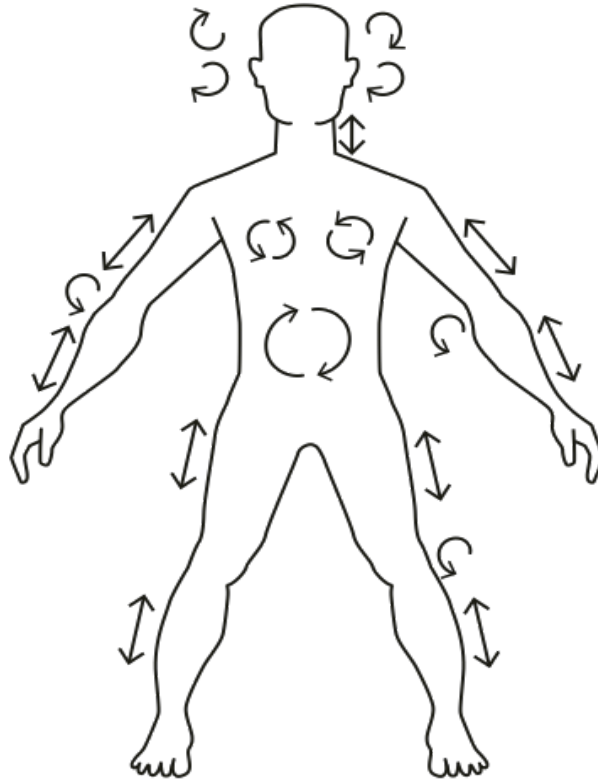




Instructions for Self-Massage



Overview: Apply as much oil as your body will absorb, then massage your body as described below for 5-20 minutes followed by a warm bath or shower. The heat will draw the oil into the body—it is important to add heat after the massage. Don't use drying soap; use either Ayurvedic soap or even better, no soap at all. The heat will cause the oil to be absorbed, so not much will be left to remove. (For those on a tight schedule, if you quickly apply the oil and take a shower you will still get the benefits.)

Where to do it: Perform the massage in a warm bathroom or in the shower stall prior to turning on the water. Heat up the oil by putting the oil container in a pan of hot water. If you don't have time you can use the oil at room temperature, as it will heat up through the massage technique.

How to do it: Apply oil liberally, starting at the head and ending at the feet. Apply to each body part, then massage using palms for relaxation and digging in with fingertips for circulation. Massage up and down the large bones, circling around the joints. Circle the breasts, abdomen and hips.

Sensitive/Vata: Slow, gentle movements, not too deep.

Passionate/Pitta: Medium pace, medium depth, use enlivening fingertips.

Stable/Kapha: Fast, deep, enlivening movements.

You can massage the bottoms of the feet at night, then put on thick cotton socks and sleep with the oil on the feet. This is a great sleep aid.