

ASLI AYURVEDA – SAUNDARYA PRASĀDHAK

Baby Care Series – Ayurvedic Massage Oil

"A sacred act of touch. A therapeutic ritual in every drop."



Baby Abhyangam Oil

Form Type: Classical Oil Blend for Infant Massage

Primary Dosha Focus: Vata pacifying | Pitta cooling

Key Benefits: Strengthens bones & muscles | Soothes nerves | Deep nourishment



Ayurvedic Lipid Base



Sesame Oil (Tila Taila)

Classical Abhyanga base; nourishes Asthi & Mamsa Dhatus



Sunflower Oil

Lightweight, easily absorbed, softens baby skin



Mustard Oil

Traditionally used in winter for warmth and circulation (skin-safe grade)

Ayurvedic Lipid Base (Continued)

- Olive Oil – Rich in oleic acid, improves barrier integrity
- Almond Oil – Enhances suppleness, gentle on baby skin
- Wheatgerm Oil – Natural source of Vitamin E, supports skin resilience
- Ghee (Ghrita) – Pitta pacifier, Rasayana for skin glow and moisture retention



Therapeutic Actives

Balashwagandha Oil

Ayurvedic taila for growth, strength, and muscle tone

Lavender Oil

Sattvic aroma, calms the mind and senses

Geranium Oil

Balances skin tone, imparts floral serenity





Application Ritual (Snān Block)

Warm a few drops in the palm. Gently massage baby's body from scalp to soles in downward strokes before bath or bedtime. Let the oil soak in for 15–20 minutes.

Saatvik Experience

Light, earthy-floral scent. Induces deep calm. Skin feels nurtured, supple, and protected.



Benefits of Baby Abhyangam



Strengthens Bones & Muscles

The classical oil blend supports proper development of the musculoskeletal system in growing infants.



Soothes Nerves

Regular massage with our Abhyangam oil calms the nervous system and promotes better sleep patterns.



Deep Nourishment

The combination of oils provides essential nutrients that are absorbed through the skin for holistic nourishment.



Dosha Balance

Vata Pacifying

The warming properties of sesame and mustard oils help balance Vata dosha, which is naturally elevated in infants. This helps prevent dryness and promotes stability in the developing body.

Pitta Cooling

Ingredients like ghee and sunflower oil have cooling properties that balance Pitta dosha, preventing skin irritation and promoting a calm temperament in the baby.



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