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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Ayurvedic Self-Massage

By Shreelata Suresh

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Wonderfully relaxing and energizing at the same time, a daily self-massage with warm oil is easy to do and takes only about 30 minutes. You can do it at home each morning, and reap the benefits of this luxurious therapy all day long.

Ayurvedic texts list a wide range of benefits from regular performance of the warm oil full-body massage:

1. It helps pacify Vata dosha, the space and air elements in the physiology. Because of our hectic 24/7 lives, most of us have high levels of stress, anxiety, a feeling of being overwhelmed and spaced-out, all indications of an aggravated Vata dosha. Soothing touch is very Vata-pacifying. Warm oil, being warm, smooth and unctuous, is also Vata-pacifying.
2. The massage also helps balance Kapha dosha, the water and earth elements in the physiology. It enhances circulation throughout the body and revitalizes a lethargic body and mind.
3. With regular performance of the massage, deep-seated toxins in the joints and tissues are loosened and released into the system for elimination through the natural toxin-release processes. Toxins in the skin are also released, leaving you with clear healthy skin.
4. Your skin will look beautiful with regular massage. It will stay moisturized and nourished, and look supple and lustrous.
5. Abhyanga helps strengthen and tone the muscles. If you work out several times a week or everyday, you'll notice that your muscles are much stronger and resilient to injury.
6. The Ayurvedic texts recommend that the massage be done in the morning. It helps keep energy levels high during the day and helps promote easy, restful sleep at night.
7. The warm oil massage helps calm the mind and nervous system. You'll feel more rested and calm, but focused and alert.

The Ayurvedic Self-Massage

8. The massage also helps promote balanced emotions. You will feel serene and settled the kind of bliss that you get with regular meditation.

9. Your joints will stay nourished and supple with regular performance of Abhyanga. The warm oil massage strengthens and lubricates the joints, making them more resilient to wear and tear.

10. The massage makes you feel youthful and vital. The ancient texts state that regular performance of Abhyanga retards the aging process.

Choosing Your Massage Oil

While the massage is healing even when performed with just a base massage oil such as sesame oil or almond oil, ayurvedic practitioners typically infuse the base oils with nourishing herbs and flowers. You'll find ayurvedic herbs such as Brahmi, Ashwagandha, Shatavari, Shankhapushpi and Turmeric in traditional ayurvedic massage oils. The herbs are gently cooked into the oils for a specified period of time, and the oil is then strained for use. Aromatherapy massage oils incorporate healing essences such as Sandalwood, Jasmine and Rose for added emotional and mental balance. Look for cold-pressed organic base oils for maximum benefit. Sesame oil has antioxidant properties and is anti-inflammatory. Almond oil is both nourishing and soothing. Coconut oil is cooling and Pitta-pacifying.

Instructions for performing the warm oil massage

Materials: 2–3 oz massage oil suited to your needs for balance, plastic squeeze bottle, pot of very warm water, old cotton towel or mat, paper towels.

Step 1. Pour the oil into the squeeze bottle and shut bottle tightly.

Step 2. Place the bottle in the warm water for 5 minutes or until the oil heats up to comfortably warm.

Step 3. Stand on your towel or mat in a comfortably warm, draft-free room.

Step 4. Squeeze the oil a little at a time into your palm and apply the oil to your body, working systematically down until your entire body is anointed with oil.

Step 5. Next, massage the oil into your skin, giving each part of your body adequate attention. Use up and down strokes over limbs and circular strokes over joints, chest and abdomen. Apply lighter pressure over chest and abdomen than over extremities. This process should take about 10–12 minutes.

Step 6. If massaging your scalp, apply oil to the crown of the head and then work the oil into your scalp with your fingers in outward circles.

Step 7. Sit quietly with eyes closed for 5 minutes, breathing deeply.

The Ayurvedic Self–Massage

Step 8. Pat excess oil, if any, off with paper towels.

Step 9. Take a warm bath or shower, being very careful not to slip. Wipe excess oil off your feet before stepping off the towel or mat. Use a very gentle, non–soap cleanser and a gentle shampoo.

Step 10. Pat your skin with a towel and apply moisturizing lotion or a gentle natural dusting powder.

Note: The towels and mats you stand on for abhyanga will get stained and eventually oil–saturated, so use old ones and do not put them in washing machines or dryers. They should be periodically thrown away and replaced.

Disclaimer: This information is educational and is not intended to replace standard medical care or advice.

Shreelata Suresh is a yoga instructor who lives in the Bay Area. She writes for various publications on yoga, ayurveda and Indian culture. For more articles on ayurveda and premier ayurvedic products, please visit <http://www.ayurbalance.com>.

Manipulate The Body And Mind With A Portable Massage Table

By Mike Yeager

A portable massage table can be very essential tool. Massage therapy is a hands–on manipulation of the soft tissue and joints of the body and using a portable massage table can make giving and receiving a massage that much easier. A massage offers many diverse physiological effects, which are primarily due to the therapist's hands moving over the body in a manner that affects all its systems – in particular, the muscular by decreasing muscle tension and feelings of stress; the circulatory by reducing heart rate and blood pressure; the lymphatic by improving the flow of blood and lymph fluids in the body; and the nervous by inducing the relaxation response. Most important, massage therapy helps meet the human need for the caring and affirmative touch. No wonder so many people find massage therapy so helpful in so many ways! After all, even the great Hippocrates who learnt this art from Herodicus way back in the 4th Century B.C., had advised thus in so many words when he said – "The physician must be acquainted with many things and assuredly with rubbing" (the ancient Greek and Roman term for massage).

Of the different kinds of massage therapies available, the most sought after are the Swedish massage, Vibrational Healing Massage Therapy, Shiatsu, Reflexology, Cranial Sacral Balancing, Chi Nei Tsang, and the increasingly popular Kerala Ayurvedic massage therapy.

Put your cards on the table.

Ancient Massage was essentially a floor massage. However today, as in all other spheres, technology has taken the driver's seat to produce massage tables which are not only classy and comfortable for the client, but also provides access convenience and resilience for the masseur.

The Ayurvedic Self-Massage

Typically, a portable massage table has pairs of legs at each end, and two pairs of recessed centre legs. This system offers the advantage of carrying safe working loads of up to 300kg without any visible degree of table flex or torque so that the masseur's effort goes into his client and is not wasted by bending the table. Fibre and aluminium are increasingly used in the making of portable massage tables since these materials offer essential benefits of tenacity, durability and low weight. Exotic aluminium portable massage tables are designed to be squeak-free and come in custom sizes, adjustable height and backrest; replete with face cradle, tapered, high-resilient, foam-cushioned, sewn edges with shoulder recesses to prevent restriction of blood flow to the arms when they hang over the sides of the table. What's more, this ingenious piece of design folds just as quickly and easily into a compact carrying case! So, now you can put all your cards on the table - a portable massage table!

Mike Yeager
Publisher

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