



## AYURVEDIC SELF-MASSAGE

Massage Yourself with Nourishment and Love!

Massage has been used for centuries in a variety of traditional cultures to strengthen well-being and vitality. *Abhyanga*, the term used to describe an Ayurvedic oil massage, is recommended for almost everybody of any age, from a newborn child to an elderly person. In Sanskrit, the word “sneha” can be translated as both “oil” and “love.” Both oil and love provide a sense of nurturing, grounding, and nourishment. Try doing this simple routine in the morning for a strong start to your day or before bed for a more restful sleep.

### BENEFITS OF AYURVEDIC SELF-MASSAGE

- Imparts softness, strength, and color to the body
- Decreases the effects of aging
- Nourishes the body
- Benefits sleep patterns
- Benefits skin
- Imparts tone and vigor to the dhatus (tissues) of the body
- Stimulates the internal organs of the body, increasing circulation
- Pacifies vata and pitta. Using rough strokes and doing a dry massage with minimal oil or with chickpea flour is pacifying for kapha.

### THE TECHNIQUE

Choose an oil that is appropriate for your doshic type.

1. Put about 1/4-1/2 cup of oil in an 8 oz. squeeze bottle.
2. Warm the oil by placing the bottle in a mug of hot water.
3. Massage the oil into your entire body, beginning at your extremities and working toward the middle of your body. Use long strokes on the limbs and circular strokes on the joints.
4. Massage the abdomen and chest in broad, circular motions. On the abdomen, follow the path of the large intestine, massaging clockwise, moving up on the right side of the abdomen, then across, then down on the left side.
5. Put a couple drops of warm oil on the tip of your little finger or on a cotton ball and apply to the opening of the ear canal.
6. If you are able, take your time with this process. Spend up to 20 minutes massaging the muscles and working the oil deep into the skin.
7. Enjoy a warm bath or shower. Minimize the use of soap, and use only where needed.
8. *Avoid doing Ayurvedic self-massage during menstruation or while ill.*

To learn more about the benefits of Ayurvedic self-massage and view how-to videos of these techniques visit:

[www.banyanbotanicals.com/self-oil-massage](http://www.banyanbotanicals.com/self-oil-massage)

Enjoy these additional practices alone or add them to your Ayurvedic self-massage practice!

### OIL MASSAGE OF THE HEAD

This practice supports your hair’s natural thickness, color, and luster while also calming and rejuvenating the mind and the nervous system.

1. Make sure that the oil applied to the head is warm, but not hot.
2. Apply a small amount of oil to the crown of the head and using your fingers massage slowly in circular motions.

### OIL APPLICATION TO THE EARS

Oil applied to the ears benefits ear difficulties due to increased vata and calms the nervous system.

1. Tilt the head to the side and pour a small amount of warm oil into the ear.
2. Grasp the ear with the fingers and massage gently.
3. Tilt the head to the opposite side to drain excess oil.

### OIL MASSAGE OF THE FEET

A foot massage alleviates stiffness, roughness, and fatigue and numbness of the feet and stimulates the many energetic points on the feet connected to the rest of the body.

1. Pour a small amount of oil into the hands.
2. Apply oil to the entire foot, massaging top, bottom, and toes.



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.