

LEARN THE BASICS OF AYURVEDIC SELF-MASSAGE

THE SHAKTI SCHOOL PRESENTS

*HORMONES & THE
FEMININE
LYMPHATIC SYSTEM*



ABHYANGA (SELF-MASSAGE WITH OIL)

In Sanskrit, Sneha means both “oil” and “love.”

Abhyanga is not just body care—it’s an act of self-love and devotion.

When you anoint your body with warm oil, you are literally saturating yourself in love, compassion and presence.

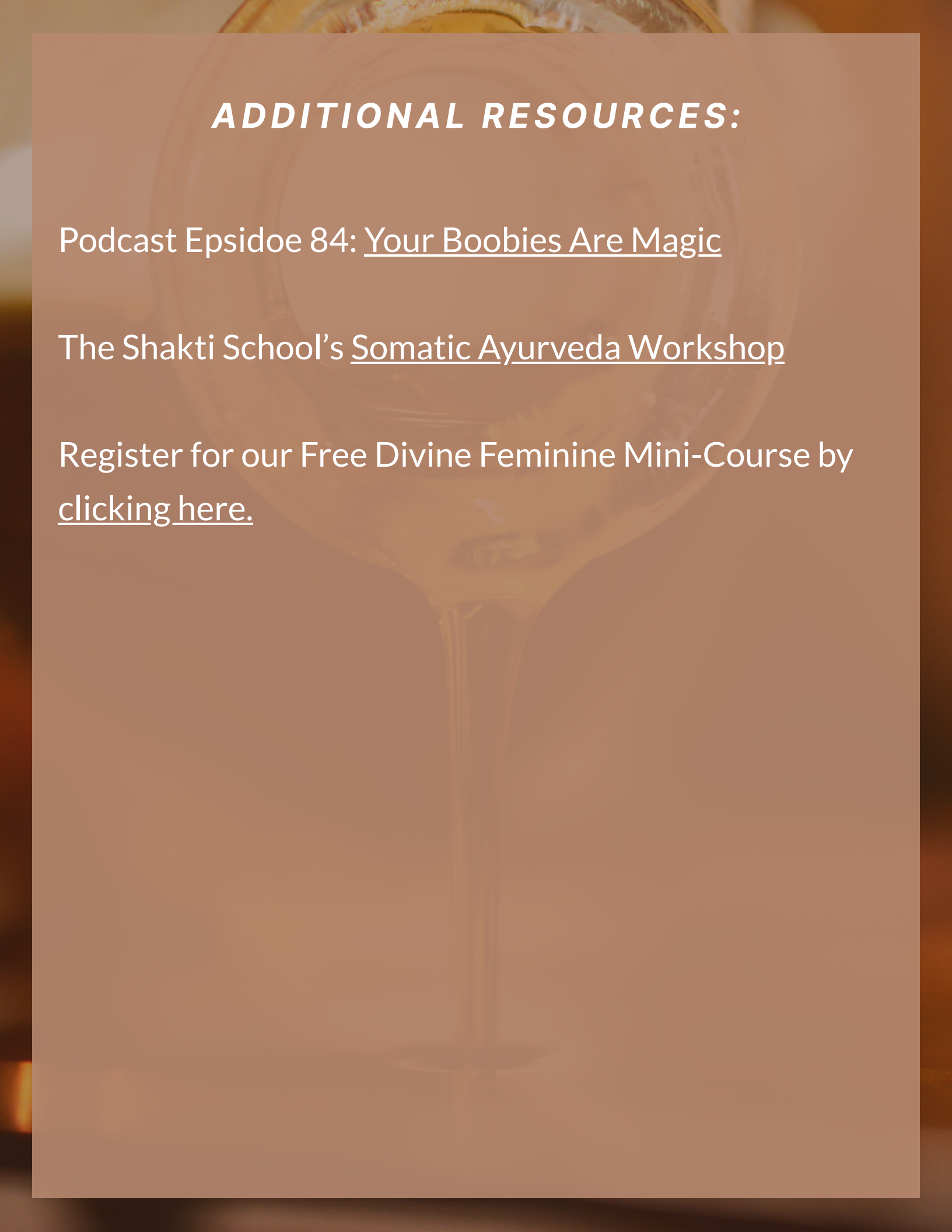
Make sure to use chemical-free, organic, cold-pressed oils. Do not use any mineral oils, such as baby oils. (VATA: Sesame, Almond PITTA: Coconut, Sunflower KAPHA: Sunflower, Calendula-infused). We love Banyan’s Vata Massage Oil, Pitta Massage Oil, or Kapha Massage Oil depending on your dosha.

HOW TO OIL YOUR BODACIOUS BODY:

1. Start by warming up your oil. We warm the oil because it cures it, allowing the oil to be more easily absorbed by the skin and tissues.
2. Remove all clothing and jewelry. Sit on an old towel so as not to make a mess.
3. For the full bliss treatment, we would start at the top of the head and pour the oil directly onto the crown. If you are doing this before work and do not want an oily head for the rest of the day, you can skip this part and save it for a day when you do not need to be presentable.
4. Continue onto the face (gently) and the rest of the body.
5. On the arms and legs, use back-and-forth strokes.
6. On the joints, use circular strokes.
7. On the belly, use circular strokes in a clockwise motion (if you are looking down at your belly) as this is the direction in which our long intestine moves and will stimulate proper digestion.

8. Ideally, you want to spend 15-20 minutes massaging your body. If time is an issue, spend at least five minutes in total communion with your vehicle. And notice the spots of the body you avoid. The thighs? The feet? Spend the most time there, as these are your bits that need the most love.
9. Sit for some time. I recommend 20 minutes.
10. Rub off any excess oil with your oil towel, and then take a shower. Showering causes the pores to open, allowing the herbal oil to penetrate even deeper into the skin. You do not need to soap-off the oil. The body will most likely absorb it all, especially if you are quite dry. Make sure not to leave the oil on for more than 45 minutes as this can actually clog the channels we are trying to cleanse.





ADDITIONAL RESOURCES:

Podcast Episode 84: [Your Boobies Are Magic](#)

The Shakti School's [Somatic Ayurveda Workshop](#)

Register for our Free Divine Feminine Mini-Course by [clicking here.](#)

SHAKTI AYURVEDA SCHOOL

Learn about our Level 1 Ayurveda Program and find the course details here on our [Program's Page](#).

Make this the year you invest in yourself, and your community. The Shakti School's Ayurveda Teacher Training Program is a 300-hour, year-long deep dive into Katie Silcox's signature Divine Feminine Ayurvedic teachings and weaves in our faculty's diverse backgrounds in functional medicine, psychology, neuroscience and more.

This live, flexible course includes:

- 🌿 Weekly 3-hour lectures with Katie Silcox and other experts– Ayurveda Wednesdays
- 🌿 Twice-monthly Question and Answer sessions with a Clinical Ayurvedic Specialist
- 🌿 Daily access to our classroom to take lessons live or when it fits into your schedule
- 🌿 Exclusive Community Forum
- 🌿 A beautiful high resolution PDF of our training manual
- 🌿 Discounts on Ayurveda products and herbs for you and your future clients

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HAVE QUESTIONS?

If you'd like to schedule a clarity call with one of our Shakti School graduates to ask any questions or see if the program is right for you, you can do so [directly here](#).



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COACHING TEAM



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