

# SELF CARE



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PREPARED BY GAIA KIN

3 DAY AYURVEDIC CLEANSE

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## Self Care Practices during the Cleanse

Ayurvedic routines or "dinacharya," are an important aspect of the detoxification process in Ayurveda and can help to support the body's natural ability to eliminate toxins and maintain balance. Stress and mental imbalances can interfere with the body's natural ability to eliminate toxins and maintain balance, so reducing stress through self care practices can be an important part of the detoxification process in Ayurveda.

During the active phase of the cleanse, practices such as abhyanga (Ayurvedic self-massage with herbal oil), gentle exercise, yoga, pranayama (yogic breathing practices), and taking supportive Ayurvedic herbs can enhance the impact of the cleanse.

These routines and practices are designed to align with the natural rhythms of the body and the environment, and help support the proper functioning of the body's systems and organs.

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# General Tips

- Keep your activities as quiet and mindful as possible: It can be helpful to engage in activities that are calming and allow you to be present in the moment, rather than activities that are overly stimulating or stressful.
  - Surround yourself with things that you find uplifting and nourishing: This could include spending time with supportive friends and family, listening to music that you enjoy, or engaging in activities that you find enjoyable and fulfilling.
  - Minimise stress and exposure to disturbing environments: It's important to try to reduce stress during your detox as much as possible, as stress can interfere with the body's natural healing processes.
  - If intense emotions arise during or after your cleanse, greet your emotions with compassion, observe them with detached awareness, and allow them simply to move through: Emotions are a natural part of the detox process, and it's important to allow yourself to feel and process them. Try to approach your emotions with kindness and understanding, and practice mindfulness techniques to help you observe your emotions without reacting to them.
  - REST as much as possible: It's important to prioritise rest and relaxation during your detox, as it can help your body to better cope with the physical and emotional challenges of the process. By conserving energy and allowing yourself to rest, you can ensure that your body is able to devote its resources to the detox process.
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# Your Dinacharya

## Morning Routine

- ✓ Wake early
- ✓ Upon waking, brush your teeth and scrape your tongue
- ✓ Place 3-4 drops of warm nasya oil in each nostril and massage in circular motions up around the nose and eyes
- ✓ Drink 1-2 cups of morning detox drink
- ✓ Pranayama and Yoga
- ✓ Optional: oil pulling
- ✓ Optional: perform abyanga
- ✓ Have a warm shower

## Evening Routine

- ✓ Self reflection evening call
  - ✓ Aim to be in bed no later than 10pm, ideally 9pm
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# Rise Early



## Why

In Ayurveda, the early hours of the morning prior to sunrise is known as Brahma muhurta. This is considered to be the best time to start the day and engage in activities such as meditation, yoga, and other spiritual practices.

It is also thought to be an optimal time for physical self-care routines, such as self massage and oil pulling, as the body's natural detoxification processes are most active during this time.

## Heres how

Aim to wake as early as possible, preferably just before sunrise.

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# Tongue Scraping

## Why

In Ayurveda, scraping the tongue, or "jihva prakshalana," is considered to be an important aspect of daily oral hygiene. It is believed that scraping the tongue can help to remove toxins and impurities from the mouth and improve the overall health of the mouth and tongue.

## What you need

Tongue scraper (ideally copper).

## Heres how

1. Stand in front of a mirror and stick out your tongue.
2. Hold the tongue scraper with both hands, with the curved edge facing down towards your tongue.
3. Starting at the back of your tongue, gently scrape the scraper forwards towards the tip of your tongue.
4. Rinse the scraper with water after each stroke.
5. Repeat the process until you have scraped the entire surface of your tongue.
6. Rinse your mouth and tongue with water to remove any debris.

It is important to use a gentle touch when scraping your tongue and to avoid scraping too hard, as this can irritate the tongue and cause damage to the taste buds.

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# Nasya

## Why

In Ayurveda, nasya is believed to be an important part of the detoxification process, particularly for issues related to the head and neck. Nasya is thought to help support the proper function of the sinuses and other head and neck structures, which can aid in the elimination of toxins and impurities from the body.

