

# How to do Self-Massage

- Put your oil in a squeeze bottle.
- Undress completely and stand on a towel or mat.
- Start with a small amount of oil in your hands. Gently rub the oil into your scalp. Massage the oil into your scalp and hair with your fingertips. If you don't want oil in your hair, still start with your head, but don't use oil.
- Vigorously work down your body until the oil has been massaged into every part of your body.
- Use long strokes on your limbs and circular strokes over all your joints, chest and abdomen. Cover every inch of skin, attuning to your bodily tissues with your hands. Spend extra time on areas that are less integrated (for some this is thighs, buttocks, breasts).
- Massage the soles of your feet. Don't skip this part - it's good for deep sleep.
- Rinse off the oil in the shower. Take time in the shower to allow the oil on your hands to mix with the water from the shower to massage your face and ears. Use gentle circular strokes to massage your cheeks and forehead, move out towards the ears in stroking motions around the eyes and lips.
- Soap is drying and ruins the skin's immune protective power. You can use oil on your anus and other orifices.

## When you have more time (1-2 times a week)

- Warm your oil before using (put the squirt bottle in a teacup of hot water for a few minutes).
- Spread a towel on the floor and start sitting.
- Add relaxing music.



- Keep oil on, put on an old robe, and sit for 5-20 minutes to absorb the oil before showering/ bathing.
- Oil massage is very helpful way to manage stress, to accelerate recovery from an injury or trauma, to dissolve pain, and build deep self love.

Sneha (oil) affused [sic] on the human organism imparts a tone and vigor to its root-principles (body tissues), in the same manner as water furnishes the roots of a tree or a plant with the necessary nutritive elements, and fosters its growth, when poured into the soil where it grows. The use of sneha at a bath causes the sneha to penetrate into the system through the mouths of the veins (siras) and the ducts (dhamanis) of the body, as also through the roots of the hair, and thus soothes and invigorates the body with its own essence.

Under the circumstances, affusions and anointments of the body with oil or clarified butter should be prescribed by an intelligent person with due regard to one's habit, congeniality and temperament and to the climate and the season of the year as well as to the preponderance of the deranged Dosh or Doshas in one's physical constitution.

Sushruta Samhita, Vol.2, ch24:21