

Abhyanga – self warm oil massage



“The body of one who uses oil massage regularly does not become affected much even if subjected to injury or strenuous work. By using oil massage daily, a person is

endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age.” – Charaka Śamhita Vol. 1, V: 88-89 Ancient sanskrit text

Abhyanga is the anointing of the body with warm oil. In sanskrit the word sneha means both “oil” and “love”. Doing Abhyanga daily is a bit like absorbing love through every pore of your skin. This daily massage will give you a deep feeling of being nurtured and loved from the outside in and the inside out.

During massage the skin releases a whole host of healing chemicals and hormones from your inner pharmacy that have health promoting benefits psychologically and physiologically. As well as feeling good, regular massage and the healing loving touch of massage detoxifies the body’s tissues, aids circulation, calms the mind and enhances the immune system.



Step by step – Self Abhyanga

Begin by running some hot water over the bottle to gently warm the oil.

Pour about a tablespoon of warm oil onto your scalp (on the crown of the head) and work in the oil using your fingertips. Massage your head and scalp with small circular strokes, as if you are shampooing.

Move to your face and ears, massaging more gently. Use circular motions on cheeks, temples, forehead, upper lip and chin. Move to the ears, massage the ears, then put a small amount of oil on your finger and massage it into the ear.

Massage both the front and back of the neck using long strokes (firm long strokes, help move lymph to drain toxins).

Vigorously massage your arms, using a circular motion at the shoulders and elbows, and long back-and-forth motions on the upper arms and forearms. Pay special attention to the hands, palms knuckles and all the small joints of the fingers. Do one arm and then the other.

Put the arm above the head and massage the armpits towards the centre of the body coming across the breast.

When massage the stomach, start at the bottom right hand corner and move up and over the left and back around. This circular motion moves in the direction of the bowel flow. Continue under the rib cage to massage the liver, pancreas and spleen.

Gently reach around to the back and spine and massage them as well as you can without straining reaching from the upper rib cage to the hips. Continue massaging your hips with large circular motions.

Massage your legs as you did your arms, using circular motions at the ankles and knees, back-and-forth motions on the long parts. After massaging your legs, spend extra time on your feet.

Taking a warm shower will drive the oil in and remove any excess so that you are not sticky!