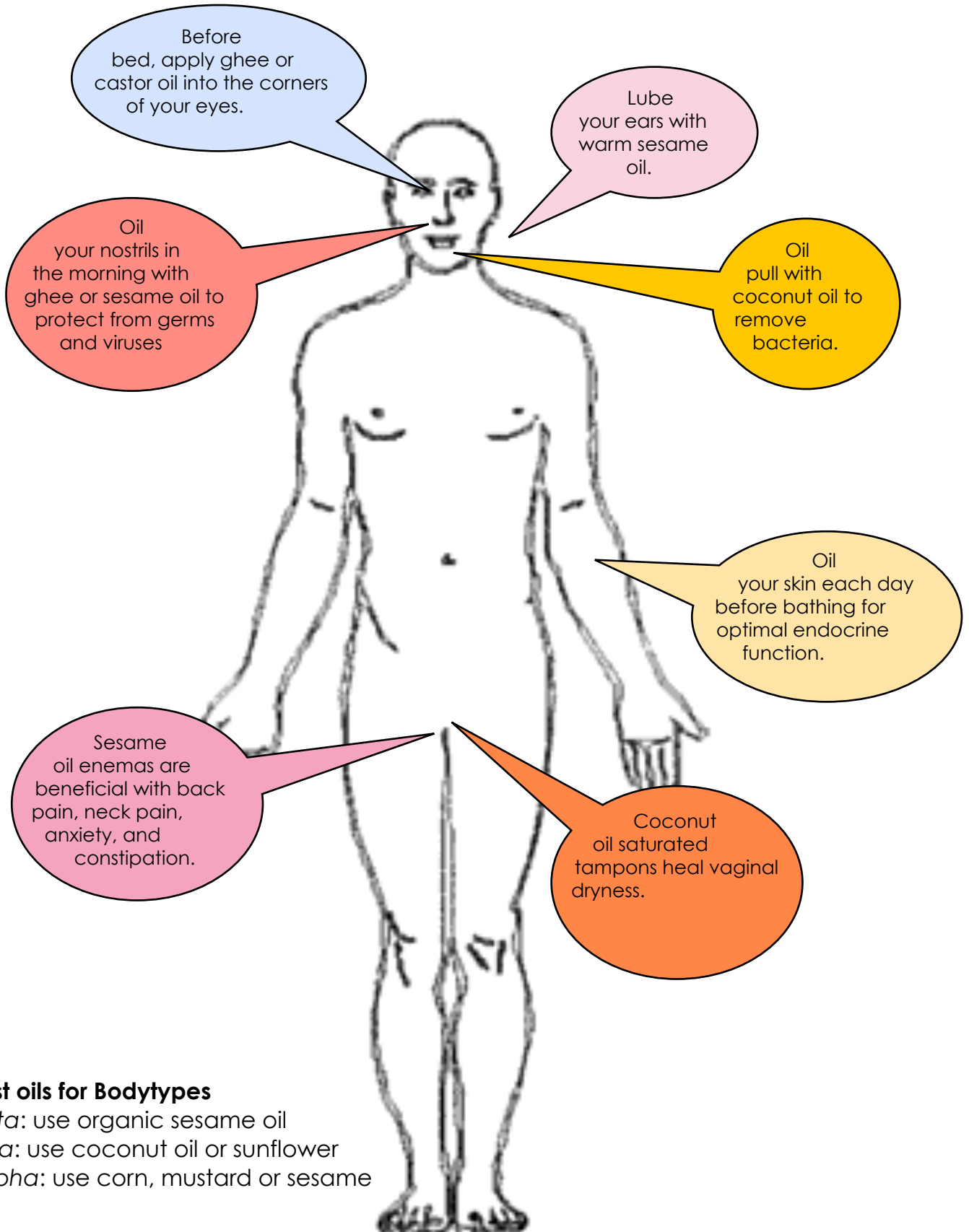


Oil + Orifices

for Self-Massage



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.