5 AYURVEDIC SECRETS EVERY MASSAGE THERAPIST SHOULD KNOW

ESSENTIAL INSIGHTS FOR INTEGRATING AYURVEDA INTO YOUR BODYWORK PRACTICE

A companion resource to Abhyanga for Chronic Pain and Other Conditions (Singing Dragon, November 2026)

Welcome!

Most massage therapists are drawn to Ayurveda because they want a more holistic, nourishing, intuitive way to work with clients — but the information online is overwhelming, contradictory, and often not written for bodyworkers.

This guide simplifies the Ayurvedic principles that matter most for massage therapists, without requiring advanced training or deep theory. By the end, you'll know exactly where to begin — and what to avoid — so you can practice safely and confidently.

xo, Kris D

Secret #1

You don’t need to “know the dosha” to use Ayurveda

The biggest myth about Ayurveda is that you must determine whether a client is Vata, Pitta, or Kapha in order to help them. This is not true for massage therapists. What you actually need is the ability to observe:

- Temperature
- Texture
- Tone
- Dryness/oiliness
- Tissue quality

Ayurveda starts with awareness, not diagnosis.

Foundational Ayurvedic bodywork simply builds on what MTs already do well — noticing what the body is communicating.

Secret #2

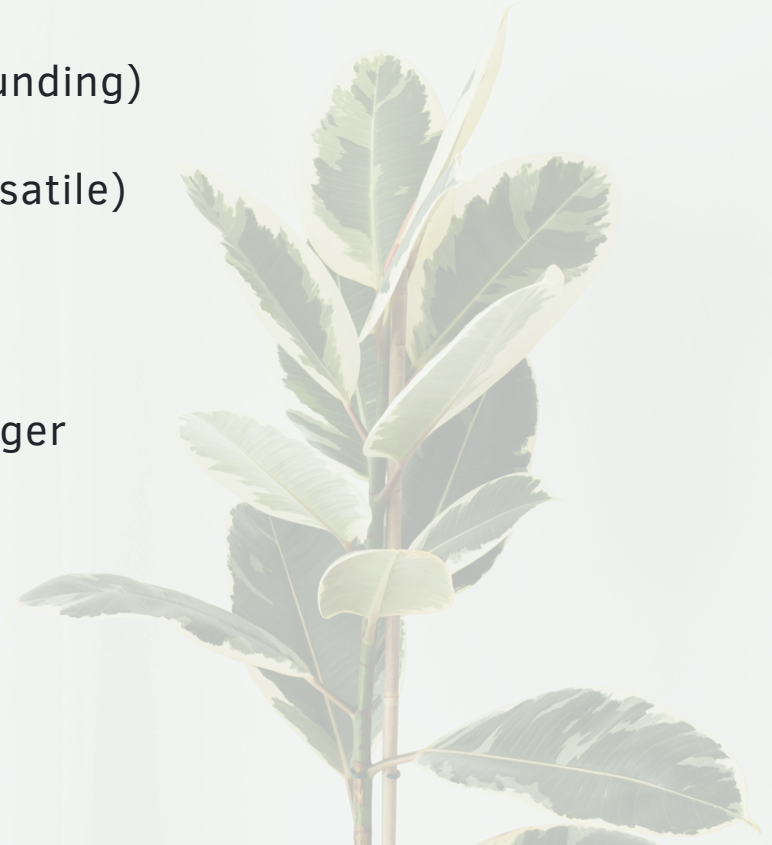
Oil Choice Isn't About Memorizing Charts

MTs often say, "I'm overwhelmed by the conflicting oil advice." Here's the real rule:

Warmth + Consistency matter more than the oil itself. You don't need a cabinet full of herbal oils to start integrating Ayurveda. Begin with:

- Sesame (warming, grounding)
- Coconut (cooling)
- Sunflower (neutral, versatile)

Perfecting temperature + texture + tempo has a bigger impact than choosing the "perfect" dosha oil.



Secret #3

