



# ARYA HERBAL

Natural Indian Treasures for your Health

massage oils

## Pinda tailam

[www.aryaherbal.com](http://www.aryaherbal.com)

[surya@aryaherbal.com](mailto:surya@aryaherbal.com)

+49 (0)89-2423 1659

+49 0177 4220038

Pinda Tailam is prepared from Indian plants Manjishtha and Shariba. These two plants have been in use in India traditionally for making the skin smooth. Manjishta is known to have anti-rheumatic properties and shariba is a body relaxant. Pinda Tailam enters into the body pores making the skin and the joints in particular soft and smooth.

### Application

Pinda tailam is recommended for a general massage. The water content in the oil is about 18 %. This ensures that the skin can breathe even when the oil is applied on the body for a long time. It is used for treatment of rheumatic and auto-immune diseases. The oil is best used warm.

### Ingredients

sesame oil • bee wax • Rubia tinctoria • Hemidesmus indicus • Rhododendron lepidotum

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