# Ayurvedic Oils & Essential Oils

Treatments using oils are an integral part of Ayurveda. While some of the more complex or exotic oils are less available outside of India, local oils and specifically essential oils are one of the easiest and most pleasant ways to restore balance. Aromatherapy has a direct effect on the nervous system and can produce instant feelings of relaxation through inhalation as well as absorption through the skin.

**Some of the benefits of using essential oils:**

* Promotes relaxation & improves resilience to stress
* Has anti-microbial properties
* Treats skin issues
* Improves memory & concentration

Note: Essential oils should always be externally on the body and diluted appropriately with a base oil. During pregnancy or with infants & children essential oils should be used only under supervision by your practitioner.

# Vata Oils

* **Base oils:** Sesame seed (unroasted), Almond, Avocado, Safflower
* **Essential oils:** Anise, Basil, Bergamot, Birch, Cardamom, Cedar, Chamomile, Cinnamon, Clary Sage, Cumin, Cypress, Eucalyptus, Fennel, Fir, Frankincense, Ginger, Jatamansi, Jasmine, Marjoram, Orange, Patchouli, Rose, Rose Geranium, Rosemary, Sandalwood, Tangerine, Valerian, Vanilla, Vetiver, Ylang-Ylang.

# Pitta Oils

* **Base oils**: Coconut, Olive, Sunflower, Argan, Jojoba
* **Essential oils:** Cedar, Chamomile, Champa, Clary Sage, Coriander, Cumin, Dill, Fennel, Jasmine, Lavender, Lemongrass, Myrtle, Neroli, Peppermint, Rose, Rose Geranium, Sandalwood, Vanilla, Vetiver, Wintergreen, Ylang-Ylang.

# Kapha Oils

* **Base oils:** Almond, Mustard, Canola
* **Essential oils:** Anise, Basil, Bergamot, Black Pepper, Cardamom, Caraway, Cedarwood, Cinnamon, Clary Sage, Cumin, Cypress, Parsley, Eucalyptus, Fir, Frankincense, Ginger, Juniper, Lavender, Lemon, Lemongrass, Marjoram, Myrrh, Myrtle, Orange, Oregano, Patchouli, Rosemary, Sage, Saffron, Tangerine, Tea Tree, Thyme, Wintergreen.

To learn more on how to do Ayurvedic Self massage visit: <https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/lifestyle/self-oil-massage/>