



Body Oiling



Self oil massage (called *abhyanga* in Ayurveda) is helpful for calming the nervous system, nourishing the skin and promoting inner and outer radiance. It's also very beneficial for people with sensitive nervous systems who feel like they can easily “take on” energy from others. The oil acts as an energetic buffer in addition to being deeply nourishing for the skin and nerves.

First, select your favorite body oil. I love using cold pressed, organic sesame oil! But jojoba, coconut, sunflower or almond oil will also work. There are also many beautiful, herbal infused body oils available if you want to get fancy.

Before you begin, you'll want to place an old towel or sheet on the floor of your bathroom to save cleaning time later!

Next, warm up the oil either by heating about a ½ cup on low in a pan, or placing the bottle in a bowl of hot water. If heating it in the pan, be sure to watch as it heats up quickly!

Standing on the towel or sheet, **begin to massage the oil into your body starting with your feet, and making circles over your joints.** Be generous with the oil! Work your way up your whole body, massaging in the warm oil over every surface you can reach. You may even want to oil your scalp - this provides amazing support for the nervous system and calms the mind.

You can let the oil soak in as long as you like (or not) before washing it off in a hot shower or getting in the bath tub! The hot water will drive the oil into your pores. Simply dry off when you are done and voila! Baby soft and luscious skin!