

Your
5 MINUTE DIY DAILY
happy head + face
mini-massage



With
Glynnis Osher

Hello, NAMASTE!

WELCOME TO THE THOUSAND PETAL LOTUS DIY PRACTICE

I'm Glynnis Osher, Ayurvedic Practitioner,
master Ayurvedic head massage instructor,
aromatherapy teacher, and passionate alchemist of
aromatic magic that brings pleasure and wellbeing to
my happy students, clients, and wellness community!

I am so happy **YOU** are here lovely :)

Learning and applying a daily face + head massage
will be a game-changer for your outer skin and
your inner spirit. **You can do this!**

Fragrant Blessings,
Glynnis xo



Heads up!

WHAT YOU NEED TO PREPARE FOR YOUR DAILY MINI-MASSAGE ROUTINE

1.

Set aside a quiet space and remove all distractions.

2.

You can use coconut oil or sunflower or olive or almond or apricot or jojoba or any lovely natural carrier oil for massage on your face and head. You can mix equal parts of 2-3 carrier oils to make your blend.

3.

You can also add an essential oil (EO) like peppermint, geranium, or lavender. just a couple of drops to the carrier oil (3-8 drops EO total in 1/4 cup carrier oil)

4.

You will need a towel, and face-cloth and hot water for steaming the face to ready the skin **before** the oil massage. You may want a face mister to spritz after!

(Place cloth in hot water-squeeze out and then place cloth over entire face, let it rest there for a few seconds. Repeat).

You are ready for Bliss - let's do it!

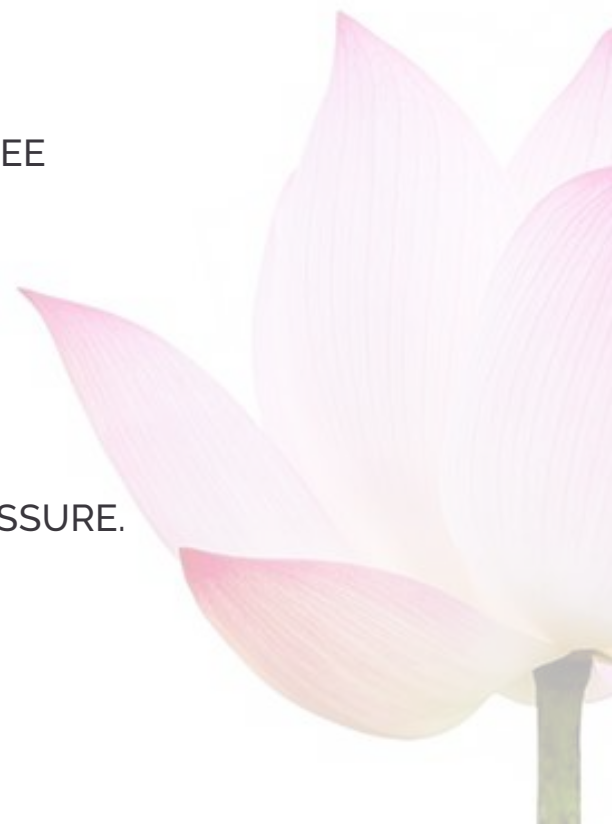
TECHNIQUE TIP

HOW TO ACTIVATE THE SECRET VITAL MARMA POINTS

- *Marma points are vital energy points* that run along
- the meridians of the body - related to the various
- organs and tissues - and are gateways to releasing
- congestion, pressure and dis-ease. When activating
- the *marma* points in the Ayurvedic head and face
- massage routine one experiences relaxation and ease
- and this is where healing begins.

PREP BY STEAMING YOUR FACE WITH A HOT
FACECLOTH. INHALE, EXHALE.

1. LIGHT TO MEDIUM TOUCH WITH PADS OF FINGERS
2. INHALE
3. PLACE PADS OF FINGER/S ON POINT
WHILE EXHALING TO A COUNT OF THREE
4. HOLD AND ROTATE GENTLY 3X
5. INHALE - RELEASE PRESSURE
WITHOUT BREAKING CONTACT
6. EXHALE. APPLY SLIGHTLY DEEPER PRESSURE.
7. RELAX. RELEASE.



