

# BACK<sup>2</sup>NORMAL *be*responsible.<sup>TM</sup> MONTHLY TOPIC



January 2018

## abhyanga for wellness & longevity

### HEAL & DETOXIFY YOUR BODY WITH ANCIENT HOLISTIC THERAPY

**Abhyanga is an ancient Indian Ayurvedic oil massage therapy for healing and detoxifying body, mind, and spirit.** This ayurvedic detox and stress reduction therapy is performed using a combination of aromatic oils prepared with herbs, warmed and blended to your Dosha type.

The doshas are biological energies found throughout the human body and mind. There are three doshas in Ayurveda: Vata, Pitta and Kapha. Each person has all three of the doshas in their physiology, but in different proportions (similar to your fingerprint). **Determining the Doshas is a simple process, and can be a useful holistic tool for anyone looking to regain balance, destress, and better understand their physical, mental, and emotional patterns.**

This Ayurvedic treatment starts with a private session, during which the therapist and client complete the Dosha questionnaire to help determine client's Dosha imbalances. This lays the groundwork for the initial and follow up sessions, which involve massage with Dosha-specific oils. Additionally, Doshic nutrition and Ayurveda medicine concepts may be explored, to maximize the therapeutic benefits.

#### Healing with Ayurvedic Massage

Do you feel that your body needs help restoring balance in order to maximize your healing and recovery? **We invite you to experience Abhyanga, an ancient Indian Ayurvedic oil massage therapy that helps heal and detoxify the body, mind, and spirit.**

#### Benefits Include:

- Reduces stress
- Accelerates healing
- Nourishes your entire body
- Brings your body back into balance
- Empowers you as an integral part of your own health and wellness
- Helps you to understand physical, mental and emotional patterns impacting your healing and recovery
- Encourages muscle tone, firmness, and vigor in your body
- Moves your lymph, aiding detoxification
- Softens and smoothes your skin
- Increases your stamina
- Lubricates your joints

## productofthemonth

### DOTERRA YOGA COLLECTION

You don't have to be an expert in yoga to enjoy the beautiful benefits of the doTERRA Yoga Collection. The collection consists of three

5 mL blends called Arise, Anchor, and Align. Yogis & non-yogis alike will enjoy using each distinct blend in everyday life, as part of a self-care practice.



#### doTERRA Arise Enlightening Blend



At moments when discouragement and opposition affect your ability to reach your goals, **doTERRA Arise Enlightening Blend can provide a joyful, encouraging aroma to uplift & help you rise up.** Featuring Grapefruit, Lemon, Osmanthus & Siberian Fir essential oils in a base of Fractionated Coconut Oil, Arise's fresh scent is both happy and inspiring – and helps you reach higher.

**Try this:** When you wake up, apply two to three drops of Arise on your heart while practicing daily affirmations to help you rise up and face the day with clarity & joy.

#### doTERRA Anchor Steadying Blend



When uncertainty affects your world, **doTERRA Anchor Steadying Blend can help to restore balance and stillness in your life.** Featuring Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper & Patchouli essential oils in a base of Fractionated Coconut oil, Anchor's aroma is earthy, woody, and rich – and helps you feel rooted & grounded.

**Try this:** When faced with challenges or big decisions, apply two to three drops of Anchor on your heart to help encourage a steady foundational sense on how to move forward.

#### doTERRA Align Centering Blend



It's easy to feel disconnected and out of control in the business of everyday life. **Combining the properties of the doTERRA Align Centering Blend with certain yoga poses can help align and create a sense of peace & purpose.** Align is made with a unique blend of oils, including Peppermint, Basil, Geranium & Jasmine Flower to create a fresh, green, and herbal scent.

**Try this:** Before starting the day, apply Align over your heart, wrists, and the back of your neck to promote feelings of self-acceptance & fluidity.

#### Elevate Your Self-Care Practice

Learn how to integrate these therapeutic oils into your everyday life – and your self-care practice – by visiting [www.doterra.com/US/en/site/back2normalpt](http://www.doterra.com/US/en/site/back2normalpt).

Healing for the body. Performance for *life*

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