



Abhyanga at Home



Daily Oil Massage

Lakshmi Ayurveda

Free Downloadable

About Abhyanga

Massage has been practiced from time immemorial for healing, relaxation as well as treating various diseases. The earlier description of massage is mentioned in the ancient Hindu epic, the Ramayana. Detailed analysis of the therapeutic benefits appears in the Ayurvedic Samhitas.

Benefits of Abhyanga

- Provides a protective layer to the skin.
- Prevents Vata disorders.
- Makes the body firm.
- Softens the skin.
- Strengthens muscles and enhances appearance.
- Relieves fatigue
- Promotes eyesight, longevity and sleep.

Additional Notes:

- An Ayurvedic Practitioner will prescribe which oil would be most suitable for you.
- Black Seed Sesame Oil is a classical choice for Abhyanga massage. It is the base of many medicated oils used in Ayurvedic therapies. It can also be used as a base for essential oils. The oil has qualities of heavy, heating, astringent, sweet and bitter. It is used for balancing Vata, can increase Pitta and is neutral for Kapha. A great choice if you have not been advised by a practitioner.

How to Warm the Oil

Start the Abhyanga by warming the oil. We suggest three options.

1. **Using oil warmers** (see photo below) Place tea lights in the oil warmer and place a small stainless steel or copper bowl on top. Add the oil to the bowl and proceed with the massage once the oil is heated.
2. **Saucepan on the stove.** Keep one saucepan to use only for your oil. Gently warm the oil on low heat. It can burn quickly so keep an eye on the oil.
3. **Glass jar.** Pour the oil in a small glass jar and put the lid on. Place the jar in boiled water to warm.



Abhyanga Sequence

- Start by placing a small amount of oil on the crown of the head. If you want to add a head massage, you can add more oil to the hair and scalp. Massage the entire head before proceeding with the body.
- Apply oil to the neck and chest and massage in downwards and circular motions over the chest.
- Apply oil to the arms. Massage in long strokes downwards. Don't forget to massage in and near the armpits!
- Apply oil to the tummy and wherever you can reach on the back. Massage the tummy in small circular motions. Make the circles bigger. Massage the ribs and lower back as well as the buttocks.
- Apply oil to the front and back of the legs. Massage in long strokes downwards. Massage in a twisting motion across the thighs.

Disclaimer: Before incorporating any of the information offered in this EBook, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

Please note that our claims about Abhyanga and massage have not been approved by the TGA. The information provided is not meant to be used to diagnose or treat anyone and should not be taken without consultation with an Ayurvedic physician. We do not guarantee and assume no legal liability or responsibility for the accuracy, currency or completeness of information contained in these materials.

If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team, we hope you enjoy your at home Abhyanga.

