

KARNA PURNA

OILING THE EARS

Oiling the body is one of the most nourishing practices that Ayurveda touts as one that offers strength, longevity and pacification to the body and mind. Be sure to do abhyanga in a warm place and avoid any cold drafts or being chilled afterward.

1. Put warm sesame oil in dropper bottle and lay down on one side with a towel under your head.
2. Put the warm sesame oil directly into the ear and fill the ear with oil.
3. Rub around the ear and pull on the ear to allow the oil to go deep inside.
4. Wait 5 minutes.
5. Turn your head over to drain the ear and do the other side.



