



Village Life Wellness

ABHYANGA: Oil Massage for Nourishment and Cleansing

An oil massage is a deeply intimate and loving experience. Set the stage for a wonderful practice. You can even light candles or burn incense. Make it a beautiful ritual of self care.

What you will need:

- A nice smelling space that is warm
- a towel sit and stand on
- another towel for after shower
- warm organic oil
- shower drain mess strainer to catch hair
- older clothing and towels as they will wear quickly.

Purpose:

- Cleansing the *dhatu*s, 7 tissues outlined by Ayurveda which relate to the 7 layers of the skin
- Facilitating good function of sweat by helping to pull out toxins
- Helpful for the nervous system and circulatory system
- Removes stagnation
- Improves sleep quality, helps with fatigue
- Nourishing for Vāta. One of the main sites of Vāta is the skin. Nourishing skin.

Preferred Oils: organic preferred

For extra dry, colder people with decent digestive capacity: Sesame oil is the best for its deep penetrating and warming qualities. Ashwagandha is also beneficial for increased vāta or alternatively daschamula.

For oilier, hotter (pitta) people: Sunflower, Olive, or Coconut. Coconut is the most cooling, best in summer.

For cold, clammy, damp (Kapha): Sesame, Flax, Mustard oils

Method:

Warm the oil on the stove, 3-5 oz. Not hot, but warm and comfortable to the touch or prepare bottle of oil by submerging it in a cup of very hot water, like preparing a baby bottle.



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Head/ Hair/ Scalp: With the oil, massage at the roots. If you have thin hair you may not need a lot of oil here. For thicker hair, slather it on if you like. This is personal choice. Iron out the lines of the forehead, around the eyes, avoiding eyes. Find pressure points below the cheek bones for opening sinuses and near the corners of the eyes. You may not need much oil for the face. This is individual.

Neck and Shoulders: Self massage. Shoulders get circular motions but also get into the nooks and crannies.

Arms and Forearms: Long swift strokes toward the heart

Elbows: Circles

Hands: Take time in all of joints of the fingers and wrists. Joints are another place of air and space in the body that can benefit from good lubrication. Press points in the center of the palm and thumb.

Chest: It is important for men and women to massage, pull, squeeze as to work the glands. Be thorough.

Stomach, Liver, Spleen: Press deeply with your fingers. Notice if any organs have sensitivity or aching. This gives you a clue of where detoxing could be necessary.

Abdomen: Churn back and forth in circular movements, ending by moving several times in the direction of digestion, up left, across, down right as to follow the colon.

Sides: Swifts strokes on the side body

Kidneys and Lumbar: circles

Shoulder blades: massage deeply and enjoy

Stand up!

Thighs and Buttocks: Tend to get extra dry for Vata people. Pelvis and thighs are a site of vata. Where thighs meet buttocks at hamstring attachments, massage these pressure points.

IT Band/ the sides of the legs: Strokes which move upward toward the heart

Shins: Fast strokes that move upward toward the heart. You will be in a forward bend. Make it a workout.

Knees: Circles



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Sit or stand on the towel. Feet, achilles, ankles: one foot at a time, massage thoroughly, pressure points on the bottoms of the feet, circles around the joints. Don't slip. If this is a concern in the bathtub, skip soles of the feet.

End with fast strokes toward the heart from feet up to hips.

Shower:

If you are not hot, you can do something for about 10 minutes to break a sweat. If shampooing, put the shampoo in before any water hits the hair. Steam up the shower. Make sure you are warm. Hot water on the body. Then warm water (not hot) on the head when rinsing shampoo. Not all of the oil will come completely off your body. This is good. Some is there for protection. Your natural body oils are there. And some has seeped into your skin.

Dress and you make like to apply an your favorite natural scent to your pulse points.

Contraindications:

- Acute *ama* conditions, such as fever, chills, common cold, diarrhea or flu
- Chronic high systemic *ama*, ie. tongue completely coated
- Moderate to severe indigestion
- Immediately after taking emetics or purgatives
- If you are under a doctor's care for a medical condition, *seek* health care provider's approval.
- During pregnancy, without the consent of your health care practitioner
- During menstrual cycle
- Infected or open lesions
- Morbid obesity
- Edema
- Blood clots / bleeding disorders • Alcoholic toxic state - hangover • Extreme emotion
- Acute hypoglycemia
- Insulin-dependent diabetes
- Severe dehydration
- During chemo therapy

For private consultation: email villagelifewellness@gmail.com

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