

SELF MASSAGE INSTRUCTION:

AYURVEDIC SELF-MASSAGE

Massage has been used for centuries in a variety of traditional cultures to strengthen well-being and vitality. Abhyanga, the term used to describe an Ayurvedic oil massage, is recommended for almost everybody of any age, from a newborn child to an elderly person. Try doing this simple routine in the morning for a strong start to your day or before bed for a more restful sleep.

BENEFITS OF AYURVEDIC SELF-MASSAGE

- Imparts softness, strength, and color to the body
- Decreases the effects of aging
- Nourishes the body
- Benefits sleep patterns
- Benefits skin
- Imparts tone and vigor to the dhatus (tissues) of the body
- Stimulates the internal organs of the body, increasing circulation

THE TECHNIQUE

- You can do this before or after shower. However if you're doing this massage after shower use approximately 1-2 tsp of oil. Use a lighter oil like Jojoba or Almond oil which spreads easily and gets absorbed into the skin very quickly. Doing it right after shower also helps to lock the moisture in the skin.
- Choose an oil that is appropriate for your doshic type.
- Warm the oil by placing the bottle in a mug of hot water.
- Take shower with warm water.
- Pat dry your skin after shower.
- Massage the oil into your entire body, beginning at your extremities and working toward the middle of your body.
- Use long strokes on the limbs and circular strokes on the joints.
- Massage the abdomen and chest in broad, circular motions.
- On the abdomen, follow the path of the large intestine, massaging clockwise, moving up on the right side of the abdomen, then across, then down on the left side.
- Avoid doing Ayurvedic self-massage during menstruation or while ill.