

Abhyanga

Ayurvedic Self Massage

2. Face & Ears: Circular movements, over the face & ears. There are lots of marma points by the circular movements your are gently stimulating them.

4. Body: Use longer strokes over the chest, massage belly in clockwise direction. Massage your back as best as you can and circular movements on lower back.

1. Head: Dip finger tips in oil and massage your scalp, especially the

3. Arms: Use long strokes and circular movements over the joints.

5. Legs: Long strokes, circular movements over joints.

6. Feet The soles of your feet have lots of Marma points, give them the attention they deserve.

