A LITTLE INDIAN RITUAL OF CARE

A Five-Minute Hand Massage

NOURISH ◆ SOOTHE ◆ RECONNECT

In India, oil massage *(abhyanga)* is a time-honoured practice for nourishing the body, calming the mind, and *bringing a sense of balance*. Our hands do so much for us every day — this simple five-minute ritual is a beautiful way to show them a little gratitude.

WHY IT FEELS GOOD

A gentle hand massage can help soften dry skin, ease tension, improve circulation and create a sense of calm. The repetitive, mindful movements also signal to your nervous system that it's safe to slow down and be present in the moment.

WHAT YOU'LL NEED

A small amount of natural oil, such as:

- Coconut oil (cooling and soothing)
- Sesame oil (warm and grounding, traditionally used in India)
- Almond oil (light and nourishing)

Just a few drops are enough. You may also like to have a towel nearby.

THE RITUAL

1 SETTLE IN

Find a quiet moment and a comfortable seat. Take a few deep breaths and bring your attention to your hands.

2 WARM THE OIL

Place a few drops of oil in your palm and gently rub your hands together to warm it.

3 MASSAGE THE PALM

Using your thumb, make slow, circular motions across the palm of your other hand. Move from the centre outward, covering the entire palm.

4 CARE FOR EACH FINGER

Gently massage each finger from base to tip, using smooth strokes. Rotate the finger softly and massage around the knuckles.

5 ATTEND TO THE BACK OF THE HAND

Using gentle, sweeping motions, massage the back of your hand. Don't forget the wrist — make a few slow circles here too.

6 REPEAT & REST

Repeat the ritual on your other hand. Take a moment to rest with both hands together and notice how they feel — perhaps a little softer, warmer and more relaxed.

A LITTLE INVITATION

Let this be more than just a skincare routine — a small act of self-care, a pause in your day, and a reminder that you, too, deserve gentle care.