

Abhyanga: Body Oil Massage

- Abhyanga uses a blend of herbs and essential oils to cover the body and penetrate the pores of the skin to move deep into the tissues and organs of the individual. Taking time to anoint the body with oil allows for compassion and care to the self, as well regulates the flow of energy (prana) throughout the body.
- To give yourself an Abhyanga oil massage:
 - Before your morning shower (and after your Garshana massage), warming your oil if so desired – for better penetration into the pores, begin to massage oil into the skin starting with your legs, working towards the heart. You may wish to include positive affirmations as a part of your ritual, showing gratitude for your human vessel. Allow for the oil to seep into the pores, approximately 15 minutes, before washing away any excess oil (without stripping the skin).

Conclusion

- ◉ Combining Ayurvedic principles into your daily routines and rituals is a way of assisting to create overall individual balance.
- ◉ We are all divine beings. Using the tools and the awareness of Ayurveda, we can navigate through life's influential factors while maintaining a state of bliss.