

- DAILY OIL MASSAGE

You can print and laminate these two pages and have the self massage procedure, abyanga, in the bathroom and the recipe one the fridge

REASON AND BENEFITS:

In Sanskrit oleation is called *snehana*. Snehana literally means love and tenderness. Abyanga creates a warm, womb-like experience. It soothes the nervous and endocrine systems; encourages lymph circulation and drainage; rejuvenates the skin; tones the muscles; eliminates impurities and promotes youthfulness. You can perform a simple self abyanga in as little as 5 minutes.

Benefits of Abyanga:

1. Delaying old age
2. To release fatigue
3. For all vata diseases
4. To relieve pain in the body
5. To increase the capacity of the eyes
6. Promotes all tissues, increases body strength
7. Adds years to life and life to years
8. Brings normal sleep
9. Strengthens and vitalizes the skin
10. Protects skin from infection
11. Increases immunity
12. Beneficial to all skin color

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WHEN TO MASSAGE:

Preferably before you bathe and meditate in the morning each day.

DURATION:

5 - 10 minutes (or more) or mini-massage 1-2 minutes

OIL TO USE:

You can try a custom blended oil from the Ayurvedic Center, for your body/ mind type from the Ayurvedic Center. Or you can use sesame, almond oil or coconut oil.

MASSAGE ROUTINE:

Warm about 3-4 tablespoons of oil to body temperature.

1. **HEAD** Using the flats of the hands, massage the head vigorously for about one minute
2. **FACE** 3 strokes down face. 3 strokes on temple. 3 round eye-sockets. 3 gentle on eyes (closed). 1 swipe on upper lip. 3 strokes back and forward under chin. 3 strokes up and down on nose. 3 strokes back and forward on forehead.
3 swipes down face.
3. **EARS** **Very important.** Massage lobes well. Don't go deep into the ear.
4. **CHEST** 5 circular movements clockwise and 5 circular movements anti-clockwise.
5. **STOMACH** 7 gentle slow circles clockwise.
6. **STERNUM** 7 up and down with fingertips.
- 5 and 6 can be done together.
7. **SHOULDERS** 8 back and forwards over shoulders and use the opposite hands for circular movements on the shoulder blades.
8. **ARMS** 2 circular movements on shoulder joints. 5 up and down on upper arm. 2 circular movements on elbow. 5 up and down on lower arm. 4 up and down on palms. Pull each finger.
9. **KIDNEYS**.....4 small circles clock and anti-clockwise.
10. **BACK** 8 up and down with knuckles as far as you can reach, include the lower back and the sacrum, the triangular bone at the base of the spine, massage up and down on it and then from the front to the back massaging your whole pelvis.
11. **LEGS** Same routine as arms.
12. **FEET**.....**Very Important** **10 up and down on soles.** 5 up and down on Achilles tendon. Massage between each toe.

AFTER THE MASSAGE

Try to leave oil on for about 10 minutes after a full massage.

Take a hot bath or shower without using soap, you can choose from: customized blend of chick pea flour with herbs, or plain chick pea flour or ayurveda herbal mineral mud, in place of soap. This absorbs the excess oil and keeps the natural, beneficial bacteria intact whereas soap generally depletes the good bacteria on the skin. Of course, hair may need shampooing.

GENERAL POINTS TO CONSIDER:

If time is limited, do a mini-massage. Use 2 tablespoons of warm oil and massage scalp, face and ears. Gently massage back and front of neck and arms. Sit quietly for a few minutes before washing or bathing.

This same routine can be given to another person and repeated lying or sitting or in different positions.

Before bed, the feet and head benefit from massage giving more emphasis to the feet.

Women should not massage on the first three days of their menstrual flow.

It is recommended to not do this massage immediately before or after eating, after sex or during a fever. Also, it is beneficial to rest for a few minutes afterward.

