
Detox & Evolve

A close-up photograph of a hand pouring a golden liquid, likely oil, from a small container into a dark, shallow bowl held in another hand. The background is a soft, warm brown color.

**AYURVEDIC
SELF CARE PRACTICES**

SCRAPING THE TONGUE

How to use a tongue cleaner:

Ideally, a tongue cleaner is used every day, early in the morning, on an empty stomach. Simply hold the two ends of the tongue cleaner in both hands. Extend the tongue and place the tongue cleaner on the surface of the tongue, as far back as is comfortable. Gently pull the tongue cleaner forward so that it removes the unwanted coating. Rinse the tongue cleaner and repeat as necessary, usually 7-14 times.

Benefits of tongue cleaning:

- Reduces the toxins and bacteria on the tongue that cause bad breath
- Enhances the sense of taste
- Improves digestion
- Gently stimulates the internal organs
- Helps eliminate unattractive coating on the tongue
- According to Ayurveda, cleaning the tongue is an important part of the daily oral hygiene routine, along with regular brushing and flossing of the teeth. Gently scraping the tongue with a tongue cleaner can effectively reduce the bacteria in the mouth that cause bad breath. Our specially designed tongue cleaner is made in the U.S.A. with premium quality stainless steel.

KAVALA

(oiling pulling)

The technique:

In the morning on an empty stomach, start by putting 1 tablespoon of oil in your mouth. Ayurveda traditionally recommends sesame oil to support healthy teeth and bones. Initially the oil may not have a pleasant taste, but you will get used to this. Swish the oil in the mouth, moving it around both sides; also move the oil in front of, behind, and through the teeth. Continue the process for 15-20 minutes, until the oil has become thin and whitish in color. Then spit it out, and rinse the mouth with warm water, brushing if desired. Do not swallow the oil.

Benefits of tongue cleaning:

- Healthy teeth and gums
- Healthy sinuses
- Improved respiratory health, especially for those with a history of allergies and asthma
- Better joint health
- Relaxed neck and jaw muscles
- Support of the body's natural mechanisms to remove toxins
- Healthy skin
- Natural energy and vigor

NASYA

(oiling the nose)

The technique:

- Begin by comfortably lying down on your back and tilting your head back with your nostrils opening towards the sky. If you are lying on a bed, you may hang your head off the edge of the bed, or place a small pillow beneath your neck for support.
- Place 3-5 drops of nasya oil in each nostril. With skill, you can administer the oil, drop by drop, circling the inside perimeter of the nostril, thoroughly coating the nasal membranes.
- Take a big sniff in, then rest for a few minutes allowing the nasya to penetrate. You may wish to massage your face, jaw, and temples.

Benefits of nasya:

The nose is the direct route to the brain and also the doorway to consciousness. It is the entrance for prana, the life force, which comes into the body through the breath. Healthy unimpeded breathing is important to ensure proper flow of prana throughout the head and body. When an excess of bodily fluids accumulates in the sinus, throat, nose or head areas, it is best eliminated through the nose. Administration of herbal-infused oil, or nasya, helps facilitate this cleansing process. Nasya Oil soothes and protects the nasal passages and helps relieve sinus congestion. Daily nasal lubrication helps to release tension in the head and neck, and relieve accumulated stress. Balancing for vata, pitta, and kapha, Nasya Oil is also traditionally said to improve quality of voice, strengthen vision, and promote mental clarity.

ABHYANGA

Oiling the body is one of the most nourishing practices that Ayurveda touts as one that offers strength, longevity and pacification to the body and mind. Be sure to do abhyanga in a warm place and avoid any cold drafts or being chilled afterward.

