

# 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.

# 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).