## What you need

Medicated nasya oil or cold pressed black sesame oil

## Heres how

1. Place dropper bottle in a mug of boil hot water to heat oil
  2. Find a comfortable seated position, either on the floor or in a chair.
  3. Lean your head slightly backwards
  4. Using a dropper or spoon, place a 1-2 drops of nasya oil into each nostril.
  5. Gently sniff the oil into your nostrils, taking care not to sniff too hard or too deeply.
  6. Repeat the process on the other nostril.
  7. With the head tilted massage up the sides of the nose around the eyes in circular motions
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# Morning Detox Drink

## Why

This will help to flush out toxins in the body. The ginger acts has a scraping action to scape clean the intestines, the lemon has a drawing action to pull out toxins and honey has a binding action and collet the toxins.

## What you need

- ½ tsp freshly squeezed lemon
- ½ tsp finely grated ginger (remove outer skin)
- ½ tsp raw honey
- 1-2 cups water

## Heres how

1. Allow ginger to steep in 1 cup of boiling water for 1-2 mins
2. Add 1 cup of room temperature water
3. Add lemon and honey
4. Enjoy!





# Abyanga

## Why

Abyanga is a type of Ayurvedic massage that is believed to have a variety of health benefits, including aiding in detoxification. The massage involves the use of warm oil, which is believed to help flush toxins out of the body through the skin. The gentle massaging motion is also thought to stimulate the lymphatic system, which is responsible for removing waste and toxins from the body.

## What you need

Medicated oil (depending on dosha, Vata, Pitta, Kapha) or cold pressed black sesame oil

Bowl of hot water

Towel that you don't mind getting oily!



## Heres how

1. Choose an oil that is suitable to your dosha imbalance or use cold pressed black sesame oil
  2. Warm the oil by placing the bottle in a bowl of hot water. The oil should be warm, but not hot, to the touch.
  3. Sit or stand in a comfortable position, with a towel or mat underneath you to catch any oil drips.
  4. Begin by massaging the oil onto your scalp, using circular motions with your fingertips.
  5. Work your way down the body, massaging the oil into your face, neck, arms, and legs. Use long, smooth strokes, and be sure to cover the entire surface of the skin.
  6. Pay special attention to areas that tend to hold onto tension, such as the shoulders, lower back, and hips.
  7. After you have massaged the entire body, take some time to relax and allow the oil to absorb into the skin. You can either sit or lie down, wrapped in a warm blanket or towel to allow the oil to penetrate deeper into the skin.
  8. After 20-30 minutes, you can either shower or wipe off the excess oil using a warm, damp towel.
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# Oil Pulling

## Why

Oil pulling is a traditional Ayurvedic practice that involves swishing oil around in the mouth for a period of time and has a variety of health benefits, including aiding in detoxification. The theory behind oil pulling is that the oil helps to "pull" toxins and impurities out of the body, particularly from the mouth and throat.

## What you need

1 tsp of oil (such as cold pressed black sesame, coconut or sunflower)

## Heres how

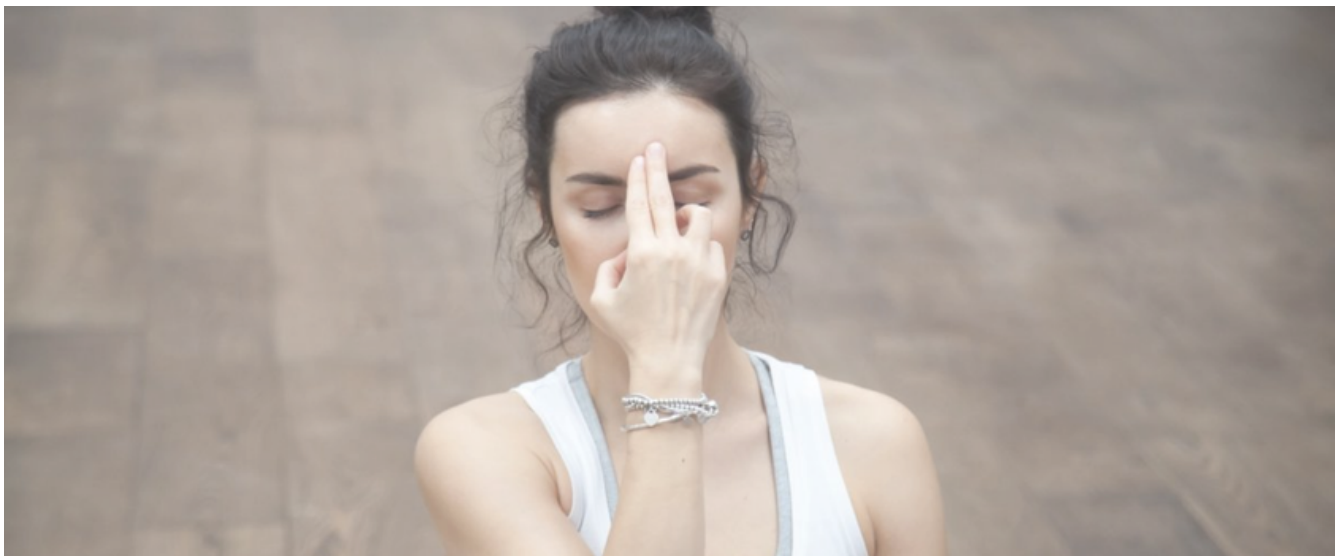
1. Place about a teaspoon of oil in your mouth.
  2. Swish the oil around in your mouth for about 20 minutes. It is important to keep the oil in your mouth the entire time, rather than swallowing it.
  3. Spit out the oil, making sure not to swallow any of it.
  4. Rinse your mouth with warm water and brush your teeth as usual.
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# Pranayama

