

How to Give Yourself an Oil Massage

1. Buy cold pressed oil. Sesame or almond oil are best for Vata, coconut or olive oil for Pitta, and sunflower or grapeseed oil for Kapha. I personally like to use the Sea Wench Bodacious Body Oil, which is lovely and comes in a handy pump bottle.
2. For best results warm the oil in a hot water bath, you can just immerse the bottle in a larger measuring cup of hot water from the tap. This is not necessary but it can help the oil spread with more ease.
3. Dry brush your entire body first with a dry brush or exfoliating gloves if you have time. You can do this while the oil is heating in the warm water bath. This is especially nice in the morning as it gets your circulation going.
4. Massage your whole body from head to toe always moving towards the heart and covering your limbs in broad strokes. Make circles around your joints such as knees and elbows. Include your face for a sweet facial massage. On the days I wash my hair I also massage my entire scalp.
5. Get in the shower or tub and keep massaging the oil into your body. Try to only use soap where necessary as it really dries your skin out.
6. Towel dry.
7. This entire routine takes me about 15 minutes with a morning shower. If I do it at night I may tend to sit in the tub and relax more which is a great way to end the day and sleep well.

A Prayer for Blessing the Hands

Ayam me hasto Bhagavan
Ayam me bhagavattarah
Ayam me visvabhesajah
Ayagan Shivabhimarshanah

My hand is the Lord
Boundlessly blissful is my hand
This hand holds all healing secrets
Which make whole with its gentle touch

