



ABHYANGA

Abhyanga is a process of self application of oil. It follows a specific pattern that works with the Vayus (five vital airs in the body). In abhyanga, organic raw or unrefined oil with appropriate herbs decocted into it is applied to the skin for 15-20 minutes.

Instructions: the key is that the movement is slow and consistent.

1. Warm the oil in a stainless steel, copper, cast iron, or glass pan.
2. Apply using the **palms** of your hands in slow upward and downward movements on the front side of the pelvic area. Move around the sides of the hips, and then the same slow movements on the sacrum (low back area).
3. Next use a circular motion with both hands on each of the hip joints. Left side first.
4. Then work down the left leg and foot working long on the muscles and circular on the joints. Ideally you would do the bottoms of the feet as well. Then do the same on the right leg and foot.
5. Next work from the navel, up and down along the front side of the spine. Then work in circular movements around the left breast and along the side of the torso. Do the same for the right side.
6. Next do as much of the back as possible moving the hands up and down from the waist area to the upper back. Along spine as much as possible. You might like to get assistance with the upper back area. Do your best to cover the entire body.
7. Next work the oil from the navel spiraling clockwise outward only one time, very slowly. Finish down the left side of the belly.
8. Then start at the left shoulder and work down the left arm and hand. Work long on the muscles and circular on the joints. Do the same for the right side. Last are the neck, face and head.

Rub slowly, gently, and thoroughly using primarily the palms of the hands. The slow and gentle touch in specific directions is the most important aspect of this application. Use the oil Myra has suggested, or a plain raw or unrefined sesame oil (warming) or raw or unrefined coconut oil (cooling).

In general, use a circular motion with your hands on the joints and long strokes along the muscles. Enjoy the process and leave on for a relaxing 20 minutes or more. If you can remain without clothing and be warm it is ideal. Many people like to have special “oil clothes” for this time.

After relaxing for 20 minutes or more, take a hot bath or shower, **without soap**. Better to do this practice and leave on 5-10 minutes than not to do. It will make a big

difference in how you feel. See blog posts at <http://www.halepule.com> for benefits and more information.