

Steps for Abhyanga (self oil massage)

Do this practice before taking a shower or bath. You may use mild soap on the “strategic” areas of your body. It may be best to stand on an old towel so any dripping from the massage won’t ruin your carpet or rugs.

1. Begin by running some hot water over the bottle to gently warm the oil. Make sure the oil is not rancid. You should use about 1/4 cup of oil total.
2. Pour a tablespoon of warm oil onto your scalp and vigorously work in the oil. Using your fingertips, vigorously massage your head and scalp with small circular strokes, as if you are shampooing.
3. Move to your face and ears, massaging more gently. Be sure to massage your temples and behind and under your ears. Put a couple of drops of oil on the tip of your little finger and apply to the opening of the ear canal.
4. Using an open hand to create friction, massage both the front and back of the neck.
5. Vigorously massage your arms, using a circular motion at the shoulders and elbows, and back-and-forth motions on the upper arms and forearms.
6. When massaging your chest and stomach, use a gentle circular motion in a clockwise direction over the abdomen and a straight up-and-down motion over the breastbone.
7. After applying a bit of oil to both hands, gently reach around to the back and spine and massage them as well as you can without straining.
8. Vigorously massage your legs as you did your arms, using circular motions at the ankles and knees, back-and-forth motions on the long parts.
9. Spend extra time on your feet. Using the open part of your hand, massage vigorously back and forth over the soles of the feet and toes.
10. Keeping a thin, almost imperceptible film of oil on the body is considered very beneficial for toning the skin and warming the muscles throughout the day.

Enjoy