



MUKHABHYANGA

(FACE MASSAGE)

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Mukhabhynga or Face massage is one of the Swedana Karma (sudation technique) used in Ayurveda for preserving the health of the facial tissues. This chapter explains the Mukhabhynga procedure in detail.

BENEFITS

- Reduce the stress and relaxes facial muscles.
- Improves the tone of the facial muscles there by prevents sagging of the facial tissues.
- Helps in removing stagnant toxins from the facial toxins there by improving the complexion of the facial tissues.
- Retains the overall youth and vitality of the facial tissues
- Helps maintain the proper functioning of sense organs.
- Helps keep face clean, healthy and glowing.
- Stimulates the nerve ending on the face.
- Helps to keep sinuses healthy and prevents sinus infections
- Helps lubricate joints of the face
- Slows down the signs of ageing process.

CONTRA INDICATIONS

- Avoid doing Mukhabhynga during mucus aggravation, cough, cold and fever.
- On inflamed skin
- Avoid Mukhabhynga at night

PRODUCTS USED

- Any oil suitable for the client like, coconut oil, almond oil etc.
- Kumkumadi Thaila (Oil prepared with saffron and other herbal ingredients)
- Safrozan Cream (a cream containing essence of saffron) which is highly nourishing the facial skin, especially oily skin.
- Kumkunadi Lepa (a cream made with saffron and other ingredients, best suited for normal to dry skin)

PREPERATION:

Basic precautions for doing any body treatment should be followed here also. Make sure nails are neatly clipped and no rings on the fingers. Wash both hands properly before starting the treatment.

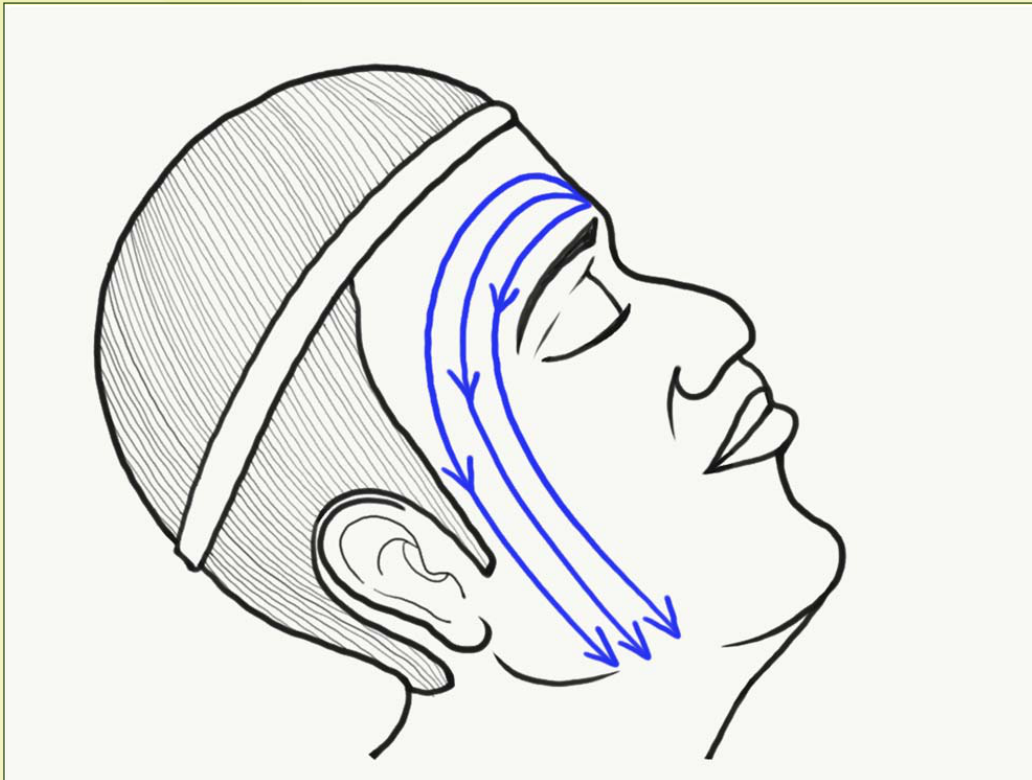
There can be some dirt, dust, sweat or makeup on the face, so clean the face with natural cleansers like water, milk, cucumber water, oil or rosewater.

Apply enough cream or oil over the face and spread it uniformly before starting the face massage. If required few drops of oil can also be used for smooth movements of the fingers on the face.

For the positive benefits start the massage with a prayer or meditation.

