

# AYURVEDIC BODYWORK SPECIALIST RECOMMENDED PRODUCTS



# EQUIPMENT DISCOUNTS

ABS students are eligible for student discounts on the shirodhara system and the steam tent, which are the highest ticket pieces of equipment for this course (assuming you already have a massage table). Contact us for the discount code. However, this equipment is *not* necessary in order to pass this course.

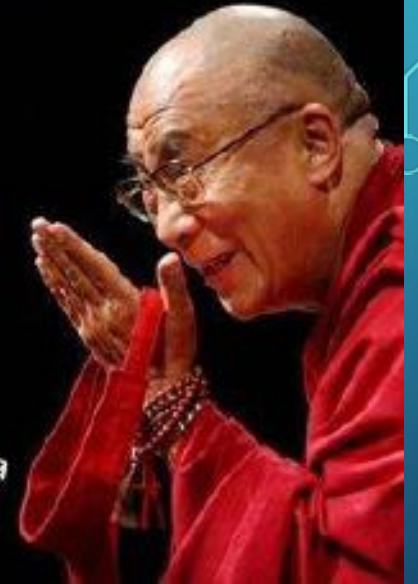
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The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers and lovers of all kinds.

~ Dalai Lama



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The equipment that students will definitely need in order to earn a document of completion or fulfill practicum requirements are listed below:

1. Traditional massage table of your choice
2. Massage oils & linens
3. Salt & fresh lemon
4. Raw silk garshana gloves – purchase at [karynchabot.com](http://karynchabot.com) under the store tab or make your own.
5. Pour-top spout glass bottle for the oil

The other items listed below will be very helpful, but not necessary if you are on a tight budget. The practicum requirements mandate that students choose only three modalities for each client, ie, abhyanga, marma, garshana and udhvaartana. Students can purchase the more expensive equipment, ie, the shirodhara system and swedhana steam tent later. These items are provided for practice on-campus “live”.

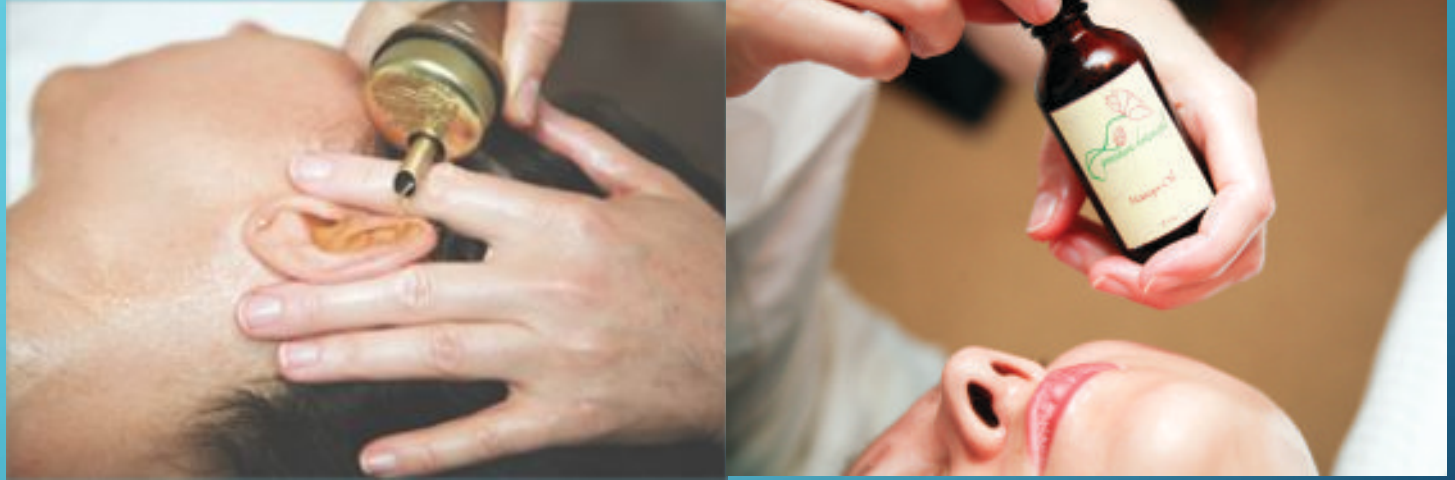
## Abhyanga Massage Therapy Items Required

- Massage table
- Massage linens
- Pour-top spout glass bottle for the oil
- 1 lemon & salt
- 2 hand towels
- 1 large towel
- 8 oz. warm massage oil (grape seed, sesame, apricot, sunflower or jojoba)



