

12-STEP AYURVEDIC SELF-CARE RITUALS

LEARNING HOW TO TRULY LISTEN TO YOUR BODY

1 DAILY INTENTION

Before you race out of bed, touch the floor, touch your forehead, say a prayer or thought of gratitude for the gift of another day. Take a few moments to set an intention for a new day. What in one thing you want to feel today?

2 WASH THE FACE

Splash the face and eyes with cold water to stimulate circulation to the skin and awaken the eyes to a fresh new day. Dry your face gently with a clean towel. Spritz with rose water afterwards.

3 OIL PULLING

This is a wonderful practice of gargling/swishing oil around the mouth to remove bacteria from the teeth and improve gum health. You can use coconut oil or regular (untoasted) sesame oil.

4 ELIMINATION

What goes in must come out. Elimination is the key to optimal health. Before you race off to coffee and emails, make sure you create time and a quiet to release everything from your previous day - or even week. sometimes. The body loves routine; give it that in the morning. Self-massage on the abdomen and deep slowing breathing is a wonderful way to stimulate elimination

5 TONGUE SCRAPING

Using a stainless steel or copper tongue scraper, scrape the tongue 7 to 14 times to remove the built-up plaque and bacteria from the tongue before brushing the teeth or oil pulling - this is a great daily detoxification ritual.

6 NETI POT

Neti kriya is the practice of rinsing purified water through the nasal passages to clean the sinus cavity and improve respiratory health. You can purchase a ceramic net pot at most health food stores.

7 DRY SKIN BRUSHING

This is the practice of brushing your skin with a natural vegetable bristle brush to remove dead skin and stimulate lymph drainage in the body. Start at your feet and work your way towards the heart with gentle pressure.

8 ABHYANGA OR OLEATION

After dry brushing for 5 to 10 minutes, apply a very liberal amount of natural edible oils like sesame, coconut, or almond oil. Oiling the skin before you shower also protects your body's natural oils.

9 BATH OR SHOWER

Our daily showers or bath are an act of cleaning. We remove our past impurities we no longer want to hold on to. What else can you release emotionally mentally, or spiritually doing this practice? Try to switch your body and face skincare to more natural non-toxic options.

10 MEDITATION

Take five minutes to be still. Sit with yourself and just observe. If you prefer a moving meditation (Yoga, Tai Chi, running), go for this, but try to approach it with a still and clear mind. Pranayama (breathing exercises), yoga, or meditation for 30 minutes a day is ideal, but start with five minutes and work your way up.

11 BREAKFAST

Take some hot herbal tea or ginger lemon tea to stimulate digestion and enjoy a breakfast of your choice. Whatever it is, try to keep this same mindfulness as you chew each bite.

12 DAILY SUPPLEMENTS

Take excellent supplements or herbs that support your lifestyle if you're unable to consume a whole food diet. For example, taking high-quality Turmeric Supplements can help reduce inflammation, alleviate joint pain, and act as an antioxidant.