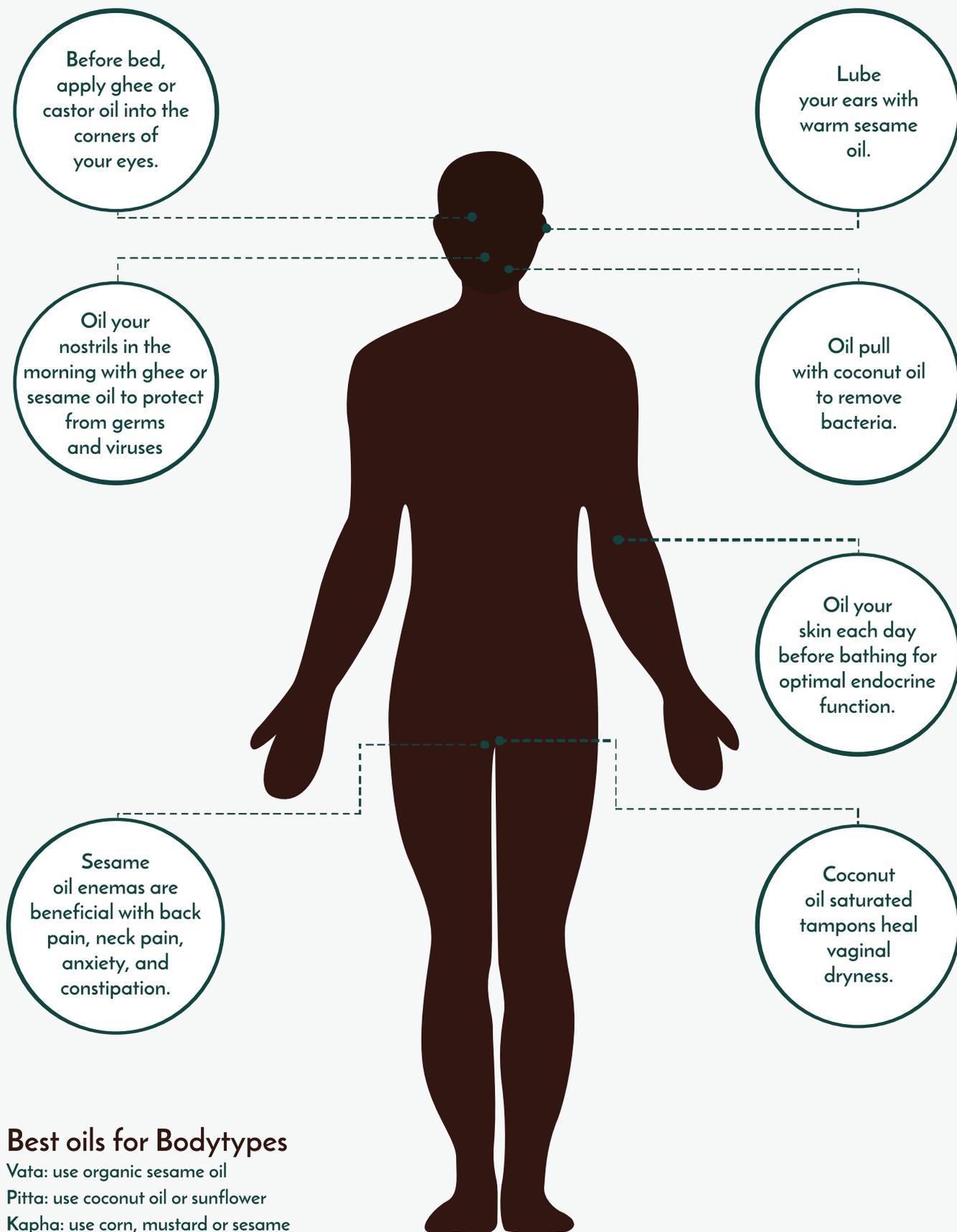


Oil & Orifices

by Cate Stillman founder of yogahealer.com



Best oils for Bodytypes

Vata: use organic sesame oil

Pitta: use coconut oil or sunflower

Kapha: use corn, mustard or sesame