



WELCOME
TO *Eleni Ayurveda*

DAILY PRACTICES

Tongue Scraping, Oil Pulling, Dry Brushing, Neti Pot, Self oil massage

BY *Eleni Tsikrikas*

DAILY ROUTINES THE FOUNDATION OF GOOD HEALTH



'You'll never change your life until you change something you do daily.'

'The secret of success is found in your daily routine.'

Lifestyle practices are a daily routines, that are preventative in nature

They establish healthful habits by consciously connecting the body to the natural cycles of the day.

The Ayurvedic lifestyle is morning heavy. Waking early allows a few hours to do our practices in a relaxed way....

These practices set the tone for our day.

When, we practice self care on a regular basis, we keep the doshas stable and ourselves healthy

Exercise is indicated in the morning. Digestion is powered down due to cool, moist, heavy qualities....small breakfast and dinner

Its not necessary to do all these practices...consider starting with tongue scrapping (30-60 seconds) followed by oil massage and a warm shower (20 minutes) you can add the other practices slowly. It should take about 45 minutes to complete all the practices

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BEST SPRING PRACTICES



In The Ayurvedic Calendar, Spring is closely connected with Kapha dosha, which is associated with cool, heavy, moist, damp and somewhat congested qualities.

Practices which are stimulating, drying and warming are encouraged, especially if you identify with Kapha dosha. Ensuring that all practices are warming, stimulating and drying will keep you feeling light.

Give preference to regular dry brushing to stimulate lymphatic flow, followed by a light oil application and a warm shower/.

Regular use of neti pot will help if you suffer from spring allergies or sinus issues. Don't forget to apply a little oil to you nasal passages when you are done

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TONGUE SCRAPING

Tongue cleaning removes tongue coating, promotes fresh breath and improves oral hygiene. It works well followed by oil pulling.

The benefits

- Improves breath and prevents infections.
80% of bad breath starts in the mouth, mainly on the tongue. The tongue harbours countless bacteria that can colonise and cause sore throats and respiratory issues. This, makes the tongue one of the main sources of bad breath and other infections in the mouth and throat.
- Use of a tongue cleaner helps to remove this bacteria and the phlegm that they live in. Tongue scraping, increases your sense of taste. As you peel off layers of bacteria and phlegm from your taste buds, you will be able to taste your food with more acuity and pleasure. By increasing your taste reception, not only do you eat less, you also eliminate the need to add more sugar, salt, or excessive spice to the food to make it more flavourful.
- Decreases plaque and oral debris. The tongue is the main source of these, so by keeping the tongue clean we are reducing them within the mouth.
- Stimulates bodily organs. Scraping the tongue sends an indirect message to all the internal organs, and stimulates gastric fire and digestive enzymes.



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HOW DO I TONGUE SCRAPE

Traditionally tongue cleaners were made of stainless steel, copper, silver or gold. Don't use your toothbrush, because this will just move the gunk around, driving it deeper into the tongue.

Gently scrape from the back or base of the tongue forward. Rinse the tongue scraper after each scrape. Repeat the process until you have scraped the whole surface of the tongue several times. After scraping gargle with warm or room temperature water. Finish with a gargle with salt water with a pinch of turmeric or a few drops of tea tree oil in some water to keep your gums, mouth and throat healthy.

Your daily routine should include brushing teeth with a soft toothbrush. Toothpastes and powders containing Neem or Tea tree oil are great. Add a few drops of Tea tree or Neem oil your toothbrush for sensitive gums This will help desensitise teeth and reduce bacteria. Include daily oil swishing as this will improve the integrity of the gums.



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OIL PULLING

THE METHOD:

Involves swishing oil in the mouth

1. First thing in the morning on an empty stomach before drinking any liquids, pour 1x tablespoon of coconut or sesame oil into your mouth.
2. Swish the oil around in your mouth and through your teeth, as if it was mouthwash (don't gargle or swallow). The oil will start to get watery as your saliva mixes with it. If your jaw muscles get sore while swishing you're putting too much into it. Relax your jaw muscles and use your tongue to help move the liquid around the inside of your mouth. Do this gently, in a relaxed way for about 20 minutes. It may feel strange at first when you're not used to it, but soon it will be just like brushing your teeth. As the process of swishing continues the oil becomes a white thick substance which is an indication that the oil has been pulled enough.
3. Spit the oil out, then rinse the mouth with warm salt water. Salt water rinsing has antimicrobial and anti-inflammatory properties. 4. Scrape tongue, & brush teeth.



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TIPS TO FOLLOW FOR OIL PULLING

Use coconut oil: Even though you can get the same benefits with sunflower or sesame oil, coconut oil has the added benefit of lauric acid, which is well-known for its anti-microbial agents.

Coconut oil may also help prevent tooth decay, making it more effective.

