



# ARYA HERBAL

Natural Indian Treasures for your Health

massage oils

## Cheriya Chandanadi Tailam

Alleviates sleeplessness promoting a restful sleep, has a cooling and calming effect on the body.

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### Ingredients

text: Sahasrayogam

ketakimulam (Pandanus odoratissimus) • chandana (Santalum album) • madhuka (Madhuka longifolia) • kushta (Saussurea lappa) • asvagandha (Withania somnifera) • suradruma (Cedrus deodara) • usira (Vetiveria zizanioides) • utpala (Nymphaea alba) • mamsi (Valeriana jatamansi) • patra (Abies webbiana) • nisa (Abies webbiana) • bala (Sida cordifolia) • hribera (Coleus zeylanicus) • nagakusumu (Mesua ferrea) • spprikka (Anisomeles malabarica) • manjishta (Rubia cordifolia) • sariba (Hemidesmus indicus) • tagara (Valeriana wallichii) • satapushpa (Anethum sowa) • harenuka (Vitex agnus - castus) • sukshmall (Elettaria cardamomum) • abda (Cyperus rotundus) • tvak (Cinnamomum cassia) • chora (Anisochilus carnosus) • barbara (Acacia nilotica) • kshira (cow's milk) • mriganabhi (musk)

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