil<sup>†</sup>, Ashwagandha<sup>†</sup>, Bala<sup>†</sup>, Shatavari<sup>†</sup>, Passionflower<sup>†</sup>, Bhringaraj<sup>†</sup>, Licorice<sup>†</sup>, Lemon Verbena<sup>†</sup>, Tulsi<sup>†</sup>, Valerian<sup>†</sup>.

<sup>†</sup>Certified Organic

## COMMON VATA CHARACTERISTICS

- Tall, slender, light frame
- Rough, dry skin or hair
- Feels cold frequently
- Creative mind, bubbly spirit
- Difficulty maintaining attention and focus
- Prone to anxiety and fear
- Worn out joints
- Atrophied muscles
- Issues with the nervous system (Ex: sciatica, tics/spasms, paralysis)
- Trouble sleeping





## Pitta Massage Oil

CALMING. COOLING. SOOTHING.

This aromatic oil is a cooling blend of nine organic herbs, including brahmi, guduchi, and manjista, in a base of sesame and sunflower oils. These herbs are traditionally used in Ayurveda to address pitta by removing excess heat while relaxing the tension associated with pitta. A daily self-massage benefits the skin where pitta tends to accumulate, supports healthy circulation, and helps move toxins out of the system.

Pitta is composed of the elements fire and water.

Transformation in the body always requires pitta: digestion, metabolism, temperature maintenance, sensory perception, and comprehension. Pitta is always driven and ambitious and benefits from the break provided by a soothing massage, which is enhanced by the cooling and cleansing qualities of the herbs found in Pitta Massage Oil. Pitta also holds tension in the muscles and is relaxed by the therapeutic touch of a warm oil massage.

**Ingredients:** Sesame oil\*, Sunflower oil\*, Brahmi\*, Guduchi\*, Shatavari\*, Manjista\*, Passionflower\*, Licorice\*, Coriander\*, Musta\*, Lavender\*.

\*Certified Organic

### COMMON PITTA CHARACTERISTICS

- Medium build and frame
- Defined features
- Body temperature runs warm, and can't tolerate external heat
- Red and yellow tones to skin
- Enjoys competition and challenges
- Sharp, focused intellect
- Prone to anger and irritation
- Acidity, burning, and inflammation
- Frequent loose stools
- Driven and ambitious







# Kapha Massage Oil

INVIGORATING. WARMING. REVITALIZING.

Formulated in a base of organic sesame and sunflower oils, this invigorating blend contains nine organic herbs including punarnava, chitrak, calamus, and rosemary. This energizing blend of herbs is activating and mobilizing, vital for balancing kapha. Vigorous massage with warm herbalized oil reduces kapha by promoting mild sweating, stimulating circulation, and cleansing the system.

Kapha is composed of the elements earth and water. Its main function is stability and structure in the body. Kapha forms the substance of the human body, from the skeleton and organs to the fatty molecules (lipids) that are vital for existence. A stimulating and invigorating massage with this herbalized oil can balance kapha, keeping things moving and bringing energy to the individual.

**Ingredients:** Sesame oil\*, Sunflower oil\*, Punarnava\*, Chitrak\*, Calamus\*, Bhumyamalaki\*, Manjistha\*, Neem\*, Tulsi\*, Rosemary\*, Eucalyptus\*.

\*Certified Organic



## COMMON KAPHA CHARACTERISTICS

- Large, square frame and build
- Gains weight easily
- Large eyes, lips, joints
- Thick hair and smooth skin
- Consistent and paced energy and stamina
- Difficulty with moist, humid climates
- Excess mucus and phlegm
- Tendency to lethargy, sedentary lifestyle
- Prone to depression, possessiveness
- Patient, “down to earth,” nurturing nature





## Ashwagandha Bala Oil

Building. Nourishing. Vitalizing.