Don't work too hard swishing: Start off with just 5 minutes a day and work your way up to 20 minutes a day. A gentle pushing, swishing, and sucking through the teeth is all that's required.

Do not swallow: If you find yourself swallowing some of the oil, spit it out and try using a smaller amount.

Do not skip brushing and flossing: Oil pulling should never replace the traditional home oral care, and because it doesn't reverse the effects of tooth decay, you should continue all routine dental visits

Expert tip: Sesame and coconut oil aren't the only oils with dental health benefits. Try rubbing some vitamin E oil on the surface of irritated and inflamed gums. It's easily absorbed, rich in antioxidants, and helps maintain healthy gum tissue.

Benefits:

Oil Pulling is associated with strong gums, prevents oral cavities, no bleeding during teeth cleaning, no bleeding during dental care, fastening of loose teeth, whitening of teeth.

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DRY BRUSHING

THE WHAT AND WHY

Promotes skin renewal, exfoliation and the elimination of toxins and impurities.

Result is soft, firm, glowing skin.

Winter and Spring are considered the best seasons to dry brush.

The season is cold and dry or cold and moist. Cold slows things down and can increase sluggishness.

When Vata predominates, skin is thin, cold and dry.

When Kapha predominates skin is thick, clammy with sluggish circulation.

Dry brushing warms and stimulates the skin bringing greater blood flow to the surface. Up to 1/3rd of daily toxins produced by the body are eliminated through the skin. As we age, our bodies ability to shed the outer layers of skin decreases. This leads to less efficient elimination of toxins, and places extra stress on other toxin removing organs – like the liver, kidneys and colon.

Dry brushing removes dry and dead skin cells leaving the skin nourished and oxygenated. This practice improves the body's ability to eliminate toxins and the function of sweat and secretion glands. The massage should only take about 5 minutes and is best done upon rising.



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HOW TO DRY BRUSH

Tools- A hand sized, soft, natural bristle brush or loofa mitt or silk gloves.
Avoid synthetic fibre brushes and puffs because they are too rough.

When -Before bathing.

Be gentle at first, the skin will become seasoned after a few weeks.

Take extra care of tender areas.

Avoid any problem spots, such as rashes or sores.

As you acclimatise to the sensation, rub your skin quickly and fairly vigorously.

Long strokes over the long bones such as the arms and legs.

Use small circular movements for the joints of the shoulders, elbows, wrists, etc.

Begin with the soles of feet & brush upwards.

If cellulite is an issue spend some time giving positive attention to those areas.

Always finish any area with gentle strokes towards the heart.

Progress from the legs to the hands and arms, brushing towards the shoulders.

Next brush the head, ears and down the neck.

Finish with the torso.

Use the long wooden handle, brush your entire back then proceed to the front.

Going in a clockwise motion around the belly button helps digestion.

Be aware, this is a time to enjoy being with your body.

Breathe deeply while you brush.

You can say nice things to yourself, such as “I love this body and see it radiantly healthy and filled with vitality.”

Abhyanga or self oil massage, should be done after dry body brushing.

Vata constitutions finish with a warm shower or bath.

Kapha and Pitta, finish with a cool to cold rinse. It closes the pores of the skin and stimulates circulation.



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HOW OFTEN SHOULD I DRY BRUSH

Vata tends towards thin dry skin so, gentle massage, once a week is sufficient. Use your hand to dry brush.

Pitta tends towards warm sensitive skin so a couple times a week with medium friction is best. Less in summer.

Kapha should do this as a daily ritual as they tend towards thicker skin and may hold on too fluids.



BENEFITS OF DRY BRUSHING

Boosts immunity & enhances circulation

Increases body appreciation, encourages well being, releases tension

Exfoliates and maintains skins vital functions of excretion & absorption

Stimulates hormone function

Activates pores to remove waste material

Increases blood and lymphatic circulation

Helps digestion and colon function

Removes excess heat of pitta and stagnation of kapha



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NETI POT OR NASAL IRRIGATION

Neti is the practice of passing water through the nose. Neti cleanses the nasal passages and sinuses. Regular practice reduces dust, pollens and pollutants like smoke. The regular use of Neti reduces allergy symptoms in those suffering from allergies. It has a brightening effect on the mind thereby increasing levels of attentiveness and alertness.

Benefits

- Cleanses nasal passages
- Treats acute sinusitis
- Relieves nasal dryness
- Prevents common colds and flu
- Alleviates stuffiness, dryness and symptoms of allergies
- Alleviates headaches
- Reduces cough and other symptoms of post nasal drip
- Improves vision
- Improves breathing
- Improved sense of taste
- Improved sense of smell



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NASAL CLEANSING

Preparing the solution - Use warm water.

