

## Abyanga: The Art of Self-Massage

1. Begin by running some hot water over the bottle (oil or lotion) to gently warm.
2. Using your fingertips, massage your head and scalp with small circular strokes, as if you are shampooing. Move to your face and ears, massaging more gently.



- 3.
4. Using an open hand, massage both the front and back of the neck.



5. Massage your arms, using a circular motion at the shoulders and elbows.
6. When massaging your chest and stomach, use a gentle circular motion and a straight up-and-down motion over the breastbone.
7. Gently reach around to the back and spine and massage them as well as you can without straining.
8. Massage your legs as you did your arms, using circular motions at the ankles and knees, back-and-forth motions on the long parts.
9. After massaging your legs, spend extra time on your feet. Using the open part of your hand, massage back and forth over the soles of the feet.



Keeping a thin, almost imperceptible film of oil or lotion on the body is considered very beneficial for toning the skin and warming the muscles throughout the day.

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