

## Ayurvedic Massages with Ayurvedic Oils at L'Amore Spa.



The Classical Ayurveda texts of *Ashtangahridaya*, *Sahasrayoga* etc. have detailed uses of Oils for Massages in Ayurveda Therapies & Spa Treatments. Most of the Ayurvedic Oils are formulated with natural and organic herbs, spices and medicinal plants that correct the dosha imbalances in the proper & perfect functioning of healthy body and healthy mind.

### **Vata Massage Oil**

This ayurvedic oil returns vitality to the Vata type skin while removing pollutants from the sick body and refining blood circulation. Containing of an actual blend of herbs like ashwagandha, bala, passion flower etc in an organic sesame or olive oil base, it heats, oils and brings back

power and coolness to the skin.

### **Pitta Massage Oil**

Another preparation of aromatic plants like brahmi, manjista and guduchi in an biological base of sesame and sunflower oil. Pitta Massage Oil is soothing oil that cleanses moisturizes and puts to sleep a Pitta skin that is delicate to ecological exposures. It reduces hotness and cleans blood thereby easing pressure.

### **Kapha Massage Oil**

It encourages, warmth and refreshes the Kapha system by getting rid of reserved water and toning the muscles while healing wounds. It consists of nirgundi, karavira and neemleef extracts.

### **Organic Sesame Oil**

Developed with monounsaturated and polyunsaturated fatty acids, Sesame Oil works on all types of Doshas. It eliminates muscle inflammations, firming the texture of skin and prevents premature aging. It is also good for hair. It has a piercing and probing action making it useful for abhyanga (daily body massage).

### **Organic Almond Oil**

Derived from the kernel of almond plant it is oil with great conditioning and nourishing properties. Suitable for all skin types it serves as an soothing, skin soother and softener. It conditions the skin and gives it a younger feel.

### **Brahmi Oil**

It is augmented with Brahmi, which is a memory booster and a healthy herb used for healthy working of brain. Brahmi oil is often used for Shirodhara. Brahmi Oil is superb for chilling pitta and relaxing the mind. Traditionally, Brahmi is one of the main rejuvenatives for mind and body. Brahmi and Bhringaraj Oil are good for hair and scalp related problems. These act as hair rejuvenators and assist progressive working of retention.

### **Dhanwantaram Oil**

It is heating oil used in winter to address high Vata problems such as sensitivity to cold, low back aches, and joint pains.

### **Bala Oil**

It is Tridosha oil suitable for all Doshas. The word "bala" means "strength" so this oil is used for general firming up of the body.

### **Balashwagandha Oil**

This Oil is prepared using Bala with Ashwagandha herbs. This is an excellent oil for Vata problems that toughen the nervous system.

### **PindaTailam**

PindaTailam is a cooling oil. It contains one of the most effective Pitta reducing herbs, that is Manjistha. This oil is red in color because of Manjistha.

**Mahanarayana Oil**

It is an pain-relieving oil for sore muscles and joints. It is used often in cases of rheumatoid and osteo arthritis.

**Bhimgad oil**

It is the made of many herbs primarily Bhringraj which nourishes the hair glands and root follicles of the hair.

**Sweet Almond Oil**

Sweet almond oil is one of the most widespread ayurvedic massage oils among massage therapists. Extracted from almonds, sweet almond oil is pale yellow in Color. It is somewhat oily, which allows hands to glide easily over skin. Sweet almond oil is absorbed fairly quickly by body skin, but not so quickly that you need to keep re-massaging it.