



Love the Skin You're In

Abhyanga: Oil Massage

Benefits of Oil Massage

"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

Oiling Entire Body

- Nourishes & rejuvenates mind and body
- Enhances complexion
- Soothes nervous system
- Enhances circulation and detoxification
- Promotes sleep, relieves fatigue
- Increases longevity, decreases aging
- Builds stamina
- Releases stress
- Awakens senses
- Recovers muscle fatigue
- Supports digestion, blood pressure and organ communication
- Teaches self-love and self-care

Oiling Ears

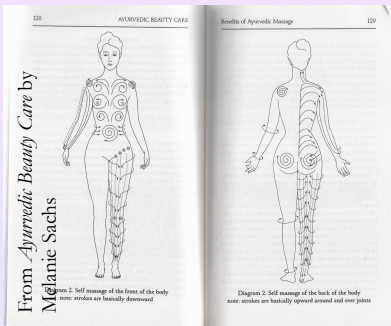

- Decreases stiffness in neck
- Release tension in jaw
- Improves and protects hearing
- Soothes Vata – Calms nerves
- Prevents infection due to dryness

Oiling Feet Before Bed

- Release tension
- Stimulates detox
- Aids in deep sleep and rest
- Soft, supple, skin and nails

How to Oil Massage

1. **Warm the Room**
2. **Fill a squeeze bottle with oil**
3. **Warm the oil** ~ Fill a glass with hot water, drop in your bottle of oil
4. **Work the oil in your body** ~ Rub with vigor and love over your entire body, long strokes on the limbs, circular strokes on the joints. Use special attention to the parts you're not best friends with. (Thighs, butt, chest, ears, whatever)... Even oil your anus, it will help you poop, trust me.
5. **If time, let oil sink in for 20 – 30 minutes** ~ Wear an old robe or t-shirt you don't mind ruining
6. **Rinse or Towel Off**
7. **Enjoy your luscious skin and nourished body**

Start Small

- Start with rubbing oil on feet before bed, cover with cotton socks
- Rub oil in ears
- Put a drop or so on your pinky finger, rub it in and around your ears

Full Body

- Twice a week rub oil all over your body
- Can be done before, during or after a shower
- Work up to every day, or nearly every day
- At least once a week set aside time to rub oil in before or after shower and give at least 20 minutes to absorb into your skin before rinsing or toweling off excess

Types of Oil

- **Organic Untoasted Sesame or Almond** ~ for Dry, Light, Spacey Types or Cold Weather
- **Sunflower or Coconut Oil** ~ for Hot, Firey, Sensitive Types or Warm Weather
- **Olive, Apricot or Sesame Oil** ~ for Solid, Watery, Congested Types - or Dry Brush (massage without oil) - working from limbs toward center

"The body is your temple. Keep it pure and clean for the soul to reside in." ~B.K.S. Iyengar

