



## SESAME OIL – Sesame oil in Ayurveda

In Ayurveda, **Sesame Oil** is known as the king of oils. Rich in antioxidants and vitamin E, it is a warming, deeply nourishing, and strengthening oil used for centuries as the main base for Ayurvedic treatments and for infusing medicinal herbs.

### When it is used

**Sesame Oil** is especially recommended during the colder seasons and for constitutions dominated by *Vata*, which tend toward dryness, stiffness, and sensitivity to cold.

### Traditionally used for

- ❖ Daily full-body self-massage (*Abhyanga*)
- ❖ Moisturising and nourishing dry or depleted skin
- ❖ Relieving muscular and joint stiffness
- ❖ Promoting deep relaxation and restful sleep
- ❖ Enhancing circulation and overall vitality

### Main benefits

- ❖ Provides intense hydration and nourishment to the skin
- ❖ Brings warmth, tone, and elasticity to tissues
- ❖ Strengthens muscles and joints, reducing stiffness
- ❖ Offers a calming and grounding effect on the mind
- ❖ Protects the skin from dryness and premature ageing

### Additional benefits

- ❖ With regular use, the skin becomes visibly smoother, firmer, and more radiant
- ❖ Ideal in autumn and winter, when cold and dryness dominate
- ❖ Supports energy, vitality, and emotional balance
- ❖ Considered the most important base oil in Ayurvedic herbal preparations

**Ripened Sesame Oil – The warmth that soothes, the vitality that strengthens.**