STROKE NO – 1

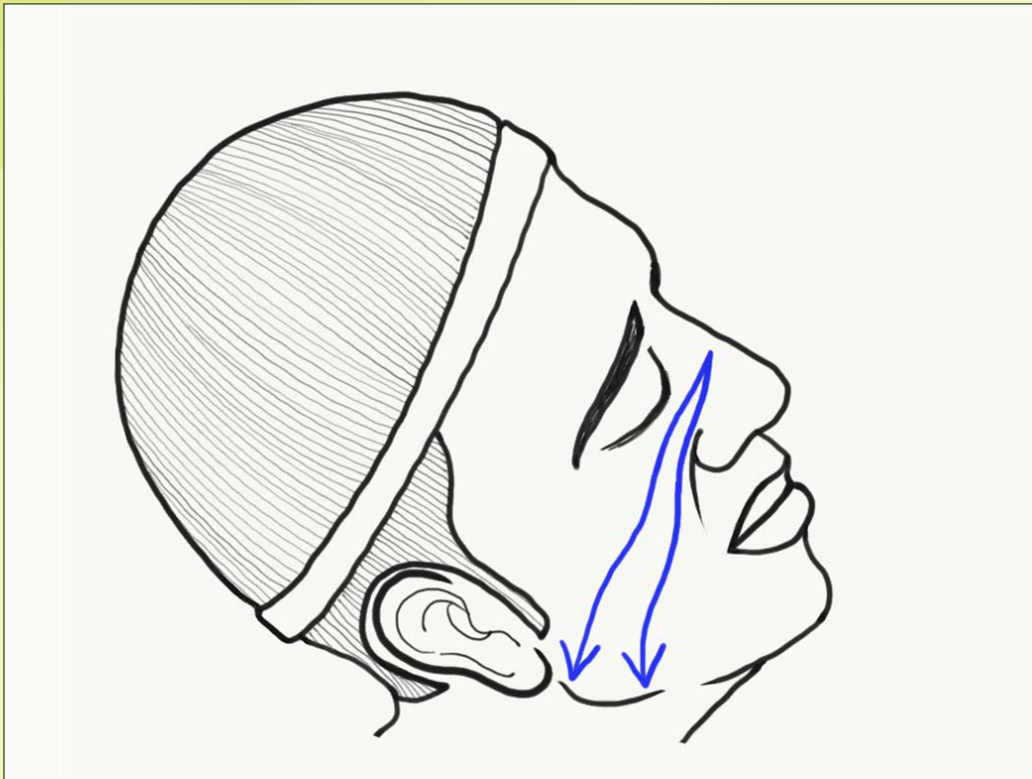
This stroke starts from the 3rd eye (**Stapani Marma**). Keep both thumb on this point and the remaining fingers at the angle of the jaw. Start the stroke from the 3rd eye with the thumb keeping the other fingers stationary at the jaw angle, move the thumb just above the eyebrows and complete the stroke at the jaw angle.



Again start the stroke from the third eye but this time thumb moves a little up over the forehead and complete the stroke at jaw angle. Like this each time move the thumb over the forehead and cover the whole fore head in 3 or 4 repetitions, Once the whole fore head is covered one stroke is completed.

STROKE NO – 2

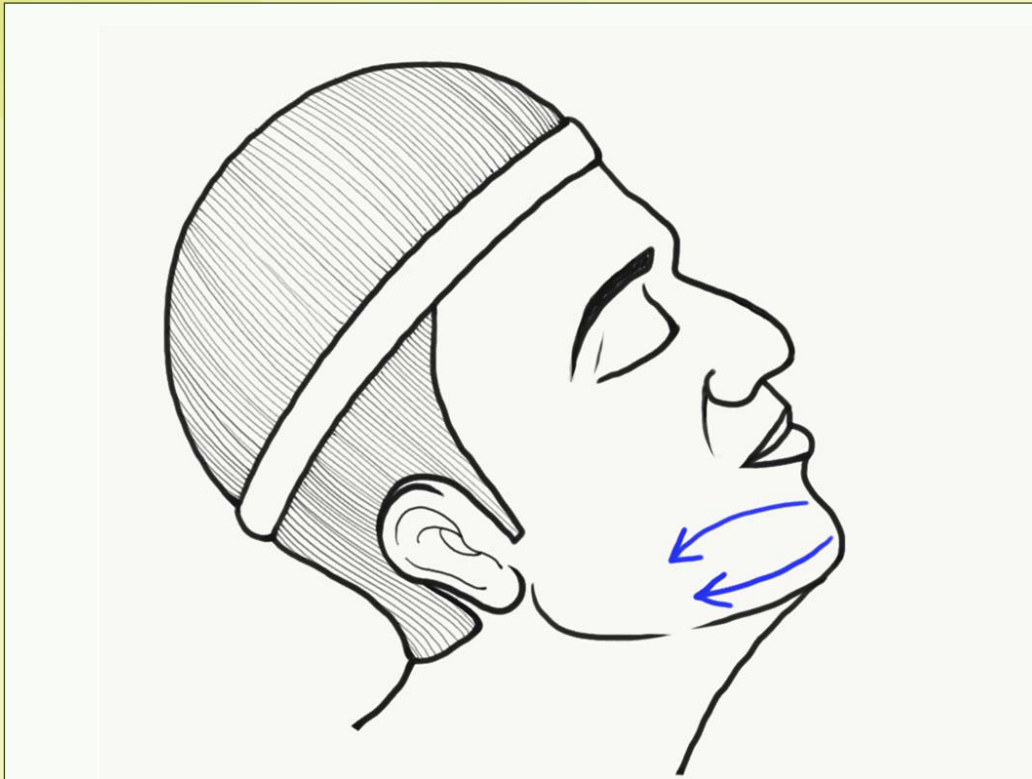
Stroke number 2 starts from the bridge of the nose. Keep the thumb over the bridge of the nose and the remaining fingers at the jaw angle. Start the stroke with the thumb from nasal bridge



