

ABHYANGA (Self-massage)

Benefits

- Strengthens the immune system
- Calms the nervous system
- Supports the production of hormones
- Gently detoxifies the body
- Produces softness, strength and color to the body
- Decrease the effects of aging
- Bestows good vision
- Nourishes the body
- Increases longevity
- Benefits sleep patterns
- Benefits skin
- Strengthens the body's tolerance
- Imparts a firmness to the limbs
- Imparts tone and vigor to the tissues of the body
- Calms the mind

- Makes hair grow luxuriantly, thick, soft and glossy
- Soothes and invigorates the sense organs
- Removes facial wrinkles
- Benefits disorders in the ear
- Benefits stiff neck
- Benefits stiffness in the jaw
- Coarseness, stiffness, roughness, fatigue and numbness of the feet are alleviated
- Strength and firmness of the feet is attained
- Sciatica is benefited
- Stimulates the internal organs of the body, including circulation
- Pacifies Vata and Pitta doshas and harmonizes Pitta dosha

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How To Do It



- Oil: Use Sesame oil (unrefined, non-toasted) in colder months. Sunflower or coconut oil in warmer months.
- Heat oil until it is pleasantly warm but not hot.
- Sit or stand comfortably in a warm room, on a towel that you don't mind ruining with oil accumulation.
- Apply the oil to your entire body.
- Massage the oil into your entire body, beginning at the extremities and working toward the middle of the body. Use long strokes on the limbs and circular strokes on the joints. Massage the abdomen and chest in broad, clockwise, circular motions.
- On the abdomen, follow the path of the large intestine; moving up on the right side of the abdomen, then across, then down on the left side.
- Massage the body for 5-20 minutes, with love and patience.
- Give a little extra time and attention to massaging the oil into your scalp, ears and feet, at least once a week. Apply oil to the crown of your head and work slowly out from there in circular strokes. Oil applied to the head should be warm but not hot. Put a few drops of warm oil on the tip of your little finger and apply to the opening of the ear canal.
- When you massage your feet, be sure to wash them first when you shower, so you don't slip.
- Enjoy a warm bath or shower. Soap does not need to be used on the entire body but can be used on the feet, armpits and privates. Be sure to put shampoo on your hair BEFORE wetting your hair. This will help to extract more oil.
- When you get out of the bath, towel dry. Keep a special towel for drying off after your abhyanga because it can eventually get ruined, due to the accumulation of oil.
- Put on a pair of cotton socks to protect your environment from the residual oil on your feet.
- Video: "How To Do Self-Massage" https://youtu.be/_HQLsfZh5js

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