

# Dinacharya: The Daily Ayurvedic Routine

- **Let everything go:** Take an inventory of your day followed by relaxing activities (warm bath, reading/writing, stretching); light some natural candles with calming aromas.
- **Pranayama & Meditation**
- **Oil feet:** Using sesame oil (or any grounding oils), wipe off excess oil and wear socks if desired.
- **Nightly Slumber:** Laying in the manner appropriate for your dosha – Vata on back, Pitta on right side, Kapha on left side.

# Garshana: Dry Brush Body Massage

- You skin happens to be the largest organ of the body and a means to eliminate toxins.
- Follow this simple daily routine to nourish your skin and:
  - Exfoliate and open pores
  - Circulate blood flow
  - Assist in lymphatic drainage
  - Smooth out cellulite deposits
  - Push toxins out of the body
  - Awaken internal organs
  - Remove dead skin cells
  - Oxygenate tissues and cells
- To give yourself a dry-brush body massage:
  - Using a comfortable amount of pressure, take a brush, loofa or washcloth and stroke the skin in a circular motion. Start at your feet, with strokes made towards the heart. Cover the entire body (excluding your face) followed by applying your Abhyanga oil and morning shower.