- Supports strength and energy
- Promotes healthy muscle mass
- Good for the young, elderly, and debilitated
- Supports an active, athletic lifestyle

This vata pacifying oil can be used to nourish and strengthen the muscles. Useful for athletes, those weakened by debility due to old age or illness, and for those with an active lifestyle requiring strength, this oil brings together two Ayurvedic herbs known for their ability to support muscle mass and energy: ashwagandha and bala. The name “ashwagandha” gives reference to the strength of a horse and is known to rejuvenate both the muscular and nervous systems. “Bala” literally means “strength,” inferring the herb’s potential to build muscle mass and provide energy. Combined in a base of organic sesame oil, these Ayurvedic herbs are a highly rejuvenative duo. This oil can benefit the young and the elderly, groups in which muscle tone is either developing or decreasing and could use support.

Ashwagandha Bala Oil can be incorporated into any therapeutic massage where muscle or fascia may be damaged, debilitated, or in need of restoration.

**Ingredients:** Sesame oil\*, Ashwagandha\*, Bala\*.

\*Certified Organic



## Bhringaraj Oil

Tranquility for the Body and Mind

- Supports healthy hair growth
- Promotes natural hair color and luster
- Cooling rejuvenative to calm excess pitta
- Supports a calm mind, healthy skin, and a clear complexion

This soothing oil delivers the powerful hair strengthening qualities of the Ayurvedic herb bhringaraj in an organic sesame oil base. Balancing to all three doshas, bhringaraj’s cooling nature particularly addresses pitta, which is often at the root of hair issues such as premature greying and hair loss. Traditionally used to encourage healthy hair growth and better sleep, it also cools the head and calms the mind, making it an excellent choice for massaging the scalp and feet. Bhringaraj can also be helpful in clearing pitta from the nervous system and skin.

**Ingredients:** Sesame oil\*, Bhringaraj\*.

\*Certified Organic







## Brahmi Oil

Calm. Clear. Aware.

- Supports the nervous system and brain
- Calms vata in the mind, supporting concentration and memory
- Promotes healthy sleep patterns
- Cooling and relaxing tonic for pitta

This rejuvenative oil is made of organic gotu kola and organic bacopa, both known as brahmi in various parts of India. The herbs are cooked into a base of organic sesame oil, and for a more cooling application, this product is also offered in a base of organic coconut oil. Brahmi Oil is balancing to all three doshas and is beneficial for clearing and calming the mind and enhancing peaceful meditation. Brahmi is said to bestow intelligence upon its user and can be massaged into the scalp to subtly promote awareness and mental function. Used at night on the scalp, it can help support healthy sleep patterns and aid in the rejuvenation of the nervous system.

**Ingredients, Brahmi Oil in a Sesame Base:**  
Sesame oil\*, Brahmi\*, Bacopa\*.

**Ingredients, Brahmi Oil in a Coconut Base:**  
Coconut oil\*, Brahmi\*, Bacopa\*.

\*Certified Organic



## Neem Oil

Cooling and Soothing Skin Care

- Cooling and soothing effect to calm pitta
- Cleanses and pacifies excess heat and irritation
- Promotes healthy skin
- Supports natural immune function of skin against unwanted microbes

Neem Oil is the most cooling of all Ayurvedic oils and brings the powerful pitta soothing qualities of organic neem to a warm, lubricating base of organic sesame oil. With the cleansing and immune supportive properties of neem leaves cooked directly into this pacifying herbalized oil, Neem Oil is the best choice for pitta-related skin irritations (imbalanced pitta often manifests as heat in the skin). Neem's intense nature alleviates the excess hot and oily qualities of too much pitta, allowing the skin to replenish and rejuvenate. The oil can be used on the face as well as any areas on the body where excess heat is showing itself through the skin.

