

# Benefits of Self Massage with Oil

## Benefits of rubbing oil all over your body:

- Nourishes mind and body
- Rejuvenates the whole body, including the skin
- Increases longevity
- Delays aging
- Relives fatigue
- Builds stamina
- Promotes deeper sleep
- Enhances complexion and luster of skin
- Enhances circulation and detoxification: Loosens ama into circulation
- Releases stress
- Awakens the senses
- Recovers muscle fatigue
- Supports digestion, corrects blood pressure, and supports organ communication
- Shifts the attitude into positivity
- Teaches self-love + self-care

## Benefits of rubbing oil into your scalp:

- Can help thicken and beautify hair
- Nourishes the sense organs
- Decreases facial wrinkles

## Benefits of oiling your ears:

- Decreases stiffness in neck
- Releases tension in jaw
- Helps optimize and protect hearing
- Prevents infection due to underlying dryness

"The body of one who performs oil massage regularly, even if they are subjected to strenuous work or physical stress, is not much affected. His physique is strong, soft, and charming and the onslaught of aging is slackened."

Charaka Samhita  
Volume 1  
dated:100 BCE

## Benefits of oil massaging your feet before bed

- Releases tension from your day
- Stimulates organs into detox
- Makes feet flexible
- Aids in deep sleep
- Creates a sense of ease before rest

"Sneha (oil) affused on the human organism imparts a tone and vigor to its root-principles (Dhatus), in the same manner as water furnishes the roots of a tree or a plant with the necessary nutritive elements, and fosters its growth, when poured into the soil where it grows. The use of sneha at a bath causes the sneha to penetrate into the system through the mouths of the veins (siras) and the ducts (dhamanis) of the body, as also through the roots of the hair, and thus soothes and invigorates the body with its own essence.

-Sushruta Samhita, Vol.2, ch24:21

# DO'S + DON'TS

for Self-Massage

## do's

### Use the same spot for oil massage

Choose somewhere warm, private and comfortable. Stand or sit on an old, clean towel. When you have a regular spot you'll feel pulled there when you need a massage.

### Take time 1x week for a good session

While your day-to-day massage might be a quick affair, take 10-20 minutes on a weekly basis to deeply explore the full benefits of self-massage.

### Make it a family affair

If you have young children or babies, get them greasy before, during, or after bathing. Children that grow up receiving regular casual massage with bathing naturally perpetuate the habit. Teach young kids that self-massage is part of whole body maintenance by simply your massage while they are around.

### Sculpt your in God(dess)

Your hands are yours to shape your body as they intuit. Let your hands intuitively explore what needs to get back into circulation. Notice what needs kneading, soothing, wringing and rubbing. Have a blast.

### Start with your feet

If you're touch-averse, start oil massage with your feet before bed. As weeks pass, you might do your hands and head. Then limbs. And finally, you might want to do a full body massage. Take it slow, and relax.

### Warm your oil for a special treat

When you have time, warm your oil bottle in a hot water bath (like a tea mug) before you do your massage.

## dont's

### Use your favorite towels afterward

Your towels or bathrobe will pick up the residue of oil from your skin. Use old, but clean towels after your oil massage. And don't put old towels in the dryer — they could ignite.

### Do it in a cold place

If you do oil massage in a less-than-inviting environment you'll rush through it, instead of taking time to enjoy your body.

### Use rancid oil

If the oil smells off... it is. Your skin is your body's largest digestive organ. What you put onto your skin goes into your blood. Buy organic cold-pressed oil and add high-grade essential oils for specific healing benefits.

### Rush

Obvious as this may seem, rushing around with oil on your skin is downright dangerous. You're slippery.

### Clog your drains

Oil down the drain hardens and builds up into a plaque. Doing oil massage after showering prevents this. If you prefer to oil massage before you shower, flush your pipes with heated diluted vinegar down your pipes.

### Give up

The benefits of oil massage on the mind and emotional body are profound. Often we think talking our problems out will help. Sometimes that works — but other times it brings more energy into the head. When you're feeling disconnected, self-loathing, or dissatisfied, feed your body love with oil and your hands. You may be surprised at how quickly you can shift into a balanced state of being.

# Make Your Own Oil

for Self-Massage

Start to make your own body oil. To find out more about your bodytype, [take a quiz](#).

	for Vata	for Pitta	for Kapha
<b>Base oil</b>	Organic Sesame oil (untoasted), or Almond oil	Organic Sunflower oil (winter), Coconut oil (summer)	Organic Sesame oil or Corn oil
<b>Essential oils to balance physical body</b>	Chamomile, geranium, lavender, jasmine, jatamansi, rose, rosewood, sandalwood, vetiver	Geranium, jasmine, chamomile, rose, rosewood, peppermint, sandalwood	Rosemary, eucalyptus, clary sage, juniper, orange
<b>Essential oils to balance mind</b>	Tulsi, vanilla, jasmine, ylang ylang, jatamansi, nag champa	Lavender, rose, sandalwood, chamomile	Tulsi, rosemary, clary sage, yarrow,

## Standard Recipe:



Purchase a:

- 16 oz. bottle or jar of your base oil. Store in fridge. bottle
- 8 oz. [PET](#) plastic squirt
- 1-3 essential oils to experiment with. Smell the testers at the store. Choose based on what you like, above all else.

Fill your plastic bottle with the base oil. Add 20 drops of essential oil. Shake well. Test it out. If you want a stronger scent, add as much as is needed. For therapeutic effects, add more essential oil.

A great reference: **Ayurveda + Aromatherapy** by Dr. Light Miller

Try out the recipes below to boost your oils for particular maladies.

Colds	Flu	Depression	Sinitus	Cough	Fever
Two drops each Eucalyptus, rosemary, camphor	One drop each Thyme Cajeput	Two drops each Bergamot, geranium, lemongrass	One drop each Angelica, eucalyptus, neroli, cypress, yarrow	One drop each Hyssop, sage, anise, sandalwood	Two drops lavender, one drop chamomile.