

# Relax-Relief Body Massage oil

( For external use only)

Present day human life presents long standing hours or sedentary life style. Lack of bodily movements results in stiffness of muscles due to poor blood circulation. This may lead to debilitating symptoms of joint pain, fatigue, variation in blood pressure, poor digestion influencing overall imbalance in well being.

Relax-Relief Body Massage oil is a remedy to eliminate any such symptoms. It provides relief from neuromuscular pain, general body ache and imparts prolonged freshness coupled with well being to the body.

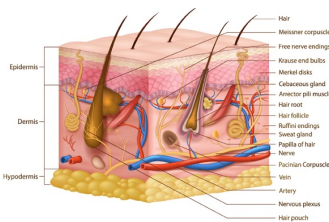
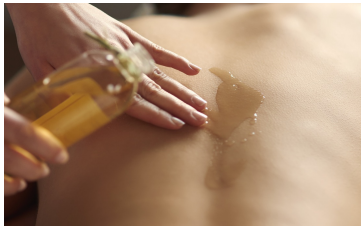
**Uses:** Body massage oil is used to relax muscle stiffness and sprain, overcome stress due to fatigue. It moisturizes and tones skin. Oil relieves neuromuscular pain caused due to various factors and improves mobility of limbs. On regular application of Relax-Relief Body Massage oil aging symptoms are delayed. Skin becomes soft, fresh, glowing and becomes resistant to diseases.



## Ingredients (each 5ml contains)

Tila ( <i>Sesasmum indicum</i> )	1.3mg
Eranda ( <i>Ricinus communis</i> )	0.3mg
Nirgundi ( <i>Vitex negundo</i> )	0.3mg
Rasna ( <i>Alpinia galangal</i> )	0.3mg
Ushira ( <i>Vettiver zizanioides</i> )	0.1mg
Narikela ( <i>Cocos nucifera</i> )	0.3mg

## Relax-Relief Body Massage oil: Possible mechanism of action



- Relax-Relief Baby Massage oil spreads easily over the skin surface and penetrates the body tissue. Through the massage process, the natural oil blend generates friction and transfers the essential active principles to the musculature.
- Relax-Relief Baby Massage oil penetrates into skin works on the soft tissues (the muscles, tendons, and ligaments) to improve muscle tone.
- The active ingredients from oils reach beneath the deep layers of the skin possibly stimulate the affected organs.
- Stimulates blood circulation and assist the lymphatic system thereby improving the elimination of waste throughout the body

## Benefits

- Relax-Relief Body Massage oil relaxes mind as well as body muscles, thereby granting complete overall positive health effect
- Better absorpency and penetration offers nourishment (Vitamin A, E and other constituents) and can replenish lost nutrition from skin.
- These are also beneficial to skin, relieve aches and pains.
- Massage oil acts as a lubricant for smoother movement.
- It is blend of carefully selected natural oils with proven benefits combined with the process of massage.
- After a massage skin becomes more soft and supple.

# Pharmacological Activity of Ingredients

**Tila (*Sesamum indicum*):** Contains vitamin A,E which help nourishment of the skin.



**Eranda (*Ricinus communis*):** Contains Vitamin A, E which help nourishment of the skin.



**Nirgundi taila (*Vitex negundo*):** Possess anti inflammatory properties, helps reduce body aches.



**Rasna taila (*Alpinia galanga*):** Oil restores, nourishes, and supports the entire body. It has anti-inflammatory, anti-oxidant activities and is active against gram positive and gram negative micro organisms.



**Ushira (*Vetiver zizanioides*):** In blended massage oil or diluted in the bath, vetiver oil can help with mental and physical exhaustion, nervous complaints, rheumatism and arthritis pain, insomnia as well as balancing the hormonal system and have a healing effect on the skin.



**Narikela taila (*Cocos nucifera*):** Is very soothing and hence it helps in removing stress. It acts as an effective moisturizer on all types of skin. It also delays wrinkles and sagging of skin.

