



www.maharishiayurveda.com

Herbal Oil – MA-634

Herbal Oil Inhalant

Sinusitis, Headache, Chest & Muscle pain.....?

Pure essential oil with a fresh fragrance from camphor, mint, eucalyptus, clove, fennel, cinnamon and ajowan (wild celery seed).

Useful for - Sinusitis, Headache, Chest & Muscle Pain, etc.

Ayurvedic herbal oil can be used in many different ways: in addition to its capacity as a refreshing, Kapha-reducing aroma oil, the oil releases pleasant, cleansing aromas when it is rubbed in. One or two drops on the temples can be extremely beneficial in tense situations. This oil is also good for massaging the muscles and joints. Two to four drops in a glass of hot water help alleviate any discomfort after eating exotic food. A true all-rounder and a treasure when travelling!

Herbal Recommendations:

Pure natural vegetable oil. In addition to its use as aroma oil, it can also be used in diluted form as a massage oil. Massage gently into the skin, on the temples, chest, neck, or abdomen. For diluting, add one drop of Ayurvedic Herbal Oil with Mint to at least 20 drops or half a teaspoon of vegetable oil, preferably sesame oil.

Do not use undiluted.

Avoid contact with the eyes and mucous membranes.

Not suitable for children.

As an inhalant put a few drops in a bowl of hot water, put a towel over the head and breathe in the pleasant aroma. Inhale for a few minutes, then lift the towel and breathe in cool air. Repeat a few times. This opens up the nasal passages and chest.

Ingredients:

- Camphor
- Mentha piperita oil
- Thymol
- Foeniculum vulgare oil
- Eugenia Caryophyllus flower oil
- Eucalyptus globulus leaf oil
- Cinnamomum zeylanicum bark oil
- Eugenol*
- Isoeugenol*
- Cinnamal*
- Linalool*
- Coumarin*
- Benzyl benzoate*

*from real essential oils