



ABHYANGA - BASIC MEDICATED HERBAL OIL APPLICATION

Purpose	Description	Procedure	Do's	Don't's
helps improve alertness during the day	not a massage	treatment is done in 7 positions -	all the do's and don't's described under general advice are applicable here	
helps improve sleep at night	prescribed oil is liberally applied	sitting		
helps to reduce stress levels	generally soft and gentle strokes in downward direction	lying on back		
helps to removes fatigue		lying on left side		
helps to remove pain		lying on back		
helps to improve texture and complexion of skin		lying on right side		
helps to protect the body from outside influences		lying on back		
		sitting		
		duration is between 45-60 minutes		
		bath is given by therapist after treatment		