Test the warmth by pouring some on your inner wrist. Add a little salt to the neti pot. Normally about 1/8-1/4 tsp. Too much or too little may cause a burning sensation. Play with the amount until you get it right.

How its done

1. Fill the neti pot with warm, filtered slightly salted water.
2. Tilt your head to one side and insert the neti pot into the raised nostril.
3. Allow the saline solution to pour into the raised nostril. As you do this breathe through your mouth. The saline solution will drain out of the opposite nostril.
4. Pour about half of the saline solution, then stop and let the water completely drain by blocking the raised nostril and blowing through the opposite nostril.
5. Repeat the process on the opposite nostril.
6. When you have finished blow through both nostrils to dry nasal passages
7. If nasal passages feel dry place a drop of oil/ghee with little finger into each nostril.

The photo on the right is a modern take on the neti pot, which I have been using regularly and love!! It comes with little salt packets, which makes it easy to set up and use.

<https://www.amazon.com/Cleaner-Pressure-Irrigation-Neti-Pot-Packets/>



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SELF BODY MASSAGE

ABHYANGA (AB-EE-ANGA) MASSAGE

Abhyanga is the external application of therapeutic and rejuvenating natural oils with movements that respect the physiology of digestion, assimilation and elimination.

The skin is an organ of assimilation and elimination. It is a seven-level external organ that has a continuous relationship with the lining of the gastro-intestinal tract and internal organs. Self oil Massage soothes, softens and lubricates the bodily tissues so that toxins are released.

Abhyanga is useful in maintaining immunity, nourishing various tissues of the body and cleansing impurities. It is also useful for stiffness, fatigue, constipation, dry skin, diseases of the nervous system, tremors, misalignment, osteoarthritis, improves lymphatic and cardiac circulation.

Abhyanga relaxes the mind and promotes inner tranquility.

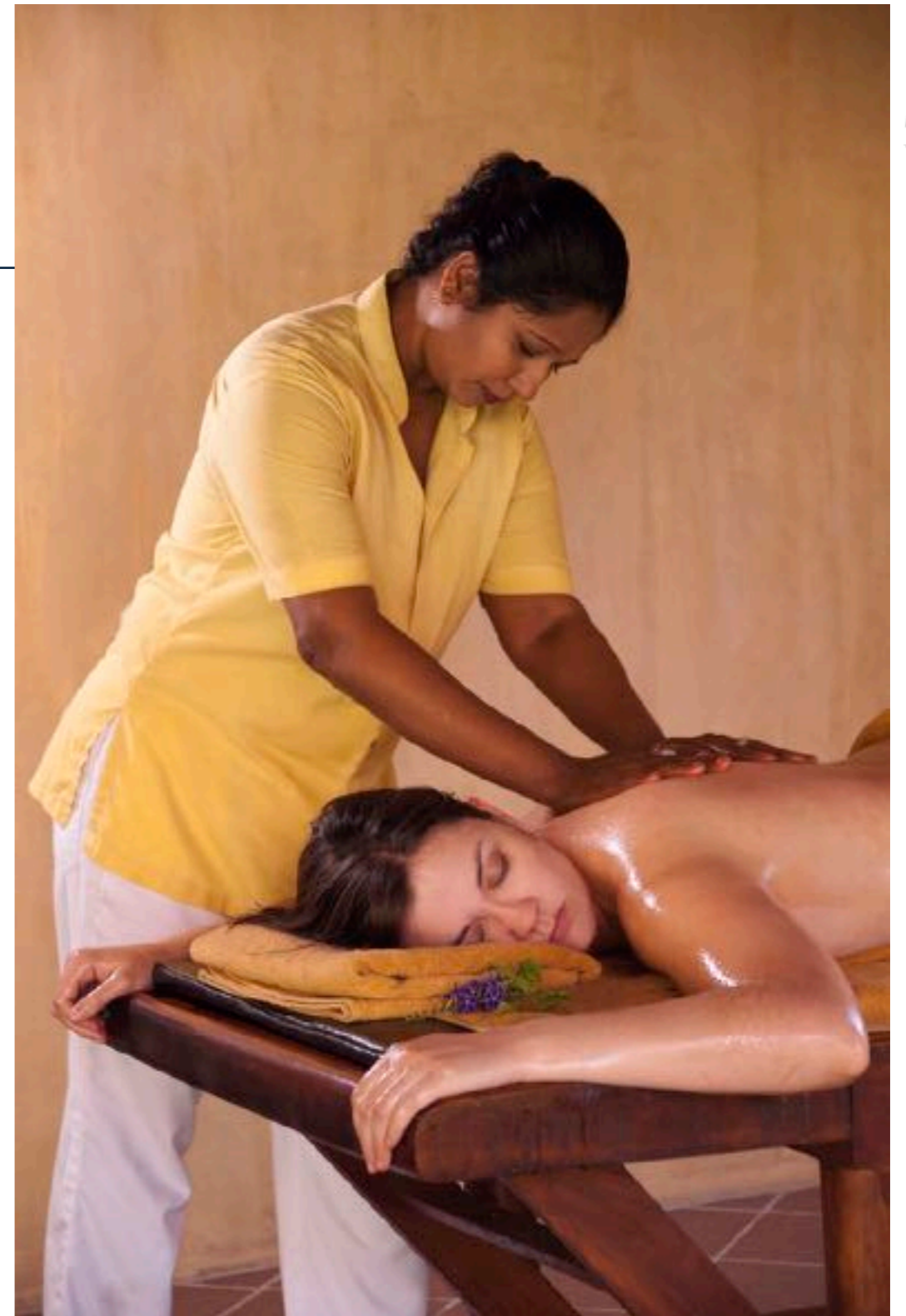
When done properly, abhyanga can bring about feelings of calm acceptance and gratitude.