THE BLISSFUL SEQUENCE OF A 5 MINUTE DIY AYURVEDIC HEAD + FACE MASSAGE

EASY TO
FOLLOW
VIDEO!

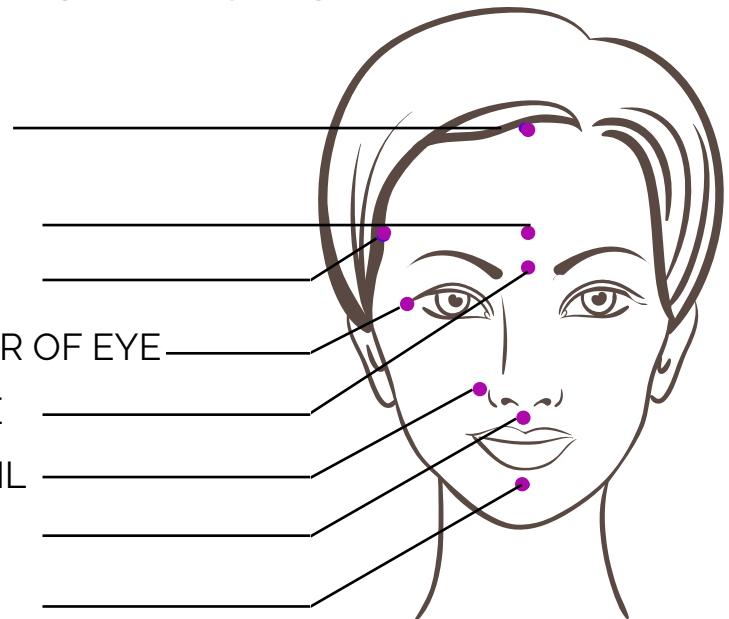
FACE

WORK ALONG WITH VIDEO:

START WITH OILING/ANOINTING THE 8 VITAL POINTS:

STEP 1

- | | |
|------------------|---------------------|
| 1. KAPALA- | HAIRLINE |
| 2. AJNA - | THIRD EYE |
| 3. SHANKHA - | TEMPLE |
| 4. APANGA - | OUTER CORNER OF EYE |
| 5. NASA MULA - | ROOT OF NOSE |
| 6. KAPOLA NASA - | OUTER NOSTRIL |
| 7. OSHTHA - | BELOW NOSE |
| 8. HANU - | CHIN CREASE |



STEP 2

MASSAGE OIL INTO FACE: FOREHEAD, CHEEKS, CHIN, NECK

1. HANDS IN NAMASTE
2. BASE OF THUMBS ON THIRD EYE POINT.
3. OPEN HANDS TO LAY FLAT ON FOREHEAD
4. LIFT ELBOWS - FINGERTIPS TURN TO FACE EACH OTHER
5. SWEEP ACROSS FOREHEAD PULLING AWAY.
6. FINGERTIPS TO TEMPLES MASSAGE- UPWARD ROTATION

STEP 3

1. HANDS IN NAMASTE
2. TOP OF THUMBS REST AT NASA MULA - ROOT OF NOSE.
3. BOTTOM OF THUMBS REST AT KAPOLA NASA - OUTER NOSTRILS
4. HANDS OPEN UP - FINGERS SWEEP GENTLY UNDER EYES.
5. PALMS MASSAGE SWEEPING UNDER CHEEKBONES TO TEMPLES.

STEP 4

1. HANDS IN NAMASTE
2. TOP OF THUMBS SUPPORT UNDER CHIN
3. INDEX FINGERS REST ON OSHTHA POINT UNDER NOSE
4. HANDS OPEN FLAT, SWEEP FIRMLY ACROSS MOUTH AND UP OVER JAW, ENDING AT BASE OF EAR. REPEAT 3X
5. RETURN TO NAMASTE AT CHIN. INHALE. EXHALE.



