

Oil + Orifices

for Self-Massage **Before** bed, apply ghee or castor oil into the corners Lube of your eyes. your ears with warm sesame oil. Oil your nostrils in Oil the morning with pull with coconut oil to ghee or sesame oil to protect from germs remove and viruses bacteria. Oil your skin each day before bathing for optimal endocrine function. Sesame oil enemas are beneficial with back pain, neck pain, Coconut anxiety, and oil saturated constipation. tampons heal vaginal dryness. **Best oils for Bodytypes** Vata: use organic sesame oil Pitta: use coconut oil or sunflower Kapha: use corn, mustard or sesame



Dry Brushing Instead of Oil Massage

for Self-Massage









Dry brushing is self-massage that is more stimulating than soothing. Using a soft brush or dry brushing gloves you can massage your skin early in the morning to stimulate your lymph system into circulation.

In Ayurveda dry brushing may be preferred by Kapha-type people for its stimulating effect or for Pitta types with oily skin who don't want more oil in their lives.

You might also dry brush if you tend to wake up sluggish, if you have edema, or lymphatic congestion of any sort. Vata-types will benefit from also doing oil massage to balance the dry, stimulating effects of dry brushing.

How to dry brush:

Get either gloves or a brush from your holistic pharmacy. Simply brush your skin, fairly vigorously, from the limbs towards your center. Then brush from your top torso towards your root.

You can do this in 1 minute, or you can take five. You might find certain places feel especially enlivening — like neck, soles of feet, and back.