

THREE SEASONS AYURVEDA



Ayurvedic Foot Massage (Padabhyanga)

Massaging your feet helps detoxify your body, balance emotions, and improve blood and lymph circulation, relieves roughness, stiffness and dryness of the feet. The feet hold many energy points linked to almost every part of the body which connect us to the earth, providing stability and grounding, and, quite literally, bear the weight of the day.

Instructions:

Before bed wash the feet and dry them thoroughly, then pick the oil of your choice and massage the feet completely and it is recommended to then put socks on before going to sleep

Oil types:

- Vata types can use sesame oil, ghee or olive oil.
- Pitta types can use ghee, coconut oil or sunflower oil.
- Kapha types can use ghee, sesame or jojoba oil.



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage and Marma Therapist, registered AHG Herbalist, Certified Iyengar Yoga instructor, IAYT & Ayuryoga Therapist and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com