

## Ayurvedic Lifestyle: Essential Tools and Products

These tools not only facilitate your Ayurveda practices but also help you maintain a healthy lifestyle and promote overall well-being. No need to worry if you are unfamiliar with how to use these tools, as we will explore them in detail during the course. You will learn how to use them correctly and effectively, enabling you to integrate them into your Ayurvedic self-care routine with confidence.

1. Oil warmer or coffee cup warmer for warming abhyanga oil (or you can just use a cup with hot water and immerse your bottle of oil in it before your massage)
2. Abhyanga Oil (can also be organic sesame seed oil, almond oil or coconut oil if it's summer season)
3. Gamchas (thin towels to use during and after abhyanga)
4. Ayurvedic Herbal Mouth oil or just coconut oil
5. Tongue Scraper
6. Neti Pot
7. Nose Oil (anutailam)
8. Silk Garshan Gloves or Dry Brush
9. Triphala
10. Yoga Mat (try a cotton yoga mat - easy to wash and maintain clean)
11. Hot Water Thermos

**These are the brands that I have personally used and found to be of excellent quality:**

In India on Amazon:

- Arya Vaidya Sala Kottakal
- Vaidyaratnam

In USA / UK:

- Banyan Botanicals
- Chandika.com
- MAPI.com