



Daily Oil Massage

OIL MASSAGE: PRACTICAL POINTS

1. The complete oil massage usually takes 10-15 minutes, however it may be performed in only about 5 minutes by reducing the number of strokes in each position. This is an adequate amount of time to spend on a routine basis and will give rewarding benefits if done regularly.
2. For another time-saving technique, transfer a 3-4 day's supply of oil to a small, plastic flip-top bottle (available in most drug stores.) Heat in the bathroom by running hot water over the bottle into the sink. Let it sit for a minute or two and warm up while you brush your teeth, etc.
3. Apply the oil to all parts of the body before you begin the massage strokes. This will allow the oil to be on the body for a maximum amount of time before taking your bath or shower.
4. Ideally, leave the oil on for up to 20 minutes after massaging before taking your bath or shower. However, if time does not allow you to leave the oil on, you may bathe or shower immediately afterwards.
5. If you do not usually wash your hair daily, you may do the oil massage daily to all parts of the body other than the head. Massage the head with oil on days you wish to wash your hair.
6. The oil massage may also be done in the evening, if the morning time is not possible for you.

REGARDING CLEANING ISSUES:

Oil may tend to build up on towels and in the drain after some time of doing regular oil massage. This can be prevented, and treated, by the following measures:

For towels:

Wash your towels separately in *hot* water using your regular detergent plus 1/2 cup Arm and Hammer Super Washing Soda (available in your local grocery store.) For very oily towels, add one full cup of Arm and Hammer Super Washing Soda. *Oily towels are a fire hazard* and should be treated regularly in this way. Use medium or low temperature setting when machine drying towels.

For drains:

To prevent clogged drains:

1. Use a "hair catcher" over the drain opening.
2. Use a liquid bath soap rather than a solid bar soap.
3. Use an oil other than coconut or sesame for least clogging effect.
4. Wipe off excess oil with a paper towel before showering.

We have found this combined approach to be effective at preventing the buildup of oily clogs in the pipes.