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Self Massage Instructions

1. Begin by running some hot water over the bottle to gently warm the oil.
2. Pour a tablespoon of warm oil onto your scalp and vigorously work in the oil.
3. Using your fingertips, vigorously massage your head and scalp with small circular strokes, as if you are shampooing.
4. Move to your face and ears, massaging more gently.
5. Using an open hand to create friction, massage both the front and back of the neck.
6. Vigorously massage your arms, using a circular motion at the shoulders and elbows, and back and forth motions on the upper arms and forearms.
7. When massaging your chest and stomach, use a gentle circular motion and a straight up and down motion over the breastbone.
8. After applying a bit of oil to both hands, gently reach around to the back and spine and massage them as well as you can without straining.
9. Vigorously massage your legs as you did your arms, using circular motions at the ankles and knees, back and forth motions on the long parts.
10. After massaging your legs, spend extra time on your feet. Using the open part of your hand, massage vigorously back and forth over the soles of the feet.
11. Take a shower using warm water, only using soap where needed.
12. Keeping a thin, almost imperceptible film of oil on the body is considered very beneficial for toning the skin and warming the muscles throughout the day.