Instructions for self-massage for the Face, Neck and Shoulders

Beginning at the scalp, divide into three sections, sides of head, top of head, back of head – vigorous brushing with fingertips

Massage of ears, three sections, outer, middle and inner from top to bottom of ear lobe. Inner ear, pop with index finger.

Fingers behind mandible in back of each ear, gentle circles, move to masseter, one of three small muscles of mastication. (they are strongest muscle group in the body) used for chewing food.

Trapezius – three sections, front, near collar bone, middle and back, massage with fingers of opposite hand, you can hold up your elbow if you wish. Take the sternocleidomastoid muscle (see diagram letter B) between your index finger and thumb and gently raise the belly of the muscle off of your neck.

MLD neck and shoulder caps.

Face: eyebrows, three sections, thumb and index fingers, pincer motion, close to nose, middle furthest away, 3 times. Eye points, indentation. Eye palming.

Nose point, above the lips, below on the chin. Trace fingers on each side of the jawline.

Raindrop, over entire head, scalp, face and end with Thymus tap on sternum for Immunity protection.

FIN!

Take a few moments to savor the self-massage. Use your favorite massage oil for this massage. Massaging your scalp with oil is excellent for your coiffure.

Three energy points for each area, head, neck and face plus what EO’s to use according to your dosha.

Vata – Top of the head, (Murdhini) then by each nostril, to

Pitta – right above the ear (where your eyeglasses go around your ear) relieves emotional strain, headaches**.** Top of the head to either side of the epiglottis (gentle) to heart.

Kapha – third eye, pineal, co-ordinates energy, top of head (**Murdhni**)

\*\*Specific Ayurvedic energy points – face and back of the neck, top of head, two powerful points to aid concentration and grounding.

Top of the head, concentration, find by placing your palm flat behind your hairline, bring the index finger of the opposite hand behind your palm, to point of concentration (**Brahmarandhra)** headache relief, improves CSF circulation.

Energy point 2. S**hivarandhra**, one palm width behind, improves posterior or occipital headaches, enhances CSF, stimulates memory.

Note always dilute essential oils with a carrier oil. 5 drops to 15ml. Skin test, first. Do not use essential oils near eyes.

**Specific Essential Oils for each doshic expression**

Grounding – Lavender, geranium, rose geranium. Removes anxiety and fear

Calming – Sandalwood, Chamomile, Lemongrass. Pacifies anger and frustration

Uplifting – Rosemary, Mint, Eucalyptus. Relieves depression and lethargy.

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