

## 6. Full-body oil application techniques

### Full-Body Oil Application Techniques

(A complete, repeatable way to cover the whole body safely, efficiently, and therapeutically)

#### 1) Purpose & first principles -

**Why oil?** Warm medicated oil lowers skin-fascia friction, carries herbal actives, and cues the parasympathetic system.  
**Core rules** - light first, then depth; **distal** → **proximal** for limbs (but **clear proximal basins first**); match **pressure, direction, intention** to the person and the goal.

#### 2) Set-up: oil, temperature, hygiene, draping -

**Oil & heat** - choose per doṣa/season; warm to **38-40 °C** in a water-bath.  
**Quantity** - 90-150 ml for a standard 60-min session (see table for region split).  
**Hygiene** - short nails, clean hands/forearms; patch-test sensitive skin. Keep floor **non-slip**, towel ready for drips.  
**Draping** - uncover only the area being worked; maintain client warmth and modesty throughout.

#### 3) Global sequencing logic -

**Proximal “clear”** → **distal “move”** - briefly prepare **inguinal/axillary** basins so venous/lymph flow has somewhere to go.  
**Axis** → **sides** → **local** - sweep the midline (*Suṣumṇā*), balance left/right, then address local concerns.  
**Warm** → **work** → **seal** - spread a thin film, deliver therapeutic strokes/marma holds, finish with a quiet hold (heart or crown).

#### 4) Standard 60-minute protocol (table/mat) -

**Position order** - Supine (front) → Prone (back) → Seated/finish. Adjust to context.

##### A) Supine lower body (10-12 min)

- **Priming film** - 5-7 ml per limb, quick spreads from ankle upward.
- **Foot & ankle** - talahridaya heel press; gentle ankle pumps.
- **Shins & calves** - long **distal** → **proximal** glides; light cross-scoops around tibia (never sharp).
- **Knee & thigh** - broad palm over **Jānu** margins; forearm glides along quads/adductors; finish with brief holds at **Ūrvi**.
- **Proximal clear** - 30-45 s light skin-stretch at inguinals before switching legs.

##### B) Abdomen & chest (8-10 min)

- **Abdomen** - 6-8 ml; **clockwise** circles following colon; small spirals around **Nābhi**.
- **Rib arcs & sternum** - intercostal thumb glides on exhale; **Hṛidaya** broad palm rest (no deep vertical pressure).
- **Breath cue** - “Inhale 4, exhale 6.”

**C) Supine upper limbs (8-10 min)**

- **Hand-forearm-arm** - light film; **distal** → **proximal** glides; avoid cubital fossa compression.
- **Wrist & elbow** - palm circles at **Mañibandha**, cross-fibre **Kūrpara** edges only.
- **Axilla clear** - 30 s feather spirals at **Ani** (oblique, not vertical).

**D) Neck, face, scalp (4-5 min)**

- **Anterior neck** - feather-light lateral strokes (avoid carotids); ear-to-clavicle sweeps.
- **Face/brow** - **Sthapanī** circles; jaw release along masseter (light).
- **Scalp** - oil-optional; slow crown hold to settle.

**Transition wipe** - remove excess oil; invite prone turn safely.

**E) Prone posterior chain (20-22 min)**

- **Feet & calves** - repeat distal → proximal with longer forearm passes; Achilles along-fibre only.
- **Hamstrings & gluteals** - forearm ulnar glides; optional **elbow** on dense knots (never over sciatic notch/marmas; dose modest).
- **Sacrum & low back** - heel/palm decompression along sacral groove; **no direct spinal jabs**.
- **Thoracic & scapular region** - long paraspinal glides; rib obliques; scapular borders (lower trap/serratus facilitation).
- **Shoulder line** - posterior cuff along-fibre; finish with **Apasthambha** paraspinal holds (breath-timed).

**F) Seal & finish (3-5 min)**

- **Midline sweep** - sacrum → crown with foot or palm (1-2 passes).
- **Seal** - broad **Hṛidaya** or crown hold, 2-3 quiet breaths.
- **Clean-up** - wipe excess oil; assist client up slowly; single line of homework.

**5) Side-lying & seated modifications -**

**Side-lying** - ideal for pregnancy, reflux, or shoulder focus: place pillows between knees and under waist; work top side fully (leg, hip, flank, shoulder) then switch.