BENEFITS OF A DAILY DIY FACE + HEAD MASSAGE

1. Improves your mood
2. Stimulates and nourishes skin
3. Reduces premature drying and wrinkles
4. Reduces and prevents face-sagging
5. Increases circulation in the brain
6. Enhances memory and calms nerves
7. Releases feel-good endorphins
8. Relaxes the mind, reduces stress

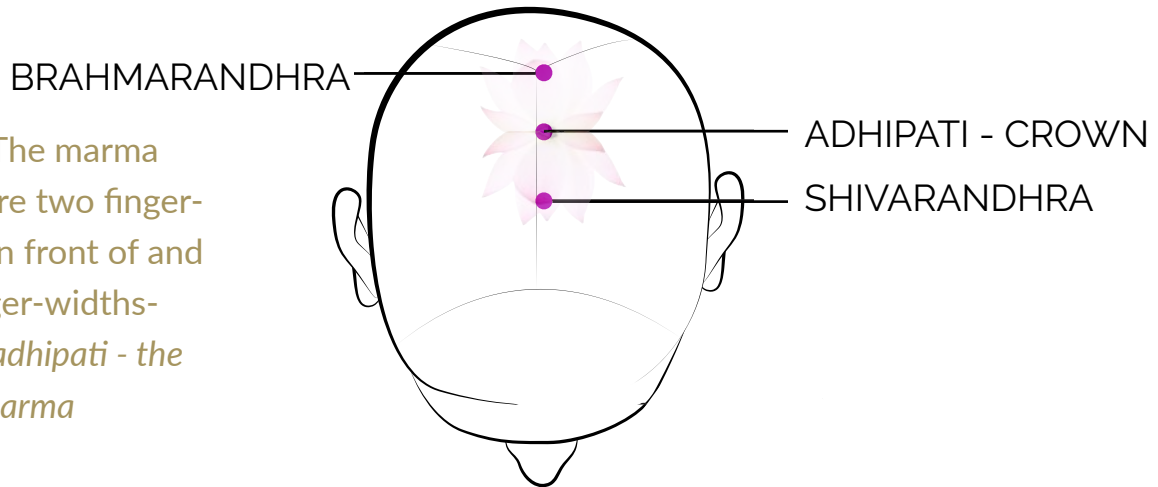
HEAD

EASY TO
FOLLOW
VIDEO!

STEP 1

START WITH OILING/ANOINTING THE 3 VITAL POINTS:

NOTE: The marma points are two finger-widths in front of and two finger-widths-behind *adhipati* - the crown marma



STEP 2

1. START AT KAPALA/HAIRLINE POINT - TAP WITH PADS OF FINGERTIPS IN STRAIGHT LINE OVER THE 3 MARMA POINTS ALL THE WAY TO BACK OF HEAD/NECK.
2. RETURN TO TOP, TAP LIGHTLY WITH KNUCKLES FROM CENTRE DOWN TO EARS AND BACK UP.
3. COVER ENTIRE SCALP WITH THIS SAME PATTERN.

STEP 3

1. START AT CROWN POINT.
2. MASSAGE 'SHAMPOO STYLE' FROM CENTRE DOWN MOVING AROUND ENTIRE SCALP WITH A FIRM ROTATION ALWAYS CONNECTING FINGERTIPS TO SCALP.

STEP 4

1. START AT CROWN POINT.
2. FRICTION FINGERTIPS FROM CENTRE OVER THE 3 MARMA POINTS.
3. FRICTION IN A PATTERN FROM TOP TO EARS - AND THEN AROUND ENTIRE SCALP .



STEP 5

1. FINISH BY SMOOTHING DOWN HAIR - SIDES + FRONT TO BACK
2. INHALE AND EXHALE SLOWLY, QUIETLY
3. SWEEP HANDS OVER HAIR ALL THE WAY DOWN TO NECK
4. SCOOP DOWN NECK ACROSS COLLAR BONE/STERNUM AND SHAKE HANDS OUT

SIT QUIETLY FOR 30 SECONDS INHALING AND EXHALING.



PRACTICE ONE ROUND
3X PER WEEK
OR DIY DAILY IF YOU CAN.

Enjoy! xo