

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Chapter 10. Face Massage (Mukhabhyanga) - Video demo & theory

Welcome to Day 36 of your Ayurveda Cosmetology course! In this lesson, we dive into **Mukhabhyanga**, a specialized Ayurvedic facial massage known for its ability to **nurture the skin**, relax facial muscles, and stimulate subtle **energy points** (marma) that support a radiant, balanced complexion.

1. Introduction to Mukhabhyanga

Mukhabhyanga combines gentle strokes, mild pressure, and marma awareness to **improve circulation**, ease tension, and impart a **healthy glow** to the face. Originating in traditional Ayurvedic daily routines, it has evolved into a popular spa service for both **beauty** enhancement and **therapeutic** relaxation.

Key Components

- **Mild Pressure**: The facial skin and underlying muscles respond well to moderate, rhythmic strokes that promote blood flow without dragging the skin.
- Marma Point Focus: Stimulating vital energy centers on the face can help release stress, support local tissue health, and further amplify relaxation.

2. Benefits & Indications

1. Skin Health & Appearance

- o Improves **blood circulation** to facial tissues, aiding nutrient delivery and waste removal.
- Helps lymphatic drainage, reducing minor puffiness.

2. Stress Relief

- Releasing tension in the jaw, temples, and brow may lower stress-related headaches or eye strain.
- The rhythmic strokes calm the mind, aligning with Ayurveda's holistic approach.

3. Dosha Balancing

- **Vata**-related dryness can be alleviated by warm, nourishing oils in the facial routine.
- **Pitta**-type irritation can be soothed by cooling strokes and mild pressure.
- Kapha stagnation may benefit from a slightly more invigorating or friction-based approach.

Common Indications

- Tense facial muscles, mild TMJ issues, or tension headaches.
- Dull, fatigued skin needing a glow boost.
- Clients seeking mild facial rejuvenation without chemicals.

3. Preparations & Materials

- 1. Facial Oil or Light Cream
 - Kumkumadi Taila: A popular saffron-based facial oil for complexion enhancement.
 - o Almond Oil, Light Sesame Oil, or a gentle dosha-tailored cream if client's skin is highly sensitive.

2. Marma Knowledge

- Basic familiarity with points like Shankha (temple), Apanga (outer eye corner), Phana (around nostrils),
 Vidhur (behind ear lobe), etc.
- $\circ\;$ Subtle pressing or circular strokes on these points can deepen relaxation.

3. Client Comfort

• Recline the client on a chair or massage table, with head slightly elevated.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

- o Headband or hair clips to keep hair away from the face.
- o Tissues or towels on hand for any excess oil.

4. Step-by-Step Mukhabhyanga Procedure

Below is a general approach. Adapt strokes or timing to each client's constitution and preferences.

1. Cleansing & Warm-Up

- Lightly cleanse the face to remove makeup or dirt.
- Optionally apply a warm compress for a few seconds to soften the skin.

2. Oil Application

- Dispense a small amount of **dosha-suitable** oil or cream onto your palm.
- Rub palms to warm it, then gently distribute across the client's forehead, cheeks, chin, and neck.

3. Forehead & Brow

- Long, horizontal strokes from the center of the forehead outward, using fingertips.
- Circular motions on the temples (Shankha marma), applying gentle pressure.
- · If addressing tension lines, do small, repeated strokes where lines are prominent.

4. Eye Region

- Use ring fingers for **soft** circular motions around the orbital bones—never pulling the delicate skin.
- Pay attention to Apanga (outer eye corner) or the area around the brow's end, applying mild pressure in microcircles.

5. Cheeks & Nose

- Glide from the nose bridge across the cheekbones to the ears, or do upward strokes if the client has mild sagging concerns.
- Around the nostrils, gently circle at **Phana** points to relieve sinus tension.

6. Mouth & Jaw

- Light strokes from the corners of the mouth outward, or small circles along the jawline to release tension.
- At the Jaw Joint (TMJ), press gently in small circular motions if the client experiences clenching.

7. Chin & Neck

- Upward strokes along the chin and jaw contour, or small circles for Kapha stagnation under the chin.
- Neck: Move from collarbone up to the jaw or ear region, mindful of any lumps or sensitivity.

8. Marma Stimulation

- Pause for a moment at key points: temples, between brows, behind ears, corners of nostrils, etc.
- Use subtle pressing or short circular motion, hold for a few breaths.

9. Completion & Wipe-Down

- After covering all facial regions, gently wipe off excess oil with a lukewarm towel if needed.
- Let the client rest a minute before sitting up—encourage them to notice the lighter, relaxed sensation in their face.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

5. Post-Massage Care & Frequency

1. Optional Face Mask

- o Some sessions add a short **herbal mask** or lepa afterwards to lock in nourishment.
- If the client has an immediate schedule or event, a quick finish with rose water toner plus a light moisturizer suffices.

2. Frequency

- o A monthly or bi-weekly face massage can sustain glow and reduce tension.
- o Individuals with chronic stress might appreciate **weekly** sessions.

3. Client Tips

- Advise them to keep hydrated and possibly do a daily mini self-massage with gentle strokes.
- Reassure them mild flush or warmth in the skin post-massage is normal.

6. Indications & Contraindications

Indications

- Mild tension headaches, jaw tightness, or furrowed brows.
- Dry or dull skin needing gentle circulation boost.
- · Overall stress or anxious states—Mukhabhyanga offers soothing benefits.

Contraindications

- Active **acne** with inflammation—too much friction may aggravate.
- Recent facial surgeries or stitches—avoid until cleared.
- Severe rosacea or extremely sensitive skin—adjust strokes lightly, avoid strong friction or warming oils.

Conclusion

Mukhabhyanga offers a **soothing**, **dosha-specific** facial massage that can bring about an almost meditative relaxation while brightening the complexion. By learning the **marma points**, refining your strokes, and choosing the **right oils**, you provide a deeply rejuvenating therapy that stands out for its holistic, mindful essence.

End of Day 36: You've now delved into **Face Massage (Mukhabhyanga)**, exploring techniques, marma awareness, and relevant do's & don'ts. Next (Day 37), we'll address **Head Massage (Shiro Abhyanga)**—another essential Ayurvedic therapy for scalp and hair well-being. Enjoy continually expanding your holistic cosmetology skillset!

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.