**Seated finish** - for Kapha heaviness or dizziness risk: brief neck/scalp work and chest seal upright.

**6) Tool choices & pressure dosing by region -**

- **Thumb** - sūkṣma marmas/borders, short holds, oblique angle.
  - **Palm/forearm** - long fascial planes (thighs, back), energy-efficient.
  - **Elbow** - dense non-vital tissue only, slow entry, exit slower.
- Keep intensity ≤ **5/10**; follow the **rule of thirds** for depth.

**7) Dosha & climate adaptations -**

**Vāta** ↑ (cold, tense) - sesame-bala oil; slower tempo; longer distal holds (feet/ankles); optional light steam finish.

**Pitta** ↑ (hot, irritable) - coconut-manjistha; even tempo; avoid friction; cool cloth on face post-session.

**Kapha** ↑ (heavy, puffy) - kottamchukkādi; brisker light strokes; brief podi-kizhi before limb glides; seated finish.

## 8) Common mistakes & quick fixes -

- **Too much oil too soon** - film first, top-up every 5-7 min so you can still feel tissue.
- **Skipping proximal clearing** - always ready the groin/axilla before heavy distal work.
- **Pressing vertically on agni marmas** - switch to broad, breath-timed contact.
- **Overworking one spot** - once **heat rise + pulse soften + sigh** appear, move on.
- **Therapist strain** - hinge at hips, stack joints; switch to forearm before wrists complain.

## 9) Clean-down & integration -

Wipe excess oil; offer water; advise light movement (short walk) and no intense heat/alcohol for a few hours. Note what changed (warmth zones, breath, ROM) for next visit.

## Summary Tables

### A) Region timing & oil guide (60-min session)

Region	Time (min)	Oil (ml)	Key notes
Feet & lower legs (supine)	5-6	10-12	Distal→proximal; ankle pumps
Thighs & knees (supine)	5-6	12-14	Forearm along-fibre; brief Ūrvi hold
Abdomen & chest	8-10	8-10	Clockwise abdomen; broad Hridaya
Upper limbs (supine)	8-10	10-12	Clear axilla; avoid cubital fossa depth
Posterior legs (prone)	8-10	14-16	Long forearm glides; light hamstring pin-and-stretch
Back & shoulders (prone)	10-12	14-18	Paraspinal long; rib obliques; scapular edges
Head/neck & seal	3-5	2-4	Feather neck; crown or heart seal

### B) Pressure & tempo by tissue

Tissue target	Depth	Tempo	Tool
Skin/lymph	Feather	3-5 cm/s	Palm pads
Superficial fascia	Light-moderate	2-3 cm/s	Palm/forearm
Muscle belly	Moderate, held	0.5-1 cm/s	Forearm/palm
Tendon edge	Short, specific	Slow, brief	Thumb
Joint capsule	Decompress	Traction, no jab	Heel/palm

### C) Dosha adaptation quick-ref

State	Oil & temp	Pace	Emphasis
Vāta↑	Sesame-bala, warm	Slow	Feet/ankles, long holds
Pitta↑	Coconut-manjistha, neutral	Even	Chest/face light, avoid friction
Kapha↑	Kottamchukkādi, warm-hot	brief Brisk	Limbs, podi-kizhi primer

### D) Quick protocol variants

Duration	Focus	What to include
<b>20 min</b>	Reset	Feet→legs flush, spinal sweep, Hridaya seal
<b>45 min</b>	Balanced	Lower limbs, abdomen/chest, back, crown seal
<b>90 min</b>	Deep	Full 60-min + extra scapular/hip focus + marma triad



## E) Safety snapshot

Risk	Avoid	Safer alternative
Varicose veins	Deep local pressure	Gentle surrounding glides, elevation
Agni marmas	Vertical force	Broad, breath-timed contact
Acute inflammation	Heat/friction	Cooling oil, distal drainage
Pregnancy	Deep abdomen, strong steam	Side-lying, light lymph, brief chest holds

## Key take-aways

1. **Film first, depth second**—feel tissue, don't just slide on oil.
2. **Clear proximals, move distals**—that's how venous/lymph return stays smooth.
3. **Match dosage to doṣa and tissue**—oil, pace, and tool are your prescription.
4. **Seal the session**—two quiet breaths at heart or crown anchor the change.

Use this template as your default full-body flow, then tweak volumes, timing, and marma emphasis to the person in front of you.