Practical 1: Basic Oil Massage Techniques & Marma Point Stimulation

Practical 1 — Basic Oil Massage Techniques & Marma Point Stimulation

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.
- $\bullet \ \ \textbf{Hinge:} \ \text{fold at hips, long spine; stack shoulder} \rightarrow \text{elbow} \rightarrow \text{wrist} \rightarrow \text{contact}.$
- **Breath pacing:** Exhale as you load, inhale as you return.
- Hands: use palm/ulnar forearm; thumbs stay relaxed (no poking).

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



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 exhales each hold; vector oblique, never vertical jabs.

F. Guided Practice (30-35 min total)

1) Upper Limb Sequence — Shoulder to Fingertips (\sim 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.
- 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 exhales, release; repeat 2-3 times around the ring.
- Hand & Palm (90 s): long strokes forearm→palm→each finger; finish with Talahridaya hold (2-4 exhales).
- 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.
- 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 exhales, reposition 2–3 times.
- 6. Foot close (60 s): sole sweep → Talahridaya (sole) hold (2-4 exhales).
- 7. Flow check (30 s): one seamless thigh→toes glide.

Interactive checkpoint:

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

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



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 ≥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

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







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.

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