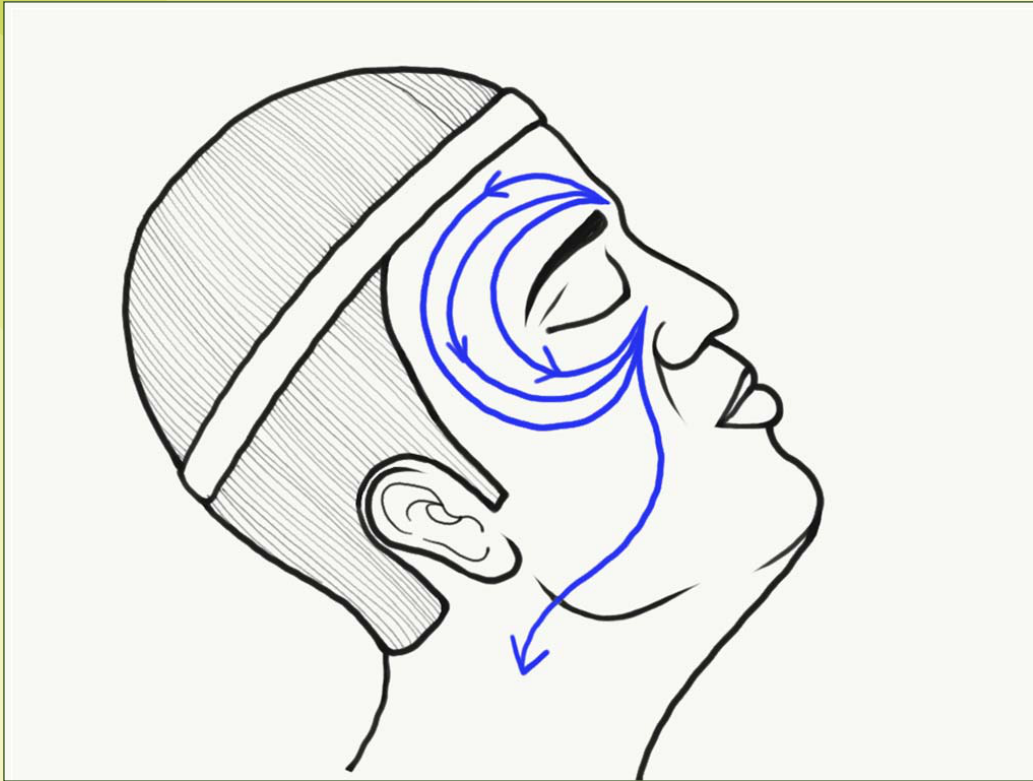
move over the cheekbone (Maxillary bone) and complete at the jaw angle. Start again from the nasal bridge and this time thumb moves below the cheekbone and complete the stroke at the jaw angle. Once both these sequences are done one stroke is completed. Minimum repetition of this stroke also 6 times depending on the requirement more repetition can be performed.

STROKE NO – 3

Stroke number 3 starts from the chin. Keep the thumb over the chin and the remaining fingers at the jaw angle. Start the stroke with the thumb from chin just below the lower lip and end at jaw

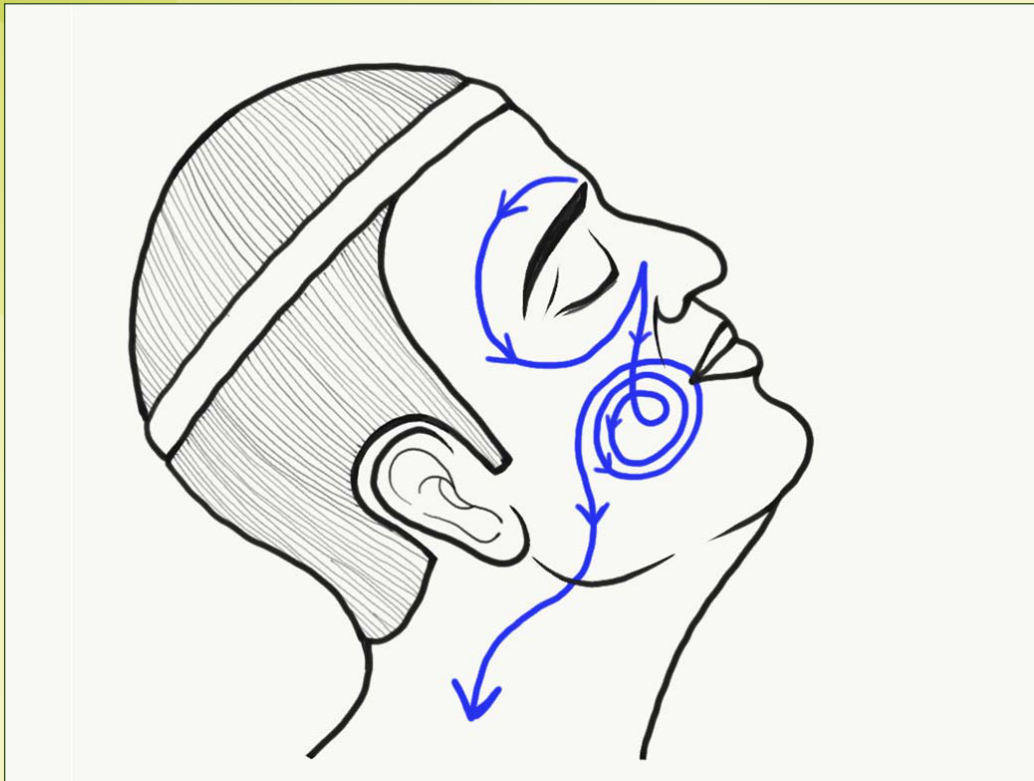


angle, second sequence of this stroke starts from chin and complete at the jaw angle. Once both these sequences are done one stroke is completed.



