

Vata Massage Oil

For Normal to Dry Skin Pure Ayurvedic (Radiant Beauty Range)

The Vata, Pitta and Kapha herbal massage oils, chosen for their unique physiological effects and by season, have a balancing effect on the skin's qualities.

Regular oil massage is seen by Ayurveda as one of the pillars that help maintain good health.

Ayurveda sees our skin as a major body organ. Although it acts as a barrier and a protective layer for our internal organs, it is also porous and we absorb many things through the skin, including toxins.

Oil massage not only soothes the whole nervous system, it nourishes the body and strengthens blood circulation. It also aids in the elimination of environmental toxins and also metabolic waste that our body creates during the digestive process.

With regular massage, the skin becomes silky soft, smooth, radiant and it maintains a youthful elasticity.

Daily practice of abhyanga Ayurvedic massage is one of the most important ways to maintain and promote health. According to Ayurveda, massage has a calming effect on both the nervous system and the endocrine system. It helps to remove toxins, improve circulation, and increase the flexibility of muscles, tissue and organs, creating soft, radiant skin.

Directions

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 Vata Hair Oil for the head.

Ingredients:

- Sesame
- Aswagandha
- Country Mallow
- Sensitive Plant
- Aloeweed
- Lemon
- Jasmine