



how to relax with a self-care massage experience at home

Abhyanga is the Ayurvedic tradition of oil-based, nourishing self-care massage. Translated from its Sanskrit origins, it means 'glowing body' and 'dispelling fear'.

Massage nurtures us on all levels, inducing physical, mental and even spiritual wellbeing. Studies have shown that "physical touch is the most important aspect of human development and culture. It activates the body's vagus nerve, which is intimately involved in our compassion response."

You can do self massage anytime that suits you ... for a minimum of 5 min (15-20 min is ideal if you have the time). Many people do it on rising, just before their morning shower, facilitating the release of toxins accumulated overnight.

To begin your practice prepare your sanctuary and your body oil of choice. Try warming your oil first by placing the bottle in a bowl of hot water for about 5 mins. Sit comfortably, light a candle and maybe play some healing music to relax. Close your eyes, take a few deep breaths and when you feel you have reconnected with yourself you can begin your massage.

Benefits when performed regularly;

- Calms the mind and nervous system
- Boosts the immune system
- Relaxes muscles and improves tone
- Eliminates fatigue
- Increases lymphatic drainage
- Eases tension and stress
- Promotes longevity
- Supports restful sleep
- Stimulates internal organs
- Activates digestion
- Lubricates the joints
- Improves circulation and more

For more information on Abhyanga self massage and Synthesis products visit <https://bit.ly/shopsynthesisorganics>



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Enjoy a self massage experience at home:



1. Rub 1-2 tsp of oil into your palms as needed. Take a deep breath of the aromas, inviting the benefits of the essential oils to start to flow through your whole body.



2. Scalp – work the oil into your scalp with your fingers, applying a firm pressure all over. Gently tug at the roots of your hair.



3. Face – create small circles over your forehead, temples, cheeks, nose, upper lip and chin. Take a bit of time in each place to massage, smooth and sweep then move on.



4. Ears – starting with the outer ear, then placing a small amount of oil on your little finger to massage the ear canal.



5. Front of neck – sweep downwards from your jaw to collar bone with slow open palms. Repeat x 3



6. Chest – use the palm and heel of your hand (rather than your fingers) to massage with small strokes. Massage the pattern of a figure of eight across your chest x 3



7. Shoulders and back – using opposite hands, reach across to massage from where shoulder and arm meet up to the neck. Repeat x 3 per side



8. Back and neck – Sweep upwards from middle of your back up your neck in long smooth strokes with a slow open palm. Repeat x 3



9. Arms – use long slow strokes from outer body inwards x 3. Create circles on your joints (shoulders, elbows, wrists) x 10 in each direction. Complete one arm and hand and then the other.



10. Hands – pay special attention to your hands, massaging the palms, and each finger's knuckle and joints individually. Complete one arm and hand and then the other.



11. Lymphatic drainage – massage the armpits towards the centre of the body. Pay special attention to the breasts to help drain lymph fluid and keep the tissue healthy.



12. Thymus gland – locate your thymus gland in the upper centre of your chest and tap it eight times to gently stimulate your immune system. Take another deep heart breath of gratitude for your amazing body.



13. Abdomen – massage in a clockwise motion starting at the bottom right to support the flow of digestion (massage upwards on your right side, across your upper abdomen, then down on your left side) x 3. Massage under your ribs to reach your liver, pancreas and spleen. Massage the sides and flanks of the body with long firm strokes from ribs to hips.



14. Lower back – reach around and massage as much of the back and buttocks as possible in circular motions and long sweeping strokes. Massage along the spine.



15. Legs – Start at the knees, cup both sides and work up thighs x 3 on each side. Repeat starting at the ankles moving up calves. Use circles on your knees, ankles and hips x10 each.



16. Feet – sweep along the top of your feet x 3. Cup heel and circle x 3. Make a fist and use knuckles to stroke from heel to toe x 3. Massage each toe, all the way to the toenails.



17. To finish, drop your head to your heart, then wrap your arms around yourself in a self-care hug.



18. Shower to rinse off excess oils and pat skin dry. Or leave the oils on for deeper hydration.

Don't forget to hydrate with plenty of fresh water to flush out toxins

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