

# Self-Massage Guide



Reserve 15 minutes at least  
Clean towel to sit on and under feet  
Set the room with candles, incense, essential oils  
Bathtub or shower available

Choose your oil (coconut, sesame, almond, olive)  
Warm it under hot water or small crock pot  
Option to warm in your hands



Work towards the heart  
Start from the feet, then hands moving upwards  
Circular motions around joints  
At stomach move from right to left, low to high In large circle (direction of digestion)  
Massage Face, neck and scalp



Hop In the bath or shower (careful not to slip!)  
Only use soap on essential areas to preserve the oil

