



Dhanvantaram Thailam – Ayurvedic Body Oil

Dhanvantaram is a traditional Ayurvedic body oil crafted with sesame oil and a blend of precious botanicals including Amla, Liquorice, Cardamom, and Myrrh.

Used for centuries in the daily self-massage known as *Abhyanga*, it is renowned for its warming, toning, and balancing properties that nurture both body and mind.

Benefits in the Ayurvedic Tradition

In classical Ayurvedic practice, **Dhanvantaram Thailam** is used to promote relaxation and improve body flexibility, to encourage a sense of vitality and mental well-being, and to offer a moment of self-care and balance during times of change such as postpartum recovery or seasonal transitions.

How to Use Dhanvantaram

Warm the oil gently before use. Apply it to **dry skin**—including the scalp—and massage for at least twenty minutes. Then take a warm shower to remove any excess oil. This ritual is ideal for daily care or seasonal treatments, particularly in the colder months. For best results, apply in a warm environment where the body can fully absorb the oil's active ingredients.

Dhanwantaram Thalami Extra Benefits

The skin feels immediately softer, smoother, and more supple from the very first use. Its deeply nourishing action helps prevent dryness, especially on the legs and arms during winter.

- ❖ **Skin:** The skin feels immediately softer, smoother, and more supple from the very first use.
- ❖ **Seasonal use:** Its deeply nourishing action helps prevent dryness, especially on the legs and arms during winter.
- ❖ **Peace & Relaxation:** Regular massage with Dhanvantaram becomes a moment of true relaxation and inner harmony—an authentic act of self-care inspired by the wisdom of Ayurveda.

Dhanvantaram is a true act of self-care.