



R-U-VED Massage Oils Feature Ancient Indian Formulas to Balance One's Dosha

As featured on the Dr. Oz show on 12/9, "Abhyanga," self massage with Ayurvedic oils boosts immunity

REDMOND, WA (December 15, 2010) - A massage a day can keep the doctor away, and **according to a recent [Dr. Oz Show](#) (12/9/2010), "abhyanga," an Ayurvedic self-massage, is an excellent daily ritual to boost immunity.** During the recent program, Dr. Oz enlightened viewers on the benefits of [Ayurveda](#), discussing abhyanga, along with other recommendations to balance body, mind and spirit.

[R-U-VED Inc.](#), one of the premier Ayurvedic herbal companies in the U.S., offers [Ayurvedic massage oils](#) with medicinal herbs that balance one's unique constitution, or "[dosha](#)," known as Vata, Pitta and Kapha. The oils can be used either for abhyanga or by massage therapists offering clients dosha-specific treatments.

"Ayurveda describes a wealth of treatments for maintaining optimal health by creating inner balance and re-establishing connection with the body's inner intelligence," explained Dr. Virender Sodhi, Ayurvedic MD, naturopath physician and CEO of R-U-VED Herbs. "Abhyanga is regarded as one of the most important of these treatments. It can make a remarkable difference in both nourishing and detoxing the body, as the skin is our largest organ and deeply absorbs what we apply to it."

For a traditional abhyanga, gently massage in the dosha-balancing oils from head to toe, prior to bathing, on a daily basis. If pressed for time, simply dab a bit of oil on after showering and replace a run-of-the-mill moisturizer with a powerful healing formula.

R-U-VED massage oils are organic and cold-pressed and come in six-ounce bottles for \$10.40 each.

- **ProVata Oil** tones and relaxes the nervous system while supplying the skin with hydration, especially helpful for those with Vata disorders. **Signs of Vata imbalance are an overactive mind, fatigue, dry skin, insomnia and constipation.** A balanced Vata feels happy, calm and energetic. *Ingredients: cinnamon, ginger, almond and cardamom oils in a base of sesame oil.*
- **ProPitta Oil** soothes and balances the mind and body and keeps the skin silky smooth. It can also be massaged into the temples or forehead whenever one feels tense to restore calm and harmony. **Signs of Pitta imbalance include irritability, anger, night sweats, discomfort in hot weather, blemish prone skin and skin rashes.** A balanced Pitta has a good appetite, a sharp intellect and good memory retention. *Ingredients: sandalwood, neem oil, Eclipta alba, and lemongrass oils in a base of coconut and sesame oils.*
- **ProKapha Oil** helps to invigorate Kapha and to restore the body's vital warmth and energy. **Signs of Kapha imbalance are lethargy, persistent sleepiness, difficulty losing weight and a tendency toward colds and phlegm.** A balanced Kapha is strong, energetic, and caring, with an easygoing attitude. *Ingredients: ginger, flaxseed and eucalyptus oils, and guggal extract in a base of sesame oil.*



Other topical R-U-VED oils include: *Replenishing* for strength and vitality; *Narayan* for muscles and joints; *Breast* for healthy breast tissue; and *Baby* for the little one. Please click [here](#) for more information.

Founded in 1988, R-U-VED is the only Ayurvedic herb company in the U.S. owned and operated by practicing Ayurvedic physicians, who also cultivate the medicinal herbs offered to ensure the utmost in quality and safety standards. Wildcrafted and/or organic, all R-U-VED herbs are manufactured in an ISO and GMP approved facility. R-U-VED also offers ProVata, ProPita and Pro Kapha spices and teas, and formulations for cardiovascular, digestive, elimination, liver, metabolic, women's health, cognitive support and more. R-U-VED is a division of Ayush Herbs, and is located at 2239 152nd Avenue NE; Redmond, WA 98052. Contact the company at (800) 925-1371 or visit www.ruved.net. Editors seeking more information, samples or images may contact Holly Padove at holly@thepressroom.com or (805) 773-1000.

