

~ BOOST IMMUNITY ~

At home rituals by [Bulgari Spa London](#)

BEST FOR

Mauli Ayurvedic Specialist, Natalie Eve, explains how to give yourself a gentle abdominal massage in five simple steps. This is a super detoxifying treatment that nourishes and cleanses the digestive system and strengthens metabolism helping to support your immune system.

FIVE STEPS

- 1.** Lie down in a quiet soothing environment, and carefully pour warm aromatherapy oil onto the center of your body, spreading the oil across your abdomen from the base of your ribcage for ten clockwise circular motions.
- 2.** Use the flat surface of four fingers to apply gentle pressure to the area surrounding your belly button in clockwise circles, repeating the action all the way around your abdomen for three minutes.
- 3.** Place the palm of your hand on your solar plexus below the centre of your ribcage and move in five slow, static anti-clockwise circles with very light pressure, and then repeat in the opposite direction.
- 4.** Move your palm to your lower abdomen and repeat the same movement. These two steps focus on two of the seven chakras, the body's energy centers.
- 5.** End the ritual by stroking the palm of your hand in clockwise circular motions three times across your abdomen from the base of the ribcage. Be sure to rest and drink plenty of water afterwards.

ADDITIONAL TIPS

- ✓ Take **Echinacea** each morning for a natural boost to the immune system
- ✓ Drink **fresh ginger** and **lemon tea** in the morning and **warm water** through the day
- ✓ Eat **kitchari**, the go-to nourishing, gut cleansing Ayurvedic meal
- ✓ Massage with **Mauli Spirited Kapha Body Oil** to boost sluggish metabolism
- ✓ Alternatively **blend your own** with a store cupboard oil such as almond, coconut or grapeseed with a few drops of essential oil such as grapefruit, lime or lemon to detoxify

