



Practical 1: Basic Oil Massage Techniques & Marma Point Stimulation

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Objective: Build confidence with warm-oil application, smooth full-length strokes on limbs, and gentle stimulation of key limb marmas (Kurpara—elbow ring, Talahridaya—palm center, Jānu—knee ring).

Outcome by end: You can set up safely, pace smooth strokes (2–4/10 pressure), locate/hold the three marmas, maintain flow, and record clear client feedback.

A. Materials & Setup (5 min)

1. Flat, stable table/firm mat; non-slip floor mat for you.
2. Base oil (sesame for cool/stiff; coconut for hot/reactive). Small bowl + **water-bath** (no direct flame).
3. 2–3 towels, 1 sheet, 1 small pillow/bolster.
4. Pump/flip-cap bottle (prevents spills and over-pour).
5. Timer (phone in silent mode), tissues, waste bag.
6. Documentation sheet (template below) + pen.
7. Hand sanitizer/soap; clean hands, short nails, no jewelry.

Room cues: Warm (comfortable, not hot), indirect warm light, low steady sound ~60–70 BPM, ventilation on.

B. Safety & Consent (2 min)

1. **Screen quickly:** fever? acute hot swelling? open wounds? dizziness? anticoagulants? pregnancy (avoid abdomen/leg-deep work)? If yes → **modify/avoid**.
2. **Patch-test new oil** on inner forearm (yours or client's) if first use.
3. **Consent script (10 seconds):**
“We’ll use warm oil with light-moderate pressure (2–4/10). You can stop or change depth anytime—just say ‘Pause’. OK to proceed?”

Rules today: No heat + pressure on chest/umbilicus/pelvis/crown. Neck arteries are off-limits. Limb work only.

C. Oil Preparation (2 min)

- Warm oil to ~**38–40 °C** in a water bath. Test on your inner wrist—it should feel pleasantly warm, never hot.
- Decant a small amount into a pump bottle (avoid re-warming the same bowl all session).

D. Therapist Body Mechanics (1 min)

- **Stance:** split stance for long glides; knees track 2nd–3rd toe.
- **Hinge:** fold at hips, long spine; stack shoulder→elbow→wrist→contact.
- **Breath pacing:** *Exhale as you load, inhale as you return.*
- **Hands:** use palm/ulnar forearm; thumbs stay relaxed (no poking).



E. Landmarks & Gentle Marma Contacts (learn before you start)

- **Kurpara (elbow ring):** encircle the elbow joint line with a *broad C-grip*; work the **ring**, not the olecranon point.
- **Talahridaya (palm center):** center of the palm; contact is **broad pad hold**, feather-light to light.
- **Jānu (knee ring):** encircle the patella ring with soft hands; again, the **ring** not the patellar tip.

Contact dose: feather→light, **2-5 exhalations** each hold; vector **oblique**, never vertical jabs.

F. Guided Practice (30-35 min total)

1) Upper Limb Sequence — Shoulder to Fingertips (~12 min/side first pass, then 6-8 min on second side)

Set-up: Supine. Small pillow under knees. Drape; only the working limb exposed.

Flow

1. **Oil film (30 s):** 3 small pumps; spread shoulder→forearm→hand.
2. **Long Glide 1 (Thirumu) (90 s):** palm/forearm from deltoid cap → past elbow → wrist → off fingertips. **Tempo:** ~6-8 s per pass, 6-8 passes.
3. **Lift-Knead (Eduthu-thirumu) (60 s):** gentle scoop along biceps/triceps bands; whole hand, elbows tucked.
4. **Forearm glide (60 s):** ulnar forearm from mid-arm → wrist (2-3 passes).
5. **Marma—Kurpara ring (60-90 s):** broad ring contact, **2-3 exhalations**, release; repeat 2-3 times around the ring.
6. **Hand & Palm (90 s):** long strokes forearm→palm→each finger; finish with **Talahridaya hold (2-4 exhalations)**.
7. **Flow check (30 s):** one continuous glide shoulder→fingertips without stutter.

Interactive checkpoint (ask out loud, wait for answer):

- “Pressure 0-10?” (*Aim 2-4*)
- “Any spot you’d like lighter or slower?”

2) Lower Limb Sequence — Thigh to Toes (~12-14 min/side)

Set-up: Supine. Bolster under knees. Drape; expose one leg.