1. Use $\frac{3}{4}$ to 1 cup of Ayurvedic oil and transfer to a glass bottle or oil warmer to warm the oil. Use a large towel or sheet over the area you will be doing Abhyanga.
2. Without being in a hurry, lovingly and patiently massage the oil into your entire body for about 15 to 25 minutes, beginning at the extremities and working toward the middle of the body.
3. The **general flow** of massage goes from the head to the feet. Then move up the legs to the hips. Rub the abdomen and breast/chest area. Progress down the arms and finish from sacrum to the whole back.
4. Optional is to start by applying oil on the scalp. Finger tips rubbing vigorously (can do a friction rub without oil as well). Oil applied to the head should be warm but not hot.
5. Next begin at the soles of your feet massaging and oiling feet and working up the legs to the whole body. Massage the soles, tops, and toes of the feet. Circular at the ankles. Process up the shin long strokes 7 times with greater force of the upward stroke. Circular strokes at the knee.
6. Progress up the thigh with long strokes all along the thigh and roll onto either side and do circular strokes in both directions at the hip joint.
7. Once the legs are done. Rub oil on the lower back up and down and circular at the sacrum. Massage from base of pelvis into the sacrum.
8. To massage the chest you can lay down and pour oil down the chest from the throat the pubic bone. Rub in circular fashion at the belly, breasts and shoulder area. Include the sides of the torso in long strokes upward toward the head.
9. Finish with long strokes down the arms from the shoulder down.
10. Sometimes it is best to apply a base of oil to the entire body and add more as you re-visit each body part and massage with long strokes.
11. Use long strokes on the limbs and circular strokes on the joints. Massage the abdomen and chest in broad, clockwise, circular motions. Long strokes are done up toward the heart.
12. Massage face and neck.
13. After you've massaged your entire body, enjoy a warm bath or shower. Be sure to wash your feet off before entering the shower. You may allow the oil to stay on the body for up to 2 hours. However not much longer than that. For added benefits, follow the salt scrub below to use post massage.
14. When you get out of the shower, towel dry by patting yourself dry instead of rubbing.

PADA ABHYANGA

(oiling the feet)

Benefits of oiling the feet:

Though you may find this strange that oiling the feet can actually help support you to have a deep and sound sleep. This practice has been in effect for thousands of years. One quick way to access and calm a hyperactive nervous system is at the soles of the feet. And who doesn't like a good foot rub? Take 5 minutes to discover why this is one of the most amazing ways to prepare for bed. You will soon find this to be one of your favorite evening rituals.

The technique:

- Prepare by having thin socks and oil next to your bed.
- Right before you are ready to turn the lights out, sit at the edge of the bed and slowly rub oil on the feet.
- Be generous with the oil. Rub on the soles of the feet, the toes, ankles and heels. Slowly take your time.
- End by pressing on the base of the big toe nail. This is a marma point that helps bring excess energy down from the head. Simply press here and hold and breathe slowly 3X.
- Put your socks on and glide into bed.

KARNA PURNA

(oiling the ears)

The technique:

Put warm sesame oil in dropper bottle and lay down on one side with a towel under your head. Put the warm sesame oil directly into the ear and fill the ear with oil. Rub around the ear and pull on the ear to allow the oil to go deep inside. Wait 5 minutes. Turn your head over to drain the ear and do the other side.

Benefits of Karna Purna:

- reduce dryness or itching in the ears
- prevent ear infections
- reduce tinnitus or ringing in the ears
- reduce tension in the neck and jaw
- diminish TMJ symptoms
- relieve headaches
- assist in reducing vertigo
- reduce congestion from wax or yeast overgrowth

OILING THE EYES

The technique:

- Oiling the eyes should be done just before going to sleep as eyes are not best used post oiling (they should rest).
- Face should be clean and free of make-up etc.
- Place 1 drop pf almond oil directly in the middle of eye and around the eye.
- 4Blink a few times and gently rub remaining oil between the lashes while eyes are closed
- Sleep/Rest

NOTE: Do not do with contact lenses in eyes or if there's any infection etc.

Benefits of oiling the eyes:

Our eyes are one of the most important organs we have to relating to the world. Due to the fact that our eyes are the connection between the outer and inner worlds, they are said to be the mirrors to the soul. The qualities that govern our eyes are fire and light, allowing us to take in and digest all of the visual impressions. Oiling the eyes ensures they stay lubricated, moist, and cool to tame the fire and light. It also reduces eye strain and irritation.

HERBAL BATH

After Abhyanga, with oil on the skin. Prepare for your detoxifying bath. Enjoy relaxing here for 10 to 15 minutes. Be sure to drink fluid post bath and allow relaxation time to integrate and receive the healing benefits of these practices.

Ingredients

- bowl of ice
- wash cloth
- organic dried ginger powder
- baking soda
- epsom salt
- rosemary essential oil

Instructions

1. Fill tub with hot water. At 1/2 full add the ginger, baking soda and epsom salt.
2. At almost full level add 5 to 7 drops of rosemary essential oil and mix in the tub.
3. Lie in tub and apply cold wash cloth, with ice on top of head to keep heat away from head.
4. Do a quick rinse off, do not soap anything off.
5. Dry off by blotting body with towel.
6. Hydrate and relax.