



**Full body massage with warm oil** is one of Ayurveda's most beloved selfcare rituals. Let CoyDog Botanicals guide you in creating your own personalized, balancing, and rejuvenating oils. Massage oil lubricates the tissues while awakening the senses and soothing the spirit.

- Nourishes and rejuvenates body and mind
- Soothing and revitalizing to the senses
- Effective way to decrease stress levels
- Improve quality of sleep
- Enhance quality of life



#### **CREATING THE PERFECT MASSAGE OIL**

Prepared according to traditional Ayurvedic methods, Daily Massage Oil starts with a base of coconut, sesame, and sunflower oils that may be slowly infused with uplifting and revitalizing herbs and finished with essentials like lemon verbena and lavender. The end result is a deeply nourishing herbal oil perfect for self-massage.

#### **RESEARCH-BACKED BENEFITS**

The practice of abhyanga, or self-massage with oil, is a beloved component of an Ayurvedic daily routine, long revered for its many benefits. In a recent clinical trial, practicing abhyanga with Daily Massage Oil was shown to be an effective way to decrease stress levels, improve quality of sleep, and enhance quality of life.

1. Warm oil if desired to support nourishment and absorption.
2. Massage into your whole body with firm, gentle pressure.
3. Work your way from your hands and feet toward your heart.
4. Use long strokes on the limbs and circular strokes on the joints.
5. Let absorb for 10–20 minutes, then shower to rinse. Careful not to slip!

For external use only. If preferred, you may practice self-massage after you shower, but be mindful as oil residue can stain clothing and sheets. **Warning:** All oils make surfaces slippery and can be combustible. Use caution when drying or storing linens exposed to oils as they are potentially combustible when exposed to heat. Consult your dryer manufacturer's guidelines for drying linens that have been in contact with oils.