Flow

1. **Oil film (30 s):** thigh→leg→foot.
2. **Long Glide 1 (120 s):** palm/forearm from mid-thigh → over **Jānu** ring (no press) → shin → dorsum → off toes. **Tempo:** ~8-10 s per pass, 6 passes.
3. **Lift-Knead (60 s):** medial/lateral thigh bands; avoid deep inner-thigh pressure.
4. **Calf flush (60 s):** distal→proximal, light ring around **Gulpha** (ankle).
5. **Marma—Jānu ring (60-90 s):** ring contact, 2-3 exhalations, reposition 2-3 times.
6. **Foot close (60 s):** sole sweep → **Talahridaya (sole) hold (2-4 exhalations)**.
7. **Flow check (30 s):** one seamless thigh→toes glide.

Interactive checkpoint:

- “Knee OK with that ring contact?”
- “Foot warmth starting? Y/N”



G. Rhythm & Flow Drill (2 min)

- Set a metronome at **60-70 BPM** or count your breath: *In-2-3-4 / Out-2-3-4-5-6*.
- Do **3 continuous passes** per limb without breaking contact. If you must re-oil, keep one hand connected.

H. Client Comfort & Pressure Titration

- Use the scale: **0 (no pressure) to 10 (pain)**. Stay at **2-4/10** today.
- If they report $\geq 5/10$, immediately **broaden contact**, **slow tempo**, or **reduce depth**.

I. Documentation (2 min) — copy this S.O.A.P. mini-template

- **S:** "Heaviness in forearms after typing; right knee mild ache."
- **O:** Skin warm, no swelling; smoother glide after 4 passes; Jānu ring tolerated at light depth.
- **A:** Tissue state: Vāta-cool forearms; Kapha-boggy calf L>R. Pressure kept 2-3/10.
- **P:** Next time: add distal→proximal calf flush before Jānu; client home cue: **4/6 breath 3 min**, wrist shakes hourly.

Feedback prompts to ask & log (one at a time):

1. "Which stroke felt most relaxing?"
2. "Where would you want lighter touch next time?"
3. "How does your arm/knee feel standing up—lighter, same, or heavier?"

J. Troubleshooting & Calibration

- **Skin slippery/no grip:** too much oil → towel lightly, re-apply a *thin* film.
- **Flow breaks:** step closer; lead from legs, not arms.
- **Nerve 'zing':** immediate **broaden + lighten**; avoid that vector today.
- **Cold limb stays cold:** lengthen distal work (hands/feet) before proximal glides; keep pressure light.
- **Thumb fatigue:** switch to palm/forearm; thumbs are for guidance, not load.

K. Assessment Rubric (self or peer)

Criterion	Pass	Coach Cue if Not Yet
Hygiene & setup	Clean linens, warm oil, safe room	Prep checklist visible; warm oil via water-bath
Body mechanics	Hinge, stacked joints, neutral wrists	Lower table; step in; elbows closer
Stroke quality	Continuous, even tempo, 2-4/10	Slow to metronome; reduce depth; keep one hand connected
Marma location & dose	Found rings/centers; 2-5 exhale holds; oblique, broad	Work the ring , not the point; shorten hold; lighten
Client comfort	Asked 2 checkpoints; adapted	Add mid-sequence check; note pressure number
Documentation	Clear S/O/A/P + feedback	Use template; write 1 actionable change



L. Reflection (write 3 lines)

- One thing that flowed well today: _____
- One place I lost rhythm and why: _____
- One change I'll test next session (stroke, tempo, or oil): _____

M. Quick-Reference Cards (print or save)

1) Limb Sequence (Upper)

1. Oil film → Long glide (shoulder→fingers) ×6 → Lift-knead → Forearm glide → **Kurpara ring holds** → Hand sweep → **Talahridaya (palm) hold** → Seamless finish.

2) Limb Sequence (Lower)

1. Oil film → Long glide (thigh→toes) ×6 → Lift-knead thigh → Calf flush + Gulpha ring (light) → **Jānu ring holds** → Sole sweep → **Talahridaya (sole) hold** → Seamless finish.

Pressure target: 2-4/10 • **Hold dose:** 2-5 exhales • **Oil temp:** 38-40 °C

Optional Practice Variants (10-12 min each)

- **Time-crunch:** do one upper + one lower limb only (dominant side), still include **Talahridaya** close on both.
- **Cooling set (Pitta):** coconut oil, slower tempo, skip friction; add cool cloth to brow.
- **Warming set (Vāta/Kapha cool-stiff):** sesame oil thin film; slightly longer distal warm-ups before long glides.

End-of-Practical Self-Check (one question at a time)

1. Can you point to **Kurpara, Talahridaya, and Jānu** on yourself right now?
2. Did your strokes stay between **2-4/10** pressure most of the time?
3. Could your client summarize your plan for next time?

If any answer is "no," repeat the relevant section for 5-8 minutes and re-test.