**Ingredients:** Sesame oil\*, Neem\*.

\*Certified Organic





## Joint Balm

With Boswellia and Guggulu

- Supports proper function of joints
- Soothes and lubricates the joint tissue
- Helps maintain joint health and comfort

Joint Balm is a soothing rub made from all natural, organic ingredients. Massaging sore joints increases circulation and facilitates the removal of toxins, while simultaneously delivering oxygen and healing nutrients. Regular use of Joint Balm delivers a powerful blend of joint-supporting

herbs directly to the area of discomfort. Boswellia and guggulu work with natural anti-inflammatory herbs like ashwagandha and guduchi to detoxify and rejuvenate the tissues. The sesame and castor oil base helps lubricate the joints and remove toxins that can impair comfortable movement. This penetrating formula soothes and nourishes the tissues, helping to maintain mobility and painless range of motion.

**Ingredients:** Sesame oil\*, Castor oil\*, Beeswax\*, Boswellia\*, Guggulu\*, Guduchi\*, Ashwagandha\*, Gokshura\*, Amalak\*, Bibhitaki\*, Haritaki\*, Ginger\*, Deodara essential oil, Eucalyptus essential oil\*.

\*Certified Organic



## Soothing Skin Balm

With Neem and Vetiver

- Replenishes the skin and promotes the natural rejuvenation process
- Made with herbs traditionally used to calm pitta and renew healthy skin
- Saturates and soothes the tissues

In Ayurveda, excess pitta in the body can manifest as red, irritated, and inflamed skin. This can be the result of the body eliminating natural toxins

through the skin. Soothing Skin Balm helps soothe the skin by stimulating circulation and promoting the natural healing process. Herbs like manjistha and anantamul support the body's detoxification process, while neem and guduchi cool and cleanse the skin. The castor oil base soothes and hydrates the skin, helping to maintain smooth, healthy skin tissue.

**Ingredients:** Castor oil\*, Sunflower oil\*, Beeswax\*, Manjistha\*, Anantamul\*, Guduchi\*, Neem\*, Licorice\*, Vetiver essential oil\*.

\*Certified Organic



# Breast Care Balm

With Tulsi & Palmarosa

- Massage aid for regular breast care
- Soothing and comforting formula
- Balancing for all doshas

Regular breast massage is an important preventative practice for any woman caring for her long-term health. Self-massage is an ideal way to be familiar with your breasts and recognize any changes as they occur. Massage also stimulates the lymphatic system and improves circulation, helping to facilitate the release of any stagnation.

This is a tridoshic breast balm that can be used by all types of women in support of regular breast self-examination. Transform this healthy practice into a delightful gift to yourself offered with the love and respect that every woman deserves. This formulation is less building and more soothing and comforting than our original Breast Balm (now Beauty Balm) and is well suited for women that may be experiencing fibrocystic breast changes and the associated pain, tenderness, and lumpiness.

**Ingredients:** Castor oil\*, Sesame oil\*, Sunflower oil\*, Coconut oil\*, Beeswax\*, Guduchi\*, Manjista\*, Tulsi\*, Punarnava\*, Amalaki\*, Arjuna\*, Bhumyamalaki\*, Licorice\*, Guggulu\*, Palmarosa essential oil\*.

\*Certified Organic



# Beauty Balm

With Shatavari & Rose Geranium

- Firms and rejuvenates the tissues
- Moisturizes and softens the skin
- Assists in gentle detoxification
- Supports breast health

Our original beloved “Breast Balm” has been renamed “Beauty Balm”. Over the years we have been delighted by the creative uses our customers have come up with for this powerfully nourishing formulation. In addition to self-breast massage,

women have reported using it as a skin cream, eye cream, hand cream, lip balm, and a general moisturizer for everything from elbows and knees to cuticles. Basically it has become the go-to balm for anything that is dry or needs lifting. We felt that with all these multifaceted gifts to offer, it deserved a less limiting name. Have fun with this balm and use it wherever your body can benefit from this heavenly rejuvenating concoction.

**Ingredients:** Ghee\*, Coconut oil\*, Olive oil\*, Beeswax\*, Shatavari\*, Ashwagandha\*, Vidari Kanda\*, Fennel\*, Licorice\*, Rose Geranium essential oil\*.

