

Laurel Odom

Laurel Odom: Hey there. I'm Laurel, ayurveda practitioner, massage and body therapist, and owner of Sol Luna Ayurveda. I am so grateful to be with you on the last day of the De-stress From your PCS Summit. I hope you all have learned lots relaxed a ton, and given yourself some time. Be in a state of ease, as opposed to the doing the going, the moving and the one just probably holding it all together for everyone else.

So if you're with me today, awesome. If you're listening to the recording later, wonderful as well, very happy to have you here as we journey into, ayurvedic foot massage for deep restful sleep. So you'll need a few things. The first is a pair of socks. And you can tell I've got some kind of grimy socks here.

Don't choose your favorite socks. Choose your second or third tier socks ones that can get a little oily or lotion. We'll be putting these on post foot massage. So they will be getting some oil or lotion on them. I like to have some that are thicker. That's really nice for keeping my feet moisturized, but choose what feels comfortable for you.

So that's first a pair of socks. The other thing is either a lotion or an oil. I have over here is salve, an oil, an essential oil, and a hot ayurveda body oil. It's heating up in my little mini Crock-Pot. Hot oil is quintessential for Ayurveda. Ayurveda loves all things oil, especially in hot oil. Hot oil is really good for keeping you warm, moisturized, grounded, and calm, and for really pacifying the nervous system.

And we all need that, especially for seeking rest and to de-stress. If you're into hot oil, you can heat up some hot oil. If that's a totally new concept for you. No worries at all. Get what you usually put on your body post shower, be that a lotion or a salve or whatever it is. The final thing. You're going to need some clean feet.

So you can pause this recording and go wash your feet in the sink. Or maybe you want to take a shower before this, or really go big and take a bath. You can also, if you're meeting me at setting I'm right down, just want to do it now, go ahead and just grab a rag, a little washcloth and get it in some hot water.

And then once your feet, that way I'm actually doing a foot bath right now with just some warm water and lavender essential oil. So I'm just going to put my little rag in this bowl of warm water and clean off my feet. So that's an option

too. You can also just put your feet in a bowl of hot. So going, going to the quick and easy way, just going to wipe off my feet here.

It's the end of summer. So I definitely have some dry summertime feet. So if you're taking this option and you're kind of given a little scrub, give him a moment to get some exfoliation in there as well. Then I got my right, but in the left.

Right. That looks good. My feet feel dry enough right now, but you may want another towel to dry off your feet.

Okay. So grab your lotion or oil whenever you're choosing and we'll start on our first foot, choose whatever foot left or right. Doesn't matter. I'm going to go with my right first. So get a few pumps of your lotion or oil. And apply that to the bottom of the foot. We're just going to go up and down. These are called friction strokes, and they're really nice for creating heat in the bottom of the feet.

Feet have so many nerve receptor's and we really, especially in our day and age where we have so much meeting the senses of our brain, our eyes, our sight. Our ears, our hearing, or nose smell. Now, today, so much is going on in the top of our body that often times awareness isn't even to the bottom part of our body.

So this practice is really nice for bringing the awareness down and out as opposed to up and out. Go ahead and make nice little circles down the heel, warming this area up as well. And then moves to the toe and side of the foot.

Just kind of capturing that area of the body with the center of the palm. Slow that down, take inventory. Does you feel dry? Does it feel really moist? We're going to move to the top of the foot. If you feel like you have enough lotion or oil stands, you are, if you feel like you need some more, go ahead and take a few more pumps.

I'm going with more often, I'm always saying yes to more hot oil. So take that now to the top of the foot and the bottom and just like a train on the tracks. Where can I go? We're going to go back and forth, back and forth, back and forth here, getting the top of the ankle as well. And once you start to feel hot, I'm already getting warm, slow that down.

We're going to have. Oh, your thumbs at the bottom of our heel here, moving up, down and out and to the center of the foot up and down top of the foot up,

out and down. We'll do that two more times. So heel up, out and down center of the foot up, out and down. And one more.

