

Caring for Our Senses

★ Ear Care

- Daily, oil clean pinky finger with coconut or sesame oil and insert in ear lubricating the ear canal.
- Monthly, fill ear with warm coconut or sesame oil and leave in for 20 minutes. Drain into paper towel and change sides. *Don't practice during menses or illness.*
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★ Skin Care

- Daily or weekly, before you bathe, dry-brush your skin with a lofah or scrub mit.
- Daily before you bathe, rub your body with coconut (cooling) or sesame oil (warming) follow by a hot shower. Don't wash off, but lightly towel dry. *Don't practice during menses or illness.* (Once a month pour a natural drain cleaner down your drain to keep from clogging—Launder oil towels separately and don't dry on high heat).

★ Eye Care

- Rinse eyes several times with cool water first thing in the morning.
- Use Similsian brand eye drops morning and night (and anytime throughout the day needed for irrigation or wetness—homeopathic, non-habit forming, soothing).
- Once a week, use one drop castor oil in eyes at bedtime. Have a wet cloth on hand to wipe up any excess.

★ Tongue Care

- First thing in the morning, scrape your tongue back to front 7 times. Rinse between scrapings.
- After tongue scraping, take a mouthful of sesame or coconut oil and swish for 3 - 5 minutes. Spit outside or in the garbage.
- Brush teeth.

★ Nose Care

- Daily or Weekly, use neti pot with body-temp water and 1/4 tsp. non-iodized salt.
- Daily, oil a clean pinky with coconut or sesame oil and insert into nostrils and lubricate passageway.
- Once or twice a day, use 3-5 drops nasya (herbalized nasal oil). *Don't practice during menses or illness.*

★ Mind Care

- In the first part of your day, spend 5 minutes in meditation.
- Pick one activity you do daily (brush teeth, wash dishes, eat breakfast) and do it with your full attention and awareness.
- Spend some of your driving time in silence.
- Daily, go outdoors for a mindful walk. Spend some or all of it in silence and listening.