STROKE NO – 4

Stroke number 4 is a combination of strokes 1 and 2. Keep the thumb over the third eye and the remaining fingers at jaw angle. Start the stroke with the thumb from the third eye just above the eyebrows, around the eyes and moves to the cheek bone (Maxilla) from there thumb goes straight to the bridge of the nose with out touching the skin. From the bridge of the nose thumb moves below the cheekbone to wards the jaw angle. Again start the stroke from the third eye, but this time thumb moves just a little above the eye brows to cover the forehead, in the next stroke thumb moves more up, like this in 3 or 4 strokes the entire forehead is completed. Once the whole forehead is completed one stroke is completed, like this stroke is repeated for the required number of repetitions.



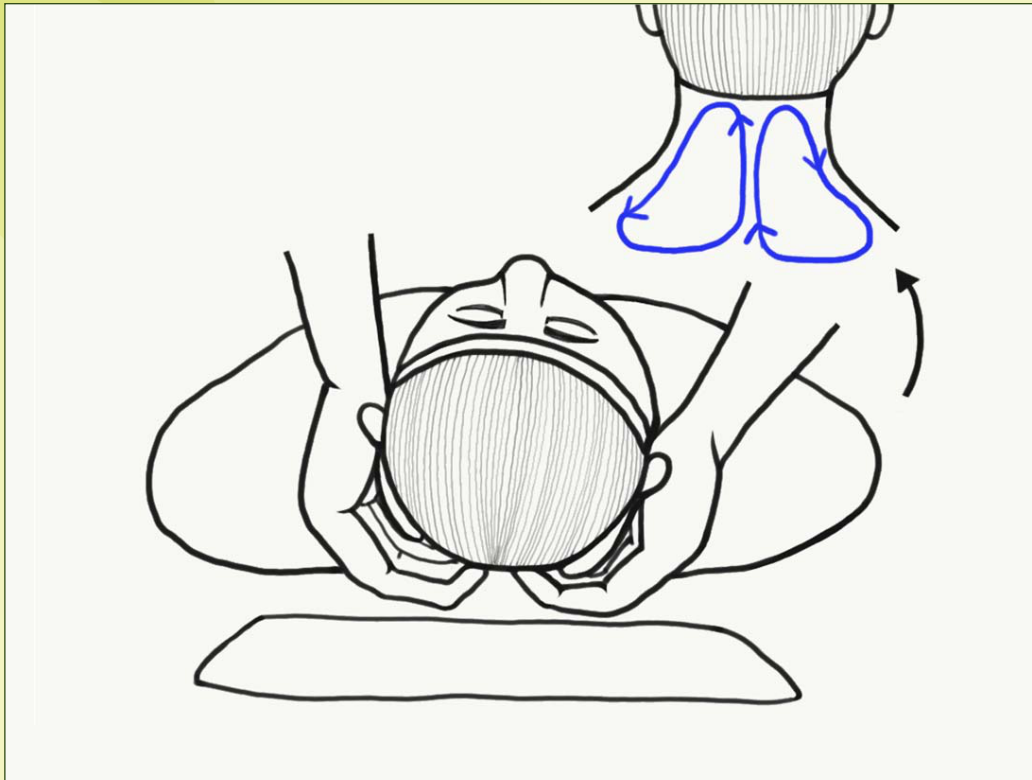
STROKE NO – 5

Stroke number 5 is similar to the stroke number 4 in the beginning part, Start the stroke by keeping the thumb over the third eye and the remaining fingers at jaw angle. Start the stroke with the thumb from the third eye just above the eyebrows, around the eyes and moves to the cheek bone (Maxilla) from there thumb goes straight to the bridge of the nose with out touching the skin. From the bridge of the nose thumb moves below the cheekbone to wards the jaw angle. Then 3 inward circles (anti clockwise on right side and clockwise on left side) are made on the cheek wit the whole palm and the stroke is completed on to the front of the neck and shoulder. In this stroke there is only one sequence and the thumb is not moving over to the forehead.