\*Certified Organic



# Trim Balm

With Chitrak and Guggulu

- Improves circulation
- Stimulates the lymphatic system
- Increases metabolism
- Assists in detoxification

A weight management program that includes regular exercise and a healthy diet can be further enhanced with massage. Massaging the thighs, buttocks, abdomen, and other areas where excess weight accumulates helps to improve circulation,

increase metabolism, and stimulate the lymphatic system. Trim Balm delivers kapha-reducing herbs directly through the skin, aiding in detoxifying and toning the tissues. In a base of sesame, sunflower and almond oils, this invigorating blend moisturizes and firms the skin while nourishing and strengthening the body.

**Ingredients:** Sesame oil\*, Sunflower oil\*, Almond oil\*, Beeswax\*, Punarnava\*, Chitrak\*, Musta\*, Guggulu\*, Bhumyamalaki\*, Manjista\*, Amalaki\*, Bibhitaki\*, Haritaki\*, Pippali\*, Ginger\*, Black Pepper\*, Rosemary\*, Eucalyptus essential oil\*, Lavandin essential oil\*, Clary Sage essential oil\*.

\*Certified Organic





## Healthy Hair Oil

Promotes Thick And Lustrous Hair  
Nourishing For All Hair Types

Applying herbalized oils to the head and massaging them into the scalp is a traditional Ayurvedic practice that has been used for hundreds of years to maintain a thick, lustrous head of hair. Gently massaging the head stimulates the hair follicles and allows the deeply nourishing herbs and oils to penetrate the scalp, strengthening and thickening the hair at its roots.

Healthy Hair Oil brings you the powerful effects of the top three Ayurvedic herbs known to have a special affinity for the hair. Bhringaraj, Brahmi, and Amalaki are cooked by traditional methods into a moisturizing and nourishing base of sesame and coconut oils, and then infused with the essence of hibiscus flowers. Used on a regular basis (1-3x per week) to massage the hair and scalp, Healthy Hair Oil supports the hair's natural thickness, color, and shine.

- Nourishes and rejuvenates the hair
- Supports thick, full-bodied hair
- Brings out the hair's natural color and luster
- Promotes soft, silky, manageable hair

**Ingredients:** Sesame oil\*, Coconut oil\*, Bhringaraj\*, Brahmi\*, Amalaki\*, Hibiscus\*, Rose\*

\*Certified Organic





# Sleep Easy Oil

Deep Restful Sleep

- Apply before bed for a night of restful sleep
- Calms the nerves and quiets the mind
- Grounds and pacifies vata
- Soothes and balances pitta

This calming oil brings you powerful Ayurvedic herbs that promote healthy sleep patterns and deep rest and relaxation. Healthy sleep patterns are crucial as they allow the body to restore and rejuvenate while letting the mind process, learn, and de-stress. This cooling and soothing formula is intended to be used with the traditional method of head and foot massage at night before going to bed. Application to the head, temples, and soles of the feet helps ground the light and mobile nature of vata and balance the sharp and active nature of pitta, promoting the heavier qualities needed for sleep. The blend is in a base of four organic oils, which come together to bring nourishment, subtle warmth for penetration, and gentle cooling for relaxation. Sleep Easy Oil is then finished with a hint of jasmine and chamomile flowers, bringing soothing scents with ever so mild floral notes. Massage this oil into your head and feet for a rejuvenating night of rest.

**Ingredients:** Sesame oil\*, Coconut oil\*, Sunflower oil\*, Olive oil\*, Ashwagandha\*, Bala\*, Guduchi\*, Bhringaraj\*, Passionflower\*, Skullcap\*, Valerian\*, Licorice\*, Nutmeg\*, Jasmine Flowers\*, Chamomile Flowers\*.