## Nasya and Karna Purana Therapy Items Required

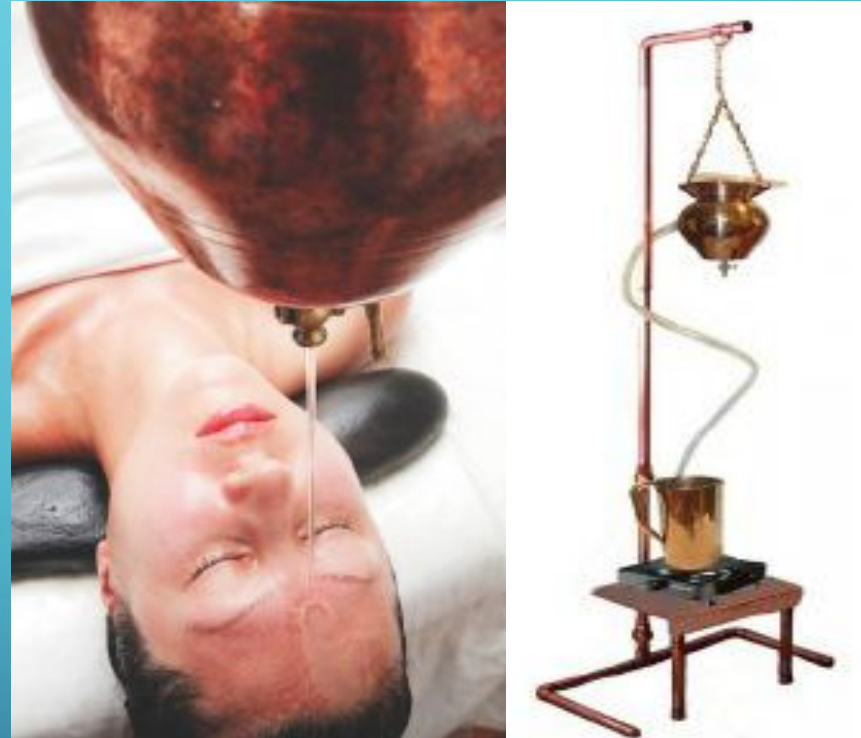
- Massage table
- Massage linens
- 2 hand towels  
1 large towel
- Pour-top spout glass bottle
- Nasya oil - Purchase at [Karynchabot.com](http://Karynchabot.com) under the Store tab or find recipe in the manual to make your own.
- 4 oz. massage oil (grape seed, sesame, apricot, sunflower or jojoba)
- 1 lemon & salt



# Sacred Stone Shirodhara Therapy

This is one of the most powerful of all Ayurvedic Therapies. There a separate Client ShiroQuestionaire and Shirodhara Client Profile.

- 1 large towel
- Sturdy bag for harvesting stones at your beach
- Sunscreen/hat & sturdy walking shoes
- Third Eye Chakra: Clear quartz or amethyst terminator
- Throat Chakra: Lapis, kyanite or sodalite
- Heart Chakra: Pink quartz or green calcite
- Solar Plexus Chakra: Citrine terminator
- 1 fresh lemon & salt
- Massage linens
- Massage table
- 2 hand towels
- 1 large towel
- 2 quarts of warm massage oil (grape seed, sesame, apricot, sunflower or jojoba). Or you can purchase authentic shirodhara oil at [karynchabot.com](http://karynchabot.com) under the Store/Products tab.
- Set of Facial Sacred Stones - Purchase at [Karynchabot.com](http://Karynchabot.com) under the Store tab - Or harvest your own – There are pictures of what the stones should look like on the website and in the manual.



# Intro to Marma Point Therapy

1. Massage linens
2. Massage table
3. Printed-out Marma Manual to use as a guide





# Sacred Stone Facial, Neck, Feet, Shoulder Therapy

- Massage table
- Massage linens
- Set of Facial Sacred Stones - Purchase at [Karynchabot.com](http://Karynchabot.com) under the Store tab - Or harvest your own – There are pictures of what the stones should look like on the website and in the manual.
- 1 8 quart stone heater (approx. \$80) or use your own
- Metal bowl for cold water
- 4 oz. warm massage oil (grape seed, sesame, apricot, sunflower or jojoba)
- Pour-top spout glass bottle for the oil
- 1 lemon & salt
- 2 hand towels
- 1 large towel
- Sturdy bag for harvesting stones at your beach
- Sunscreen/hat & sturdy walking shoes
- Third Eye Chakra: Clear quartz or amethyst terminator
- Throat Chakra: Lapis, kyanite or sodalite
- Heart Chakra: Pink quartz or green calcite
- Solar Plexus Chakra: Citrine terminator