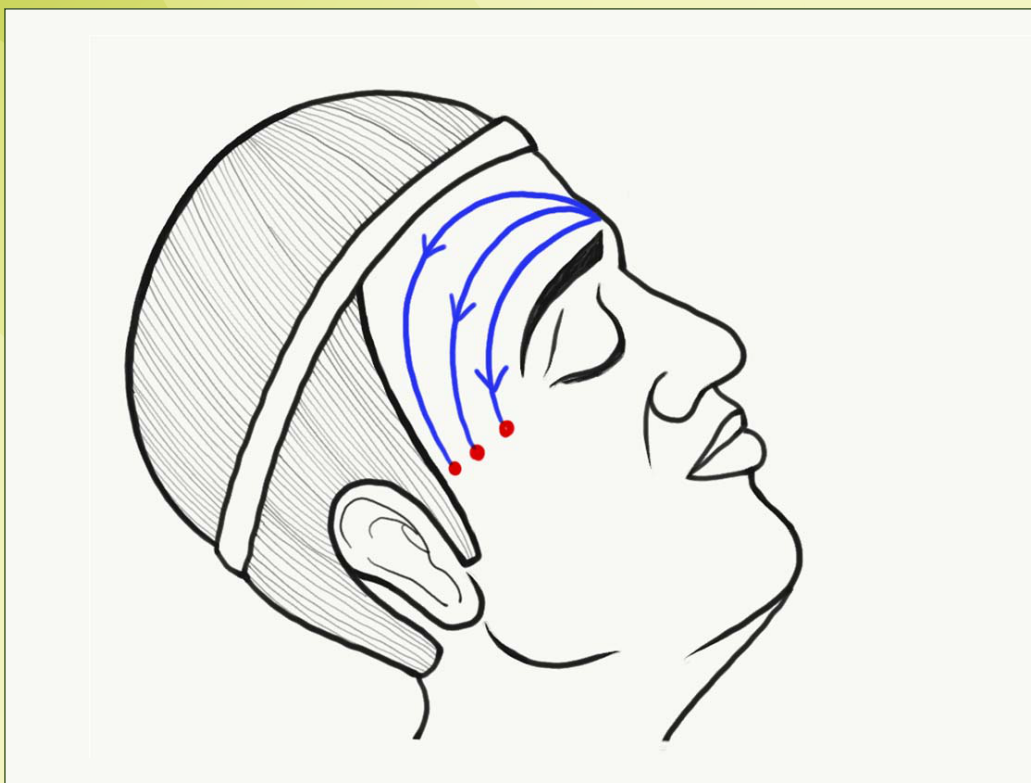
STROKE NO – 6

Stroke number 6 is performed on the front to the neck with the whole palm. Start the stroke with the right hand from the lower part of the neck, close to the chest on the right side. Start the stroke with right hand massaging towards the chin followed by the left hand and slowly move towards the left side. Massage is performed with alternate hands starting from right side to left side and then back to right side.



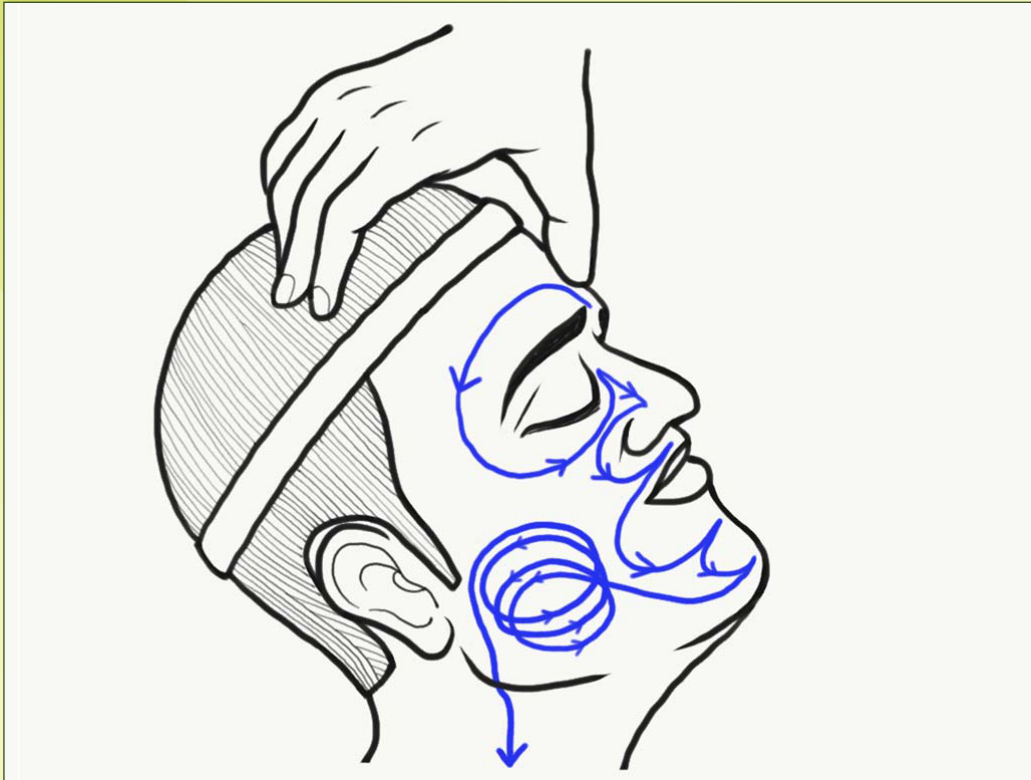
STROKE NO – 7

Stroke number 7 is performed on the back of the neck with the fingertips. Start the stroke below the 7th cervical spine on the back of the neck. Fingertips of both hands are placed on either side of the neck and in a straight line and massaged towards the base of the skull in a straight line with a steady pressure. When the fingers reach at the base of the skull hold the base of the skull with both hands and give a gentle pull away from the body giving traction for 5 seconds. Repeat the stroke for the required number of times.



