



Abhyanga

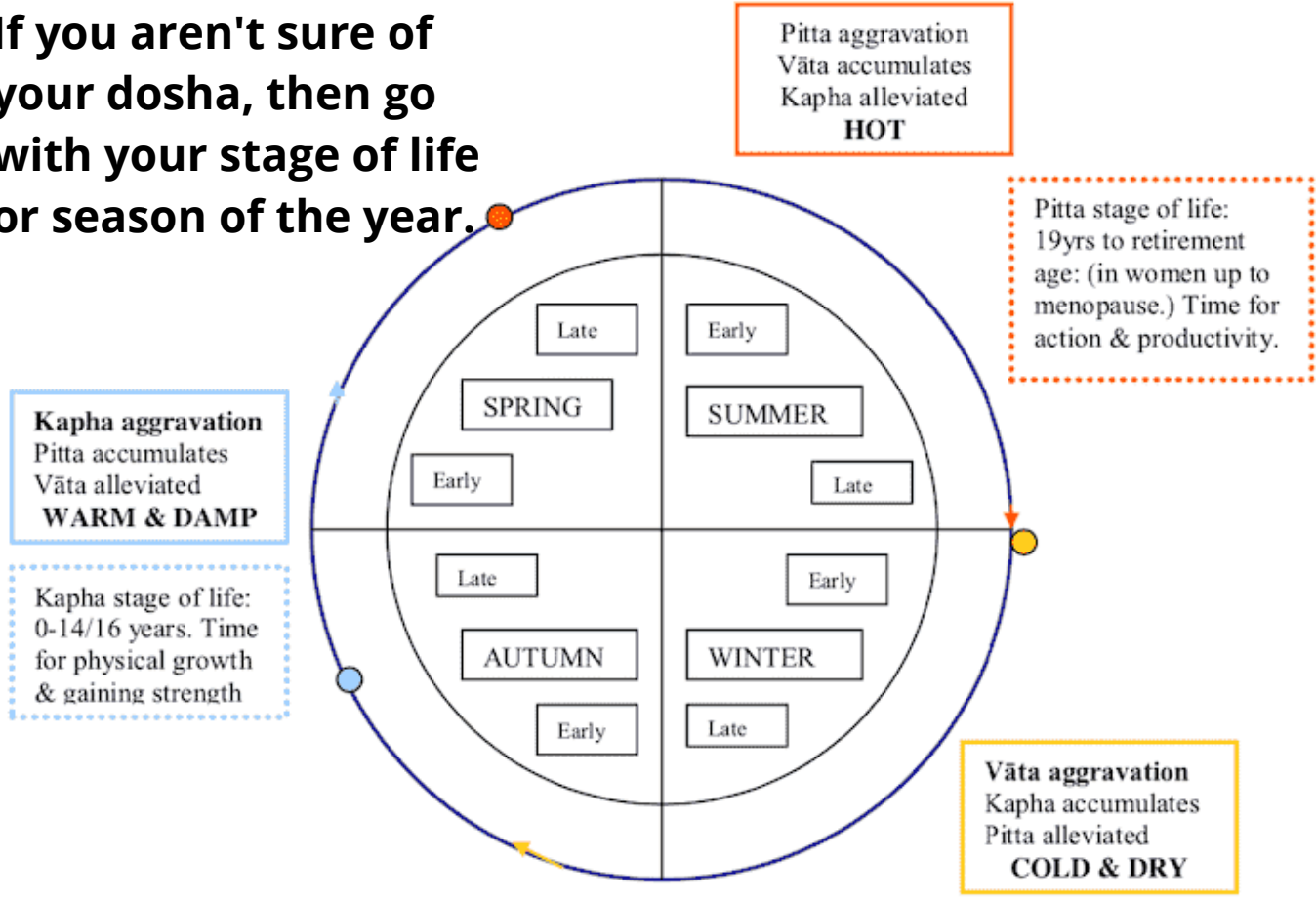
A **bhyanaga** is a form of **Ayurvedic therapy** that involves massaging the body with specific warmed oils that usually have herbal and essential oils infused in them. This massage is often done by a professional Ayurvedic massage therapist but you can definitely do self-massage, and in fact, it is recommended in some instance to help to correct imbalances in the **body constitution** or **doshas**.

Abhyanga has been practiced for thousands of years and has many therapeutic benefits hence its popularity even today. It soothes the two major systems of the body; the **nervous system** and the **endocrine system**. It also **promotes proper circulation, improves sleep patterns and gives you softer, stronger skin**. When using special oils specifically for the scalp, not only does it nourish the hair but it keeps **grey hairs at bay**. Grey hairs are great, if you want them and I do understand that grey hair is all the fashion now. But the massage oils I use on my scalp have kept grey hair almost completely away.

It's best to **start your morning routine the night before**. Get all your ingredients and necessary equipment ready so you won't have to be hunting around in the early morning for a missing ingredient which could very easily just send you back to bed!