Vasant Lad....

The logo for 'eleni AYURVEDA' features the word 'eleni' in a large, elegant, cursive script. Below it, the word 'AYURVEDA' is written in a smaller, clean, uppercase sans-serif font. The entire logo is positioned in the bottom right corner of the page.

BENEFITS OF REGULAR SELF OIL MASSAGE

- Improves circulation
- Improves the complexion
- Makes the skin glow and prevents dry rough skin
- Promotes better skin texture
- Pacifies skin conditions
- Calms the mind and the nervous system
- Promotes restful sleep
- Improves muscle strength and bulk
- Softens, lubricates and tones the skin
- Reduces signs of aging
- Relieve aches and pains
- Prevents injuries to muscles, tendons & joints



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WHICH OIL SHOULD I USE?

SESAME OIL~or ALMOND OIL

Sesame~If you frequently feel cold and have thin dry skin, then daily massage, morning and night is recommended with sesame oil. This warming oil has anti inflammatory properties as well as antibacterial and anticancer effects on the skin. Massaging the body with sesame oil quickly improves circulation and promotes healing of tissues.

Almond~Cleansing and nutritious has a soothing effect on the skin and muscles. Considered a great oil for rejuvenating the skin. The oil has a nutrition profile similar to the nut...which is considered tonic for Vata

COCONUT OIL~ or OLIVE OIL

Coconut~If you feel hot all the time, experience red inflamed rashes, or have sensitive skin, a light massage a few times per week with coconut oil, which has tremendous cooling anti bacterial and anti fungal soothing properties is good.

Olive Oil~cleansing, nutritious, nourishes skin and hair and is cooling and drying

SAFFLOWER OIL~

Safflower oil is the lightest of oils and especially good for those who have thick smooth skin. It promotes circulation and nourishes the skin. Oiling is recommended once a week. Daily dry brushing is of benefit as it stimulates circulation.



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HOW TO DO SELF OIL MASSAGE

Use comfortably warm oil to massage. Store your oil in a plastic flip-top bottle and warm it by placing it in a cup of warm water for 5-10 minutes. Sit on an old towel. Squeeze some oil onto your fingertips and apply it lightly to the entire body. (including the scalp-skip this step on days you do not want to wash your hair.) Wait for 4-5 minutes to let some of the oil be absorbed by your skin. Then massage the entire body, applying even pressure with the whole hand – palm and fingers.

Apply light pressure on sensitive areas such as the abdomen or the heart. Use more oil and spend more time where nerve endings are concentrated, such as the soles of the feet, palms of the hands and along the base of the fingernails. Circular motions over rounded areas such as your head or joints, and straight strokes on straight areas such as your arms and legs, work best.

After you're done, relax for 10-15 minutes, letting the oil and the massage do their magic. The longer the oil is on, the deeper it penetrates. During this time you can read something relaxing or uplifting, rest, or shave, cut nails, and get ready for the day. Dab excess oil off with paper towels if you like, then follow with a relaxing warm bath or shower. If your schedule doesn't allow for a long daily massage, then do a shorter one rather than skip it entirely. You'll find it's worth it!



A QUICKIE :)

OIL WHILE SHOWERING

Jump into the shower, soap up rinse, then use a small amount of oil and rub it on your body, starting from your feet (don't oil your soles as you may slip) work your way upwards towards the heart. You only need a small amount of oil...it will glide on easily due to your wet skin. Rub it in, rinse off excess oil and then pat your self dry....massage any extra oil into your skin...your skin should feel soft BUT not oily. If it does, then dry yourself some more.

Wash towels in warm water with washing soda which removes the oil



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Hello! **I HOPE YOU
ENJOYED
THIS SERIES**

THANK YOU~

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Health and well-being is our greatest asset!

WELCOME *Eleni Ayurveda*

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