

Guide to Self Abhyanga Ayurvedic Massage

GENERAL PRINCIPLES

Self-Abhyanga is about moving your lymph, increasing blood circulation, pacifying your nervous system and loving and respecting your body.

The main purpose of the strokes are to soothe and stimulate the tissue gently and pacify Vata Dosha throughout the body via the connections the skin has to all the inner organs and systems.

So be gentle, not deep or strong.

Oil used: Medicated oil suitable to your constitution. Next best is cold-pressed sesame oil. If you get skin irritation from this you can use cold pressed coconut oil. Oils ideally should be warm.

PREPARATION:

1. Warm up the oil (optional)-

Approx. 1/4 cup in an oil warmer, or place the cup of oil in a bowl/larger cup of hot water, or heat in pot on stove.

Oil should be warm but not too hot.

2. Be in a warm room. Sit on a towel and/or yoga mat. You can also do in bathroom or bath.

LEAVE OIL ON:

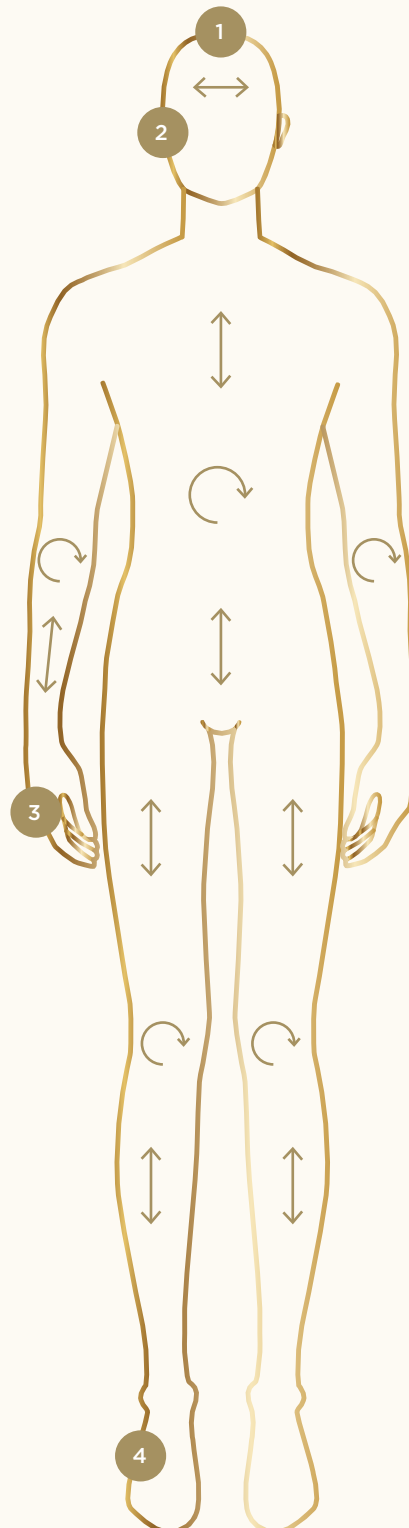
-Minimum leave oil on for 8 mins.

-Maximum leave oil on for 45 mins (this time is ideal)

-It is important to wash or wipe off the oil afterwards so that the toxins that have been pulled out are reabsorbed.

CONTRADICTIONS:

Do not self-abhyanga when you are sick with a fever or cold, or when you (woman) are menstruating.



Short Method

SELF-ABHYANGA:

“But I dont have enough time”

Firstly, get your priorities straight. The benefits of waking up a little earlier to do self-abhyanga will surpass the extra minutes of sleeping in.

1. CROWN OF HEAD

-Dip first fingers in oil and rub on the crown of your head in clockwise motions.

-If you have more time, do a full head massage.

2. EARS

3. HANDS

4. SOLES OF FEET

STROKES SUMMARY:

-Long strokes up and down on the limbs and back.

-circular motions on joints, organs and vital points (mostly always clockwise direction).