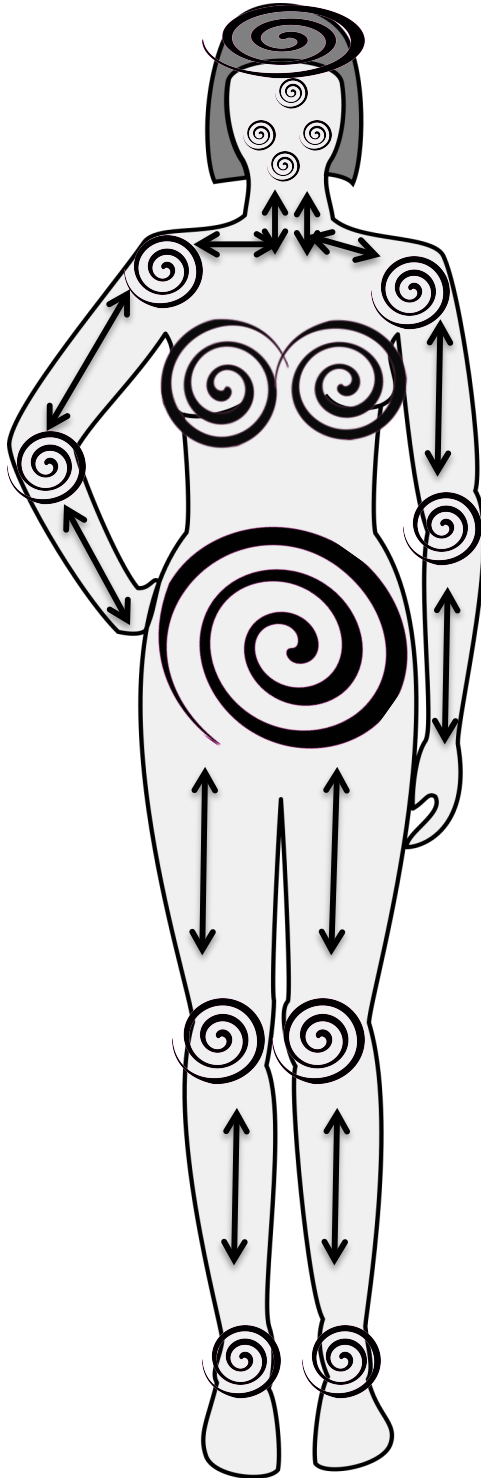


A B H Y A N G A



Supplies needed:

Oil, towel, washcloth, shampoo

Instructions:

Best oils for the Doshas:

- Vata:
sesame
- Pitta:
coconut,
olive
- Kapha:
None/dry
brush,
mustard

- ❖ Warm the oil.
- ❖ Stand on the towel in a warm, draft-free space.
- ❖ Apply the oil liberally to your entire body.
- ❖ Use straight strokes on the long bones and circular at the joints and over the belly, chest, shoulders, face
- ❖ Apply greater pressure in the direction of the heart to enhance the lymphatic clearing effect of the massage.
- ❖ Allow the oil to absorb into the skin for 10-15 minutes before showering.
- ❖ While showering, use a natural soap or scrub to remove excess oils.
- ❖ When showering, stand on a washcloth or hand towel to absorb much of the oil that will be washed off.

	Daily Care of the Senses
Ears	Oil the ears: In the morning while doing morning abhyanga add a few drops of oil to the ears. Castor oil helps to soften earwax and keep ear canals clear.
Skin	Abhyanga: full body abhyanga supports lymphatic movement and lubrication of skin and nerve receptors of the skin.
Eyes	Eye wash: Rinse the eyes with a splash of cool water or use an eyewash cup to cleanse the eyes more thoroughly
Taste	Oil pulling: swish up to 1 Tbsp oil for 5-15 minutes, spit out onto the ground or into a tissue, don't dispel down the sink. Cleanses the pockets around the teeth, strengthens teeth, gums, and muscles of the cheeks. Tongue scraping: Using a tongue cleaner, scrape (gently) across the surface of the tongue to remove any tongue coating that has formed overnight. Brush & Floss Teeth
Smell	Nasal wash with saline water: using a neti pot or other nasal clearing device, rinse the nasal passages . Clears the olfactory bulb, sharpens sense of smell as well as Pranic absorption to the subtle body. Nasya: add a small amount of oil into the nasal cavity with head tipped back to support hydration of nasal membrane.

Easy Order of Daily Morning Self-Care
1) Rinse the eyes
2) Begin oil pulling
3) Begin abhyanga and continue oil pulling
4) Apply a few drops of oils to the ears during abhyanga
5) End abhyanga and spit out oil from oil pulling
6) Neti – prep neti pot and perform nasal wash
7) Tongue Scraping
8) Brush & Floss Teeth
9) Apply a drop or two of oil into the nose (Nasya)
10) Shower or bathe to complete self-care