

Self-Abhyanga

Ingredients

1/2 cup abhyanga oil

Directions

1. Warm oil in small pot on stove. Do not boil or get too hot. It will only take a minute or so.
2. Collect older towels that you will be using ONLY for abhyanga going forward. You will wash them separately as well.
3. Scoop up the oil in your hand and pour it on your body.
4. Using light strokes on the long bones and circles on the joints, massage all parts of your body, including head and hair (skip the hair of you don't wish it to be oily the next day)
5. Be very generous, and use the entire 1/2 cup of oil
6. Wrap up in towels, and let the oils penetrate into your body overnight
7. In the morning, shower as usual