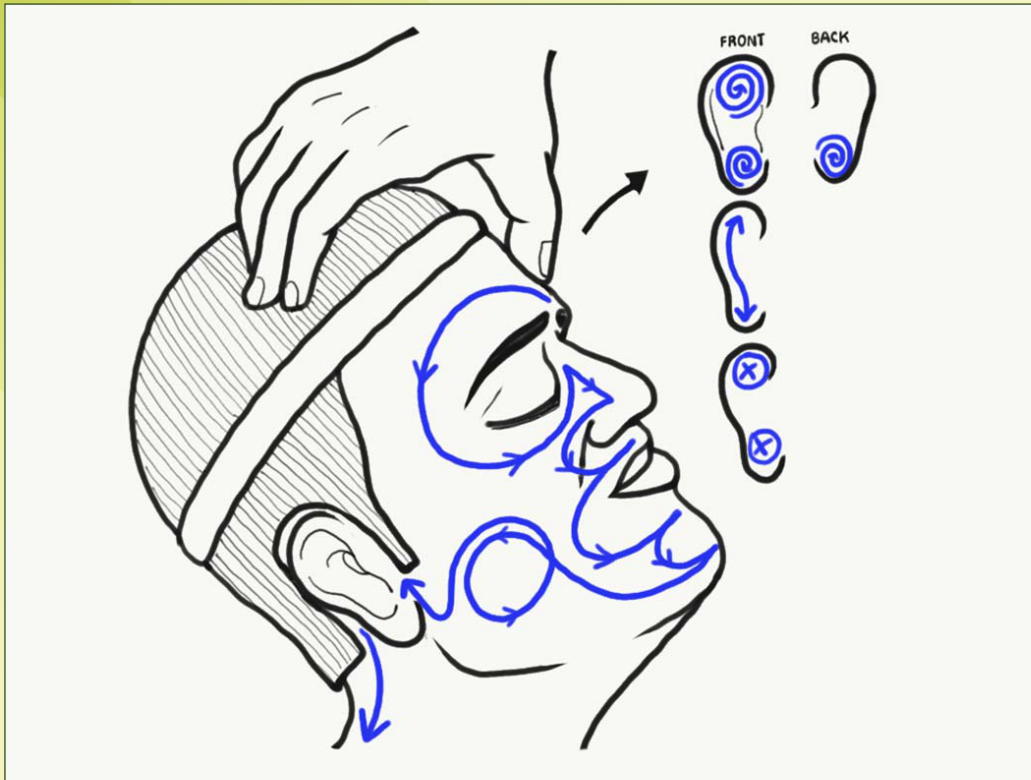
STROKE NO – 8

Stroke number 8 is performed on the forehead for stimulating 3 important Marma points. Start the stroke from the third eye with the thumb; the remaining fingers are placed at jaw angle. Start the stroke with thumb from the third eye, just above the forehead, when thumb reaches the end of the eyebrows 3 forward circles are performed on the first point with the tip of the thumb. Second sequence of this stroke starts from the third eye, but the thumb moves a little up to cover the forehead and the circles are made on the second point. Repeat the stroke again from the third moving more up on the forehead and the third circles are made on the third point which is close to the hair line. Now one stroke is completed and the whole process is repeated for the required number of times



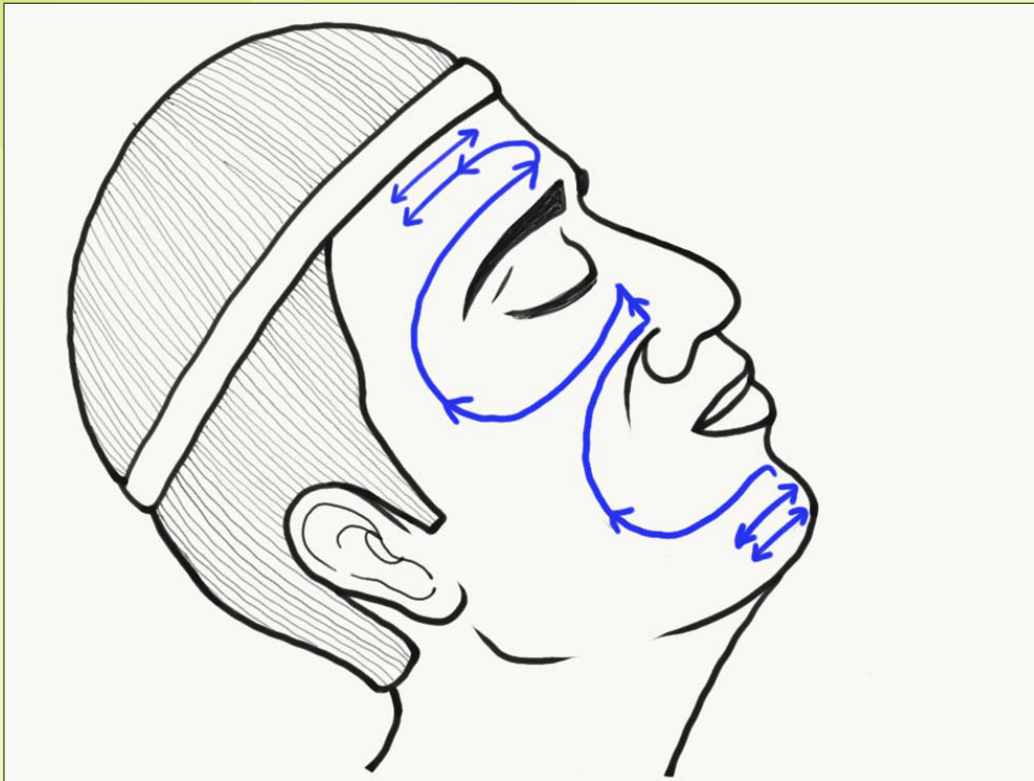
STROKE NO – 9

Beginning part of the Stroke number 9 is similar to stroke number 5, Keeping the thumb over the third eye and the remaining fingers at jaw angle, start the stroke with the thumb from the third eye just above the eyebrows, around the eyes and moves to the cheek bone (Maxilla) from there thumb goes straight to the beginning part of the nasal bridge, then to the tip of the nose, around the nose to upper lip, then around the mouth to the lower lip, then to the chin. From chin whole hand is used to make 3 circles in the inward direction (anti clock on the right side and clock wise on the left side) and then complete the stroke on to front of the neck and shoulder. Repeat the stroke for the required number of times.



