

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.

don't'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.