https://youtu.be/YPEP3XDYrH0?t=39

Abhyanga Snana or medicated oil massage belongs to the Purvakarma or the preparatory measures for Panchakarma treatment in Ayurveda. It is an ancient oleation therapy, traditionally given by two masseurs, who work in tandem, synchronizing their strokes and massage according to the circulatory and marma points for sixty minutes. Detoxifying sesame oils are chosen according to one's illness.