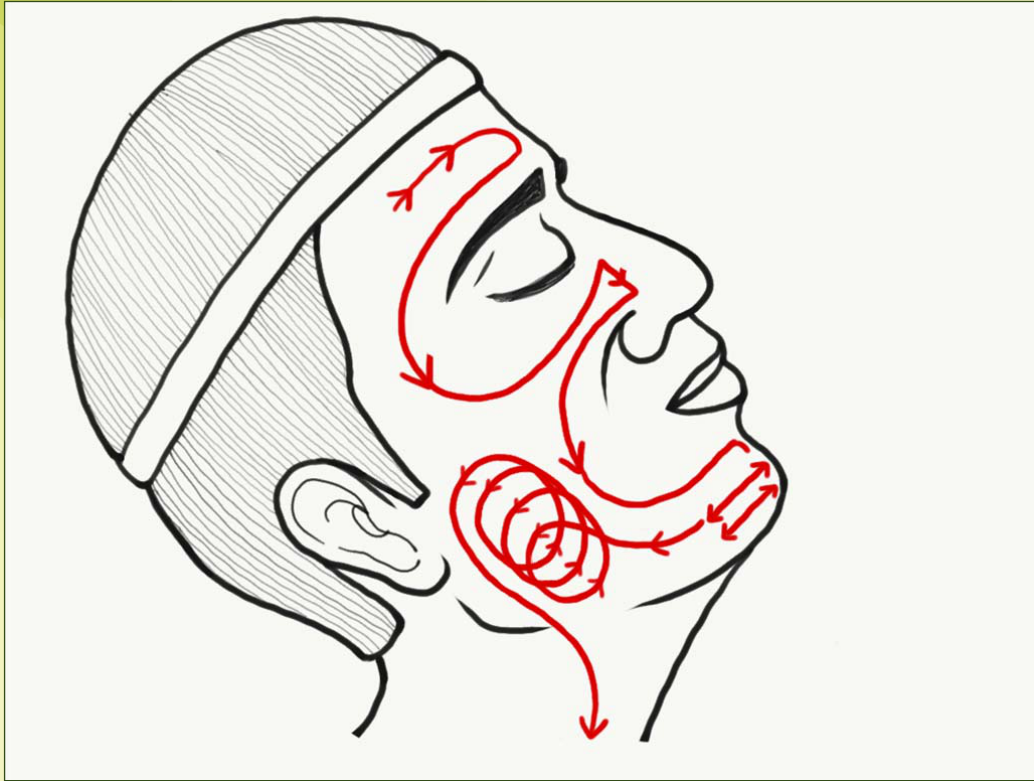
STROKE NO – 10

Beginning part of the Stroke number 10 is similar to the previous stroke, Keeping the thumb over the third eye and the remaining fingers at jaw angle, start the stroke with the thumb from the third eye just above the eyebrows, around the eyes and moves to the cheek bone (Maxilla) from there thumb goes straight to the beginning part of the nasal bridge, then to the tip of the nose, around the nose to upper lip, then around the mouth to the lower lip, then to the chin. From chin hands come back to the cheek and one circle is made with the in the inward direction (anti clock on the right side and clock wise on the left side). Hold the earlobe with fingers and the massage is performed with the thumb. Lower part of the earlobe is massaged in clockwise (on right and anti clock on left) then the whole earlobe (anti clock on right / clock on left) followed by the base of the ears (clock on the right / anti clock on left) then massage is completed on to the back of neck and shoulder. Repeat the stroke for the required number of times.

