



Why Our Herbal Oils Are Unique

Regular self-massage (*abhyanga*) is a highly beneficial self-care practice that is integral in Ayurveda, especially when done with herbal oils that can address everything from healthy hair to comfortable joints, a calm mind, sound sleep, and so much more.

We're often asked what makes our herbal oils so unique. The answer? It's all about the process!

The ancient Ayurvedic tradition takes the creation of herbal oils to another level by pouring time, energy, and love into every step

of the process, which takes days to complete. Banyan honors this lengthy and involved process, and our method of preparing herbal oils is still an Ayurvedic tradition at heart.

What Is an Herbal Oil?

Creating an herbal oil is no haphazard, random selection of ingredients—it's a careful selection of herbs paired with the right base oils to cook into the perfect finished product, often with a specific healing property or intention.

Ayurveda recognizes that everything comes with its own set of energetics, and understanding the energetics of the herbs and oils and how they will interplay is key. When the right combination of ingredients are chosen, they interact synergistically, enhancing the power and benefit of the herbal oil.

Oils are also considered carrier substances, meaning that when they are infused with the qualities of the herbs, they will carry those qualities deep into the tissue layers.

Making Herbal Oils

Traditionally, making herbal oils could take days to complete, with careful attention and devotion to the process to create the perfect herbal oil.



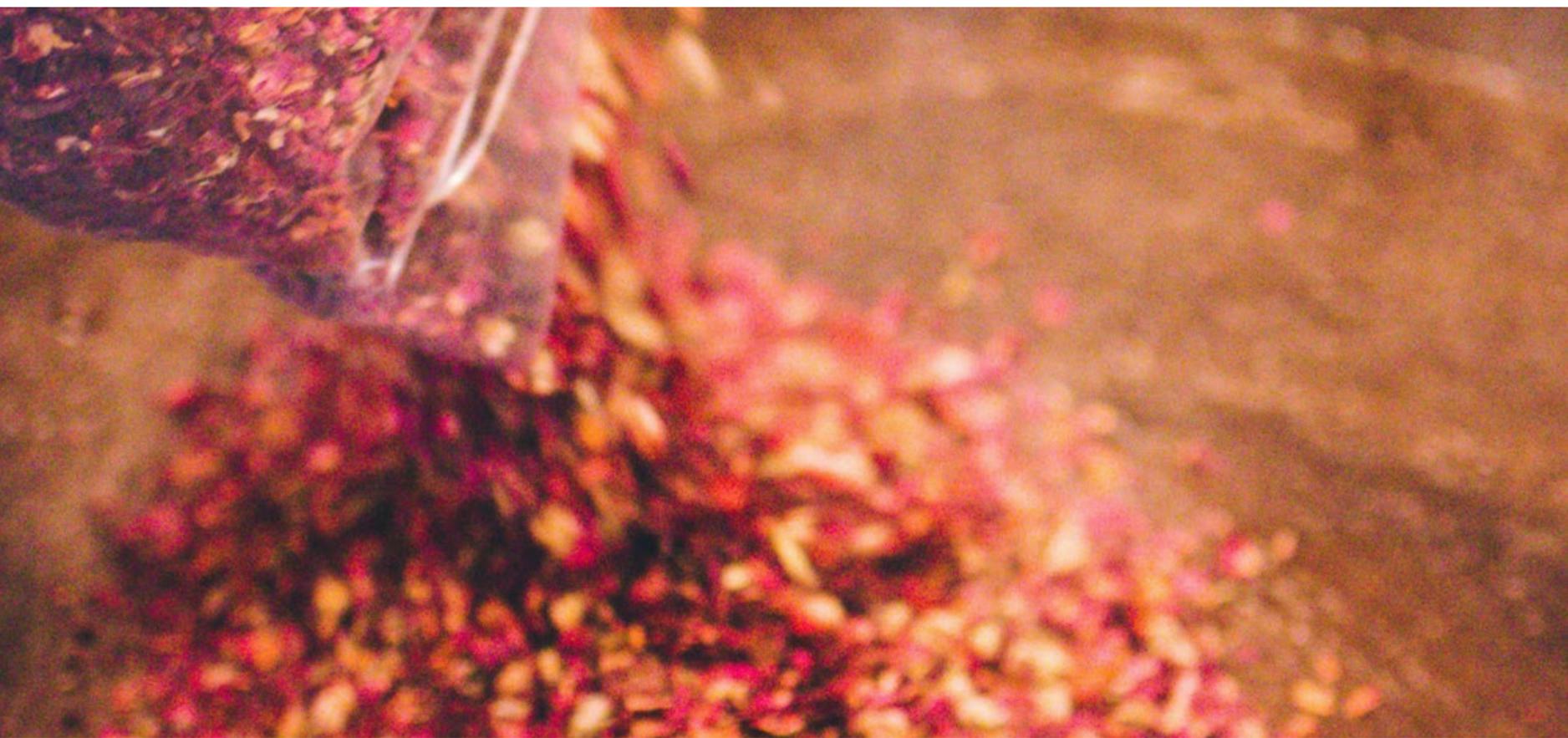
The Sanskrit word for oil is *sneha*, which also translates as love. Ayurveda considers oil as the ultimate carrier of love, and the daily practice of self-massage with oil as one of the best ways to nourish and love your body, mind, and soul. Ancient oil makers knew they were creating important vessels for self-love, so it is no surprise that they devoted their utmost care and attentiveness to the process.

Banyan oils are made in much the same way: we continue the tradition of crafting Ayurvedic herbal oils with love, care, patience, and slow cooking.

Day 1

- We start by preparing the herbal powders, leaves, and other plant parts.
- Some is set aside for later use, and the rest goes into a large industrial kettle and soaks in water for several hours.
- Then we boil the mixture until almost all of the water has cooked off. This part of the process usually takes the rest of the day to complete, creating what is referred to as a “decoction” or “tea.”
- Once it’s ready, we let it cool for the night.





Day 2

- Now it is almost time to add the tea to the carrier oil or oils. But first, with the help of a simple but effective hydraulic wine press, we filter out any lingering excess water and sediment.
- Then it's back to the kettle with our mixture of herbs, which will now get cooked slowly into the base oils for twelve hours—sometimes longer.
- While the oil cooks, our specialists stir the mixture, removing any last dregs and sediment that may have snuck past the wine press. The sediment isn't harmful, but it can alter the relaxing experience of using your massage oil!





Day 3

- One last check for sediment happens before we apply the finishing touches. Depending on the blend, this might involve adding special ingredients like extra hints of flowers or natural essential oils.
- After these last refinements, the oil is finally ready for us to bottle.

With oil as the ultimate carrier of love, we are proud to honor ancient traditions as we pour our time, energy, and love into every batch of oil. May the love we put into the making of our herbal oils enhance your own experience as you welcome in their many benefits.