\*Certified Organic



# Nasya Oil

Nasal Drops for Clear Breathing

- Lubricates the nasal passages
- Soothes and cleanses the tissues
- Promotes awareness and concentration

The nose is the direct route to the brain and also the doorway to consciousness. It is the entrance for prana, the life force, which comes into the body through the breath. Healthy uncongested breathing is important to ensure proper flow of prana throughout the head and body. When an excess of bodily fluids accumulates in the sinus, throat, nose or head areas, it is best eliminated through the nose. Administration of herbally infused oil, or nasya, helps facilitate this cleansing process. Nasya Oil soothes and protects the nasal passage while nourishing the tissues. Daily nasal lubrication helps to release tension in the head and relieve accumulated stress. Balancing for vata, pitta and kapha, Nasya Oil is also traditionally said to improve quality of voice, strengthen vision, and promote mental clarity.

**Ingredients:** Sesame oil\*, Olive oil\*, Brahmi\*, Calamus\*, Skullcap\*, Eucalyptus essential oil\*.

\*Certified Organic





# Daily Massage Oil

For All Dosha Types

- Balancing for vata, pitta, and kapha
- Good choice when constitution type is unknown
- Good for complex constitutions and imbalances
- Rejuvenates the body and calms the mind

Full body massage is one of the most powerful techniques used in Ayurveda. Massage done with warm herbalized oil brings lubrication and oleation to the body while also calming and providing the tissues with the benefits of herbs that are cooked into the oil. Daily Massage Oil is formulated to balance all three doshas: vata, pitta, and kapha. This makes it a good choice if you do not know your constitution or if you have a complex constitution or imbalance. The base uses both warming and cooling oils to allow the oil to have a simultaneous penetrating and soothing effect. The traditional cooking process then brings together powerful Ayurvedic herbs like guduchi to soothe and rejuvenate; bala to strengthen; and arjuna and tulsi to invigorate, promote circulation, and support the lymphatic system.

This blend not only supports the physical body but also calms and steadies the mind with brahmi (gotu kola) and bhringaraj. Finally, the oil is also pleasing, soothing, and revitalizing to the senses and spirit, with a light hint of lemon verbena and lavender.

**Ingredients:** Sesame oil\*, Coconut oil\*, Sunflower oil\*, Brahmi/Gotu Kola\*, Guduchi\*, Bhringaraj\*, Bala\*, Arjuna\*, Tulsi\*, Lemon Verbena\*, Lavender Flowers\*.

\*Certified Organic







## Base Oils

All of our base oils are premium quality, 100% chemical and solvent free and come in BPA-free bottles.

### Almond Oil

Pure and refined, a good massage oil for vata.

### Organic Castor Oil

Pure, expeller pressed, and filtered, certified organic.

### Organic Coconut Oil

Pure, refined, and certified organic. A good massage oil for pitta. This oil is solid at temperatures below 76 degrees. Now available in a 30 fl oz. wide-mouth jar.

### Organic Sunflower Oil

Pure, refined, and certified organic. A good massage oil for pitta and kapha.

### Organic Refined Sesame Oil

Pure, certified organic, and refined, with a milder scent than the unrefined, good for vata and kapha.

### Organic Sesame Oil

Pure, unrefined, and certified organic. The most traditional of all oils used in Ayurveda, good for vata and kapha.





## Shirodhara Oil

Calming. Nurturing. Uplifting.

Formulated specifically for Shirodhara, this tridoshic blend includes organic ashwagandha, shatavari, bhringaraj, skullcap, and brahmi in a base of organic sesame and sunflower oils. A traditional Ayurvedic therapy, Shirodhara involves gently pouring a continuous stream of warm oil on the forehead to promote relaxation and well-being. Shirodhara can reach the depths of the nervous system and of the consciousness, bridging physical, mental, and emotional health. This luxurious and nourishing herbalized oil takes the subtle yet impactful effects of Shirodhara deeper.

**Ingredients:** Sesame oil\*, Sunflower oil\*, Bhringaraj\*, Brahmi\*, Ashwagandha\*, Skullcap\*, Shatavari\*.

\*Certified Organic



- Tridoshic blend that balances vata, pitta, and kapha
- Clears and calms the mind
- Promotes relaxation and well-being
- Supports physical, mental, and emotional health