## Why

Nadi Shodhana, a form of pranayama or breathing exercise supports detoxification by activating the parasympathetic nervous system, which is responsible for rest and relaxation. When the parasympathetic nervous system is activated, the body's natural processes of digestion and elimination are supported, which can help to flush out toxins and waste.

In addition, the deep breathing involved in Nadi Shodhana can help to oxygenate the blood, which can support the body's natural detoxification processes.



## Heres how

1. Find a comfortable seated position with a straight back, such as in a chair or on a meditation cushion.
  2. Close your right nostril with your right thumb and take a deep breath in through your left nostril.
  3. Close your left nostril with your right index and middle fingers and exhale through your right nostril.
  4. Inhale through your right nostril, then close your right nostril and exhale through your left nostril.
  5. Continue alternating the breath between the nostrils in this way, keeping a steady rhythm.
  6. You can start with a few minutes and gradually increase the time as you become more comfortable with the practice.
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# Yoga

## Why

Yoga can support detoxification is by stimulating the internal organs and promoting healthy digestion and elimination. Twisting poses, in particular, may be helpful for detoxification as they can help to massage and stimulate the internal organs, improving circulation and supporting the body's natural detoxification processes.

## What you need

Yoga mat or rug (if participating in online yoga), otherwise equipment is provided at the studio

## Heres how

Check you schedule in the resource hub for Yoga session times.

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# Self Reflection

## Why

Self reflection practices can be especially helpful during a detoxification process, as it can provide insight into physical and emotional patterns that may be contributing to imbalances in the body.

## What you need

Pen and paper  
Quiet place to sit

## Heres how

1. Join our Nightly Reflection Sessions. [Link in resource hub.](#)
2. Journaling: At the end of each day write down your thoughts and feelings to help process and release any emotions that may be coming up during the detox process. Use the journaling prompts below.
3. Gratitude practice: Write down 5 things that you are grateful for today.

Remember that there is no right or wrong way to journal, and the most important thing is to write whatever feels most authentic and meaningful to you.

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## Detox Journaling Prompts

1. What are my goals for this detox? What do I hope to achieve?
  2. How do I feel physically and emotionally before and after each detox session?
  3. What changes have I noticed in my energy levels, sleep, digestion, or overall well-being since starting the detox?
  4. What challenges have I faced during the detox process, and how have I overcome them?
  5. How has my relationship with food changed during the detox process?
  6. What self-care practices have I implemented during the detox process, and how have they impacted my well-being?
  7. What have I learned about myself during the detox process?
  8. How can I incorporate the lessons learned during the detox into my daily life moving forward?
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# Early to Bed



## Why

According to Ayurvedic principles, the hours between 10pm and 2am are considered the most rejuvenating, as this is when the body's natural detoxification processes are most active. By going to bed early, you can take advantage of this natural process and support your body's natural ability to heal and restore itself.

## Heres how

Aim for 7-9 hours of sleep per night, and establish a consistent sleep routine by going to bed at the same time each night around 9 or 10pm.



# Your Shopping List

- Medicated nasya oil OR cold pressed black sesame oil
  - Vata, Kapha or Pitta abyanga oil OR cold pressed black sesame oil
  - Tongue scraper
  - Coconut oil or cold pressed black sesame oil
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