

Cleansing Massage Instructions

Abhyanga (A-BYAN-GA) is an ancient Ayurvedic technique of daily self-massage. It seals and protects the skin, calms and tones the muscles, centers the mind and provides a barrier to outside influence. It is very soothing, and healing. In fact, doing Abhyanga is like a meditation in itself!

Your skin has a very elaborate defense mechanism to protect us from invading bacteria and viruses, as well as loss of our bodily moisture. Sebaceous glands deep in the skin secrete an acidic, oily mantle called sebum, which forms a protective layer. This acidic layer is stripped off when you use ordinary soap, which is alkaline. By using the vegetable oils on the skin, such as sesame oil, with essential oils blended in, the skin mantle is supported, so it can give you maximum protection on the physical level.

Additionally, this mantle is part of our etheric energy field, so keeping it strong protects us from being unduly influenced by external emotions, negativity and control. Daily Abhyanga strengthens your energy centers, and prevents you from being diverted from your higher good.

You can do your Abhyanga in the morning before you shower or bathe, or if you like taking “hot” baths, it can be better to do Abhyanga after bathing so the oil does not float in the tub. Please also be careful when you are in the shower so that you don’t slip.

The Blend

You have been given a customized Abhyanga blend. When you run out, follow the formula for the blend to make more. The blend is based on a vegetable oil chosen for your body type and healing needs. The essential oils were also chosen for your specific health concerns.

Skin Brush

You will need to purchase a good natural bristle brush available at most health food stores.

Step by Step Instructions

This is a process of honoring and healing your body, which is the temple of your spirit. When you do Abhyanga Self-Massage, keep in mind that by thinking positive thoughts and sending blessings of love to each part of your body, you increase the healing effect. So, as you massage your body, coat it in loving positive vibrations, as well as with oil. Aside from the bath, the massage procedure itself takes five to ten minutes.

1. Begin by brushing your skin with your sauna brush or dry loofa for 2-4 minutes. This will remove all the dead skin and surface dirt.
2. Take your bath or shower.

3. After you dry off, begin by applying your oil blend to your left foot, ankle and leg. The massage starts on the left side of the body and ends on the right side. Work the oil between the toes, and around the foot and ankle.
4. Turn up around the shin and calf, and over and around your left knee. Apply enough oil so that the skin absorbs most of it, but leaves just a little on the surface. By the time you finish your whole body, this excess will probably be absorbed also.
5. Work up and around your left thigh and buttocks. Massage the oil into your abdomen in a clockwise direction. Then cover your lower back with fluid, rhythmic movements that are deep enough to stimulate the muscles there.
6. Work the oil across the left side of your chest, over and around your breast, and left shoulder.
7. Follow your left arm down into the forearm and massage your left hand and fingers.
8. Come back up to do your neck and face. Remember to use delicate circles on your face, being gentle with the delicate skin below the eyes.
9. Use your fingertips to do a stimulating and invigorating scalp massage with or without oil, depending on your preference. If you have our *Wrinkle Free* blend, use it on your face.
10. Massage your right neck, shoulder, and breast, and then move down the right arm to your right hand and fingers.
11. Go over your abdomen and lower back again, then right buttock, thigh and finally the right leg and foot.
12. Complete your self-massage with long strokes from your feet, up to your chest, crossing over and going down the opposite arms. End with a vigorous shake of the fingers, as if flinging water off your fingertips.
13. Use a towel to remove any remaining oil.