

SELF-ABHYANGA

warm, medicated full-body oil massage

SHORT SEQUENCE

1. warm up oil in a small silver bowl and keep warm over a cup of hot water or oil burner
2. make sure to be in a warm room
3. apply oil to key points
4. leave oil on: minimum 7 minutes

KEY POINTS TO APPLY OIL

crown of head - ear - hand - naval - whole spine (neck to coccyx) - feet

STROKES RECOMMENDED

- Long strokes up and down on each limb including front and back of each limb = known as pacifying strokes
- Circular motion strokes clockwise over the joints and organs
 - Clockwise passive strokes over the abdomen when massaging the stomach area

CONTRAINDICATIONS

Do not do self-abhyanga when menstruating, or sick with a cold or fever.

BENEFITS OF ABHYANGA

- stimulates lymphatic system and blood circulation
 - removes toxins
- calms the nervous system and the mind
 - protects and strengthens the skin
- stimulates the eternal organs of the body

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Naturally bringing you into balance

FULL SEQUENCE

1. warm up oil in a small silver bowl and keep warm over a cup of water or an oil burner.
2. Apply oil to your whole body starting from head to toes.
3. leave oil on: minimum 7 minutes - maximum 48 minutes

KEY POINTS TO APPLY OIL

head - face - ear - neck - chest - stomach - back - arm
hand - thigh - calf - feet

STROKES RECOMMENDED

STEP 1. Head - is very important, generous amount of oil on crown of head, then apply oil to sides of head and back of head (circular motions starting from top of head, down the sides and then finish with the back.
Do for about 2-5 minutes)

STEP 2. Face and ears - apply to third eye in a clockwise direction, then apply to your face and do circular motions over your forehead and cheeks. With one finger apply oil in & out of ear and lightly massage - 2 minutes

STEP 3. Neck - massage in upward movement over neck and throat softly.

STEP 4. The chest area - circular motions on the chest, go soft and gentle around breasts and lymph area (2-4 minutes)

STEP 5.. Stomach - pour oil into your belly button, gently massage clockwise circular motions using palms (2-3 minutes)

STEP 6. Back - apply oil to back and whole spine. Circular motions on lower back and hips. Do not strain. Also massage shoulders and upper back.

STEP 7. Arms and hands - long strokes up and down each arm, front and back with circular motions over the joints. Attention to the hand and wrists
(can spend about 5-7 minutes on each limb)
left side first for woman, right side first for men

STEP 8. Legs and feet - long strokes up and down each leg, front and back with circular motions over the knees. Attention to the ankle and massage whole foot and toes (can spend about 5-7 minutes on each limb)
left side first for woman, right side first for men