I love starting my day with a full body brushing followed by this morning oil massage. It helps me to approach my day **feeling calm, balanced and healthy!**

If you aren't sure of your dosha, then go with your stage of life or season of the year.



This is the stage of life I am in. →

Vāta stage of life:
60/65 years. Time for reflection, wisdom & tranquility.
Productivity slows.

Have your ingredients and whatever else you need **ready and prepared the night before**. It just make the whole process go smoother.

Your self-massage can take as little as **5 minutes** or as long as **20 minutes** depending on how long you want to linger on a certain area. If it feels right, do it! I particularly love massaging my feet! I can't get enough of it. But be care to remove the oil from the soles of your feet before stepping into the shower or you might slip and fall.

Once you've **learned the basics**, self-massage with oil starts to become second-nature and well worth the effort. The is the time to really give yourself over to self care , devoting love and attention to each of the tissue layers as you nourish them with a warm Ayurvedic oil

We'll go over which oils to use depending on your body constitution or dosha and then get into how to give yourself a morning massage. The basic formulas can be found on page ___ and there are generalized guidelines when choosing a base oil and essential oil following on the next page.

Your Dosha

ALTHOUGH MY **VIKRITI**, MY CURRENT DOSHA OR CONSTITUTION, IS ONE OF **KAPHA IMBALANCE**, I FOLLOW THE ROUTINE TO MAINTAIN BALANCE ACCORDING TO MY CURRENT AGE CYCLE OF **VATA**.

Aging brings us into the **Vata dosha** with dry skin and wrinkles! So if you are approaching or over 60, this is the abhyanga routine to follow.

For a person with vata qualities (or in the vata stage of life) the ideal oil is sesame oil. You can blend this with ghee, as I do, which is deeply nourishing and hydrating and is especially suitable for dry skin. To restore **Vata dosha's balance**, the oils used must be sweet, soothing and warm. You can choose **warm oils** such as **cinnamon, camphor, eucalyptus, bergamot** or **soothing oils** such as **sandalwood, rose, and jasmine**.

My blend is a mixture of **Sandalwood** and **CBD oil**.

CBD oils have been shown to may play a role in **hydrating the skin** and have anti-inflammatory effects, so using a product that contains **CBD** might help with **treating dry skin** or certain inflammatory skin disorders. (1) Research shows that CBD may be effective in **alleviating anxiety, chronic inflammation, pain, and insomnia**. (2)

Moreover, a long-term study published in the *Journal of Alzheimer's Disease* found that **CBD** may help **prevent cognitive decline**. (3) I'm all for that!

VATA

Qualities reflecting the elements of Space and Air.



PITTA

Qualities reflecting the elements of Fire and Water.



KAPHA

Qualities reflecting the elements of Water and Earth.



Pitta Dosha

To balance a Pitta constitution it is best to apply essential oils that **stimulate sweating** and have a **cooling effect**, such a **jasmine, gardenia, rose, mint, chamomile, and yarrow**. Mix these with light cooling base oils such as **sunflower oil** or **coconut oil**. The addition of herbs can greatly enhance the pitta-pacifying properties of these oils so consider infusions with **brahmi** or **gotu kola**.

Kapha Dosha

Oil combinations that feature **heating, invigorating herbs** and lighter carrier oils are best for this dosha. Consider using **sesame oil, almond oil** or even **corn oil** as your base. Use **spicy and invigorating essential oils** such as **rosemary, eucalyptus, peppermint and basil**, with smaller amounts of balancing oils such as **Frankincense** or **Ylang Ylang**, as per your preference.



SHOWER OR BATH

After your oil massage, it's time to take a shower. A **warm shower**, even a bit on the **cooler side**. My showers are, by default, ambient temperature - hot in the summer and cold in the winter.

There is no temperature control. And **only use soap in necessary, strategic areas**. You'll be amazed at how much oil your **body will absorb**, especially if you are a **Vata** or in the **Vata** stage of your life. There will be no oiliness on your skin, or very little. And you will soon notice a **lovely subtleness and glow** to your skin. I can personally vouch for less of that "creepy" skin, and just all around more **youthful skin** after using this regimen for even a few weeks. Did I mention **reduced greying and more fuller hair**, too? These are my morning secrets to the **fountain of youth!**

TIPS:



Use Natural Bar Soaps

Find and use **natural bar soap**. This was a tip from my daughter. I love liquid shower gels and soaps, but when it was brought to my attention the amount of plastic that gets left behind, I was happy to switch.



[Shop Etsy](#)

And, speaking of switching to **natural bar soaps**, check out the handmade soaps that you can find on **Etsy**. Great products plus you are supporting small artisan businesses! Just click on the link above.



Microfiber Towels

Eventually, all that oil on your terry cotton towels will ruin them. I've found that the **microfiber towels don't hold the oil** and wash up nicely. Plus I love traveling with them! Tons to choose from on Amazon.