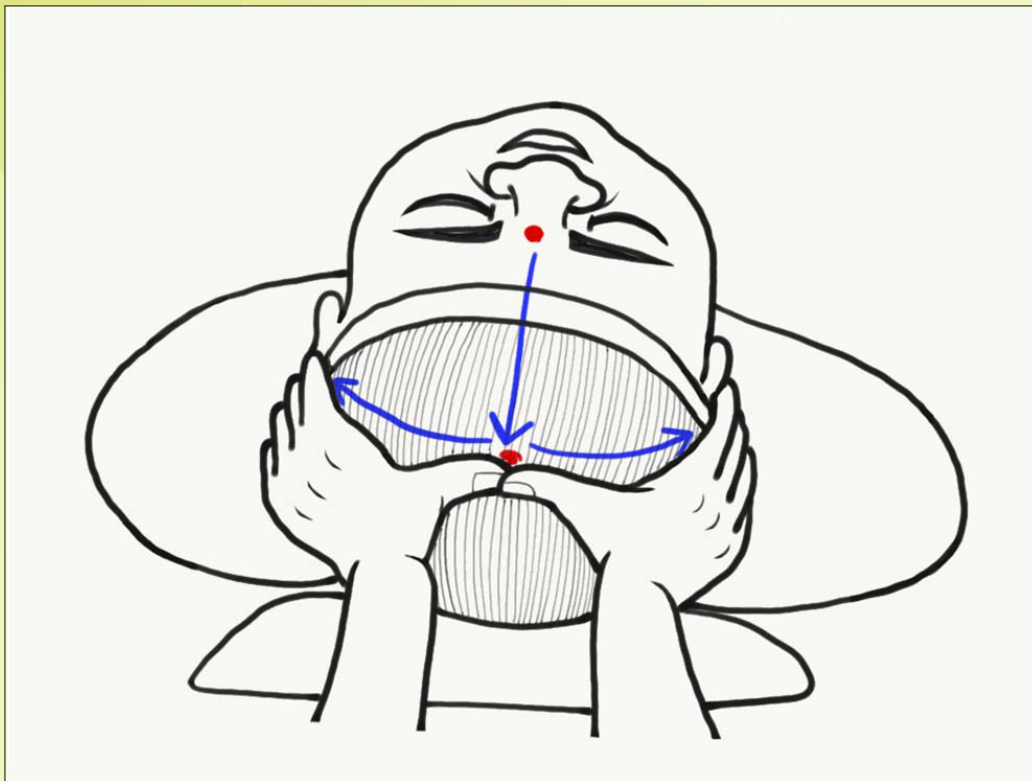


STROKE NO – 11

Stroke number 11 is performed in the reverse order, Start the stroke from chin by massaging the chin in zig zag manner. Then thumb goes to upper lip, around the nose to the tip of the nose, through the nasal bridge to the root of the nose, around the eyes to the forehead. Make a zig zag massage on the whole forehead, then return back from the third eye. (Follow the first diagram with lines showed in blue)

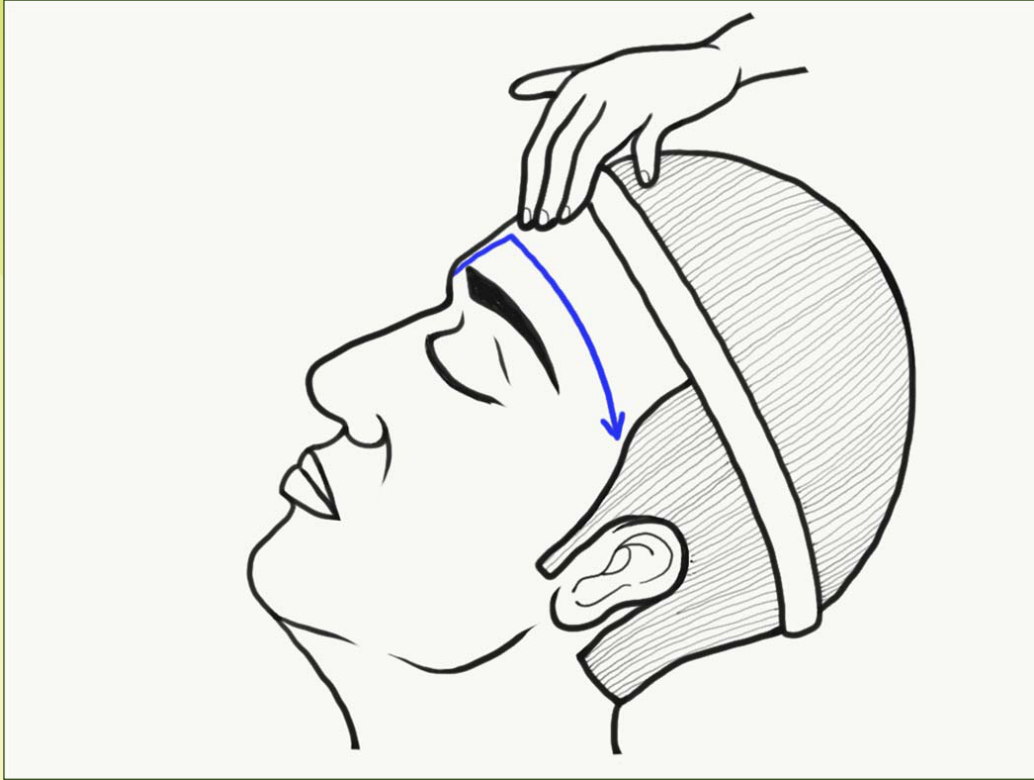


From the third eye move just above the eyebrows, around the eyes to the cheek bone (Maxilla) from there straight to the beginning part of the nasal bridge, to the tip of the nose, around the nose to upper lip, then around the mouth to the lower lip, then to the chin. From chin whole hand is used to make 3 circles in the inward direction (anti clock on the right side and clock wise on the left side) and then complete the stroke on to front of the neck and shoulder. Repeat the stroke for the required number of times. (Follow the second diagram with lines showed in red)



STROKE NO – 12

Stroke no 12 starts from the 3rd eye (**Stapani Marma**). Keep both thumb in a straight line and then pull it in a straight line one after the other towards the Crown Point (**Adhipa Marma**). After reaching the Crown Point give a gentle push and move the thumbs sideways. Repeat the stroke again from third eye.



STROKE NO – 13

Just like the previous stroke this one also starts from the 3rd eye. Instead of the thumb middle 3 fingers of both eyes are used here. Keep the fingers in a straight line and then pull it in a straight line towards the forehead and then to right side of the forehead. Alternate hands are used for this stroke. After right side is completed left side also massaged in the same manner. This completes the Mukhabhyanga.

AFTER CARE

After the massage is completed a towel soaked in warm water is used to wipe the face of excess oil if present.