# Sacred Stone Massage Therapy (Shila Abyhanga)

- Massage table
- Massage linens
- Set of Facial Sacred Stones - Purchase at [Karynchabot.com](http://Karynchabot.com) under the Store tab - Or harvest your own – There are pictures of what the stones should look like on the website and in the manual.
- 1 8 quart stone heater (approx. \$80) or use your own
- Metal bowl for cold water
- 8 oz. warm massage oil (grape seed, sesame, apricot, sunflower or jojoba)
- Pour-top spout glass bottle for the oil
- 1 lemon & salt
- 2 hand towels
- 1 large towel
- Sturdy bag for harvesting stones at your beach
- Sunscreen/hat & sturdy walking shoes
- Third Eye Chakra: Clear quartz or amethyst terminator
- Throat Chakra: Lapis, kyanite or sodalite
- Heart Chakra: Pink quartz or green calcite
- Solar Plexus Chakra: Citrine terminator



# Swedhana Therapy (thermo-hydrotherapy)

- Massage table
- Massage linens
- 1 lemon & salt
- 2 hand towels
- 2 large towel
- Spray bottle with rosewater
- Metal bowl for cold water
- Sweet Orange essential oil
- Eucalyptus essential oil



# Udhvartana Therapy (Vedic Bodymask)

1 cup of pink Himalayan salt

1 lemon or lime

Small mixing bowl

Favorite essential oil

8 oz. of sunflower oil

Small bottle of honey

Massage linens

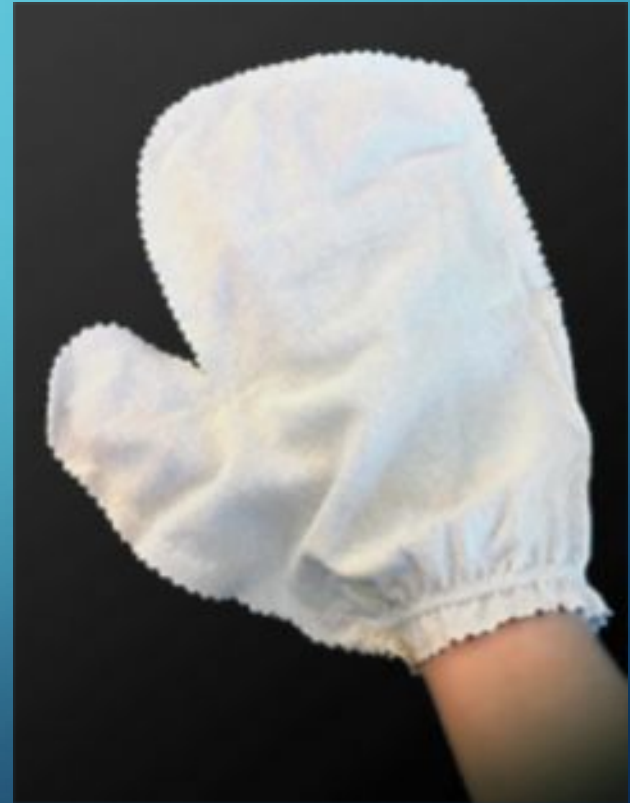
2 hand towels

Massage table



## Garshana Therapy (raw silk glove friction & exfoliation therapy)

- 1 pair Garshana gloves- - Purchase at [Karynchabot.com](http://Karynchabot.com) under the Store tab or make your own
- Massage table
- Massage linens
- 1 hand towel
- 1 large towel



# Kati Basti Therapy (Optional)

There is no video for this and is best to learn in person, although there is a comprehensive description in the manual.

Apron

1 mixing bowl

Measuring cup (1 to 2 cup capacity)

2 glass bottles with covers to hold and heat oil

Small covered container for “glue” flour

Massage linens

2 bath towels

4 washcloths

Roll of paper towels for oil removal

1lb of whole-wheat organic flour (test for gluten sensitivity on the skin first, using a small patch test)



## Eastern Cupping, Moxa & Meridian Therapy (Optional)

There is no video for this and is best to learn in person, although there is a comprehensive description in the manual.

1 large towel

1 lemon

Massage linens

1 box of Chinese cups (approx. \$15 on amazon.com)

1 box of Moxabustion Sticks (approx. \$10 on amazon.com)

