



Choosing the Right Oil for Abhyanga

YOUR AYURVEDIC BLUEPRINT FOR BALANCE

Abhyanga is a traditional Ayurvedic self-massage practice using warm oil. It's a powerful tool for promoting overall well-being, balancing the doshas, and nurturing self-love. By incorporating Abhyanga into your daily routine, you can experience a profound sense of calm, grounding, and connection to your body.

Benefits of Abhyanga:

- Calms the nervous system
- Nourishes the skin
- Improves circulation
- Lubricates the joints
- Promotes lymphatic drainage
- Enhances sleep quality
- Increases self-awareness and self-compassion

How to Perform Abhyanga:

1. Warm the oil: Gently warm your chosen oil using a bottle warmer or by placing the bottle in a bowl of warm water. Ensure the oil is comfortably warm, not hot.
2. Set the ambiance: Create a relaxing environment. Dim the lights, play soothing music, and ensure the room is warm and comfortable.
3. Apply the oil: Using gentle, loving strokes, apply the warm oil to your entire body, starting with your head and moving downwards. Use circular motions on your joints and long strokes on your limbs.
4. Massage: Spend at least 5-10 minutes (or longer if you have the time) massaging the oil into your skin. Pay attention to areas that feel tense or stressed.
5. Rest: After massaging, allow the oil to absorb into your skin for at least 10-15 minutes (again you can leave this longer if you have the time). This allows the oil to penetrate deeply and nourish your tissues. This is a good time to do a yoga nidra if time allows.
6. Shower or bath: Take a warm (not hot) shower or bath to rinse off the excess oil. Use a mild, natural soap if desired.
7. Pat dry: Gently pat your skin dry with a soft towel, leaving a light layer of oil on your skin.

Vata

(Air & Ether)

- Sesame Oil
- Almond Oil
- Ashwagandha Oil

Vata individuals tend to be cool, dry, and light. Warm, grounding oils like sesame and almond are ideal for balancing Vata dosha. Heavier oils with warming qualities help to pacify the light, airy nature of Vata.

Benefits:

- Grounding
- Warming
- Moisturizing

Pitta

(Fire & Water)

- Coconut Oil
- Sunflower Oil
- Sandalwood Oil

Pitta individuals tend to be warm, oily, and intense. Cooling, soothing oils like coconut and sunflower are best for balancing Pitta dosha. Lighter oils with cooling properties help to pacify the hot, fiery nature of Pitta.

Benefits:

- Cooling
- Soothing
- Calming

Kapha

(Earth & Water)

- Mustard Seed Oil
- Safflower Oil
- Grape Seed Oil

Kapha individuals tend to be cool, heavy, and oily. Warming, stimulating oils like mustard and safflower are recommended for balancing Kapha dosha. Lighter oils with stimulating properties help to pacify the heavy, stagnant nature of Kapha.

Benefits:

- Warming
- Stimulating
- Invigorating

For more wellness tips and personalised Ayurvedic guidance, connect with me via a free Discovery Call or to arrange a consultation:



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"The body becomes firm, smooth, strong and charming." - Charaka Samhita