

Abhyanga

AYURVEDA SELF MASSAGE

Abhyanga is a warm oil self-massage. It is an important part of self-care that provides healing benefits to the body and mind. Abhyanga improves circulation, moisturizes the skin, awakens the lymph system, and calms the mind and nervous system.

It especially calms the vata dosha; however, by using oils appropriate for each dosha, Abhyanga supports all three doshas.

Benefits:

- Improves luster and tone of the skin
- Enhances complexion and creates softer, smoother skin
- Lubricates the joints
- Nourishes scalp and creates luxurious healthy hair
- Supports healthy function of immune system
- Balances the nervous system and calms the mind
- Supports deep restful sleep
- Increases energy and ojas

Contra-indications:

It's best to avoid Abhyanga when the following conditions are present:

- During menstrual cycle
- Systemic ama/toxins in the body. Usually the tongue has a thick coating on it under these conditions.
- Experiencing a cold or flu
- Undergoing chemotherapy
- During pregnancy, without the consent of your health care practitioner

Awaken Every Day and Feel Ahhhh-mazing

Abhyanga is a simple, effective, and luxurious practice that puts the “ahhhh” in self-care. Investing time to nourish yourself in the morning will provide a sweet return of bliss throughout the day, as well as long term health benefits.

Abhyanga Instructions:

1. Make sure bathroom is warm. Place old towel on floor to prevent oil stains.
2. Heat some water to near boil. Pour water in a coffee mug. Place plastic container of recommended massage oil into the cup until oil is warm. Use flip top container for easier application.
3. Begin to apply oil to body. Begin with the head, rubbing oil into scalp. Be sure to lubricate the ears.
4. Then massage oil into the neck, shoulders and arms. Continue with the abdomen and back. Finish with the legs. Spend extra time on the hands and feet. Use long strokes for the limbs and circular motion for the chest, abdomen and joints.
5. Allow the oil to penetrate the skin for 10-15 minutes.
Note: if short on time, even allowing the oil to soak in for 5 minutes will be of benefit.
6. Take a warm shower, being careful to not slip as the feet are oily. Use soap where needed and shampoo hair

Recommended Oils for the Doshas:

Be sure to use organic oils, as the skin is the largest organ on the body. One can simply use the straight-up base oils. However, in my opinion, if I am investing the time and energy in the self-massage, I like the extra boost of healing herbs in my Abhyanga oil. So, I will use herbal oils. To be more cost effective, one can use a 50:50 blend of the base and herbal oils. Here are the best oils for each dosha:

Vata	Pitta	Kapha
SESAME MOISTURIZING VATA OIL	COCONUT SOOTHING PITTA OIL	SESAME OR MUSTARD STIMULATING KAPHA OIL

Note: The recommended oils are from Maharishi Ayurveda. www.mapi.com. They use all organic oils, and herbs that are sustainably harvested. Receive 10% discount by using code “brugman10” at checkout.