And now it's opposite hands where whatever you have. Sorry about that. I have my right foot right now. So you're going to want to go with your left. If you have your right foot, as you bet your life left foot up, you'll go with your right hand. We're going to take our thumb to the heel again and come up to the outside of the foot.

Pinched the little pinky toe. And let it go and moving our way towards the big toe, going to the next the center of the foot, the middle toe,

the second toe and the big toe. And then we'll just make our way right back down, big toe down the little toe and be sure to get a little pinch. It's good for the lymph in the foot. There's also some good reflexology points on the bottom of the toes. So we're hitting all of those with this as well.

And once you get down to that little toe, we'll meet with our thumbs again at the bottom of the foot of the heel, going up the center out and down to more like this. Out and down and up, out and down. And then our last thing up through the toes, let it go two more like that up through the toes. Let it go up through the toes and let it go.

If you're feeling like you want to put on the sock, go ahead and do so now it's just that simple. That's our first foot. I'm trying to make this easy for everyone. So that it's doable so that after you put kids to bed or have a long day or whatever it is, you don't look at your foot massage as an extra task.

Instead, it's something you can look forward to and something that won't take up a whole bunch of time. I also want to mention with the sock. It's really nice. If you do have dry feet, that'll keep you from getting getting dry cracky snaggle feet. If you do the oil or the lotion, and then put on a nice sock.

So scooting over to our other foot now going to get myself situated here and just notice too, as we do this, what feels good and makes sure that you're doing something that does feel good. My, my position's a little precarious. You can sit on the side of your tub next to your bed. On a chair, whatever. So take some oil or lotion again to the bottom of the foot.

I'm just going up and down the sole of the foot.

And then land down at the heel, doing those circles once again.

Hmm, let me just thank our feet thanking our their bodies, especially our feet for holding us up and moving us to the world, going to the big toe, the side of the foot, those circles there. I'm just letting that area get nice. More.

And once again, take inventory. Is the foot moist enough to move to the top? Do you need some more lotion or oil? I'm going to go with some more

and taking our frictions strokes to top of the foot and the bottoms back and forth. And slowing it down

Once you feel like there's some warmth going on there. We will meet with the thumbs again at the bottom. So the heel out in, down up to the middle out and down and to the top out and down. Two more like that heel center of the foot. Although it helps out in one more letting out some sighs and exhale and just like we did last time making I've got my left foot up now so now I'll take my right hand using my right thumb, going up the houses foot pausing on the pinky snap.

Let it go. Sorry. All right. Second toe Middle toe and big toe.

And so, and then just once again, making our way back down to the little toe from the big toe.

Four easy steps. And this is something you can do with your kids to have you been a little one to have a tough time getting to bed and winding down, take a bath together, or a little foot soak and do this nice hot oil massage together. It's something to look forward to and it's sedating. It's relaxing.

So we find our thumbs again at the heel go all the way up the foot out and down two more. All the way up and down, unless one giving yourself the pressure you want and then all the way up through the toes out. two more and last one, lovely find at other sock.

Wonderful. And you can just do a little compression, so like just squeeze the foot.

Touch is very pacifying into our nervous system. So we've got this potentially amazing hot oil or your lotion. That's really nice, but touch is what really relaxes us. So getting that extra little squeeze at the end is a nice addition. So that was maybe eight minutes for essentially four little routes. But you can do to love on your feet, care for yourself and help yourself fall into a deep restful sleep.

I hope you've enjoyed this. I will be with Erica and a few weeks teaching a sexual education and female embodiment course. If you have a teen and would like to help your team learn about their bodies, please join us. We'd love to have you there. It's a lot of these kinds of practices taking care of our bodies.

Accessing pleasure in a way that's really like affirming and healthy and makes us ultimately more grounded, solid, stable people in a world that can be quite chaotic. So wishing you all the best. Sending my love to you and giving you all of the restful de-stressing that you need during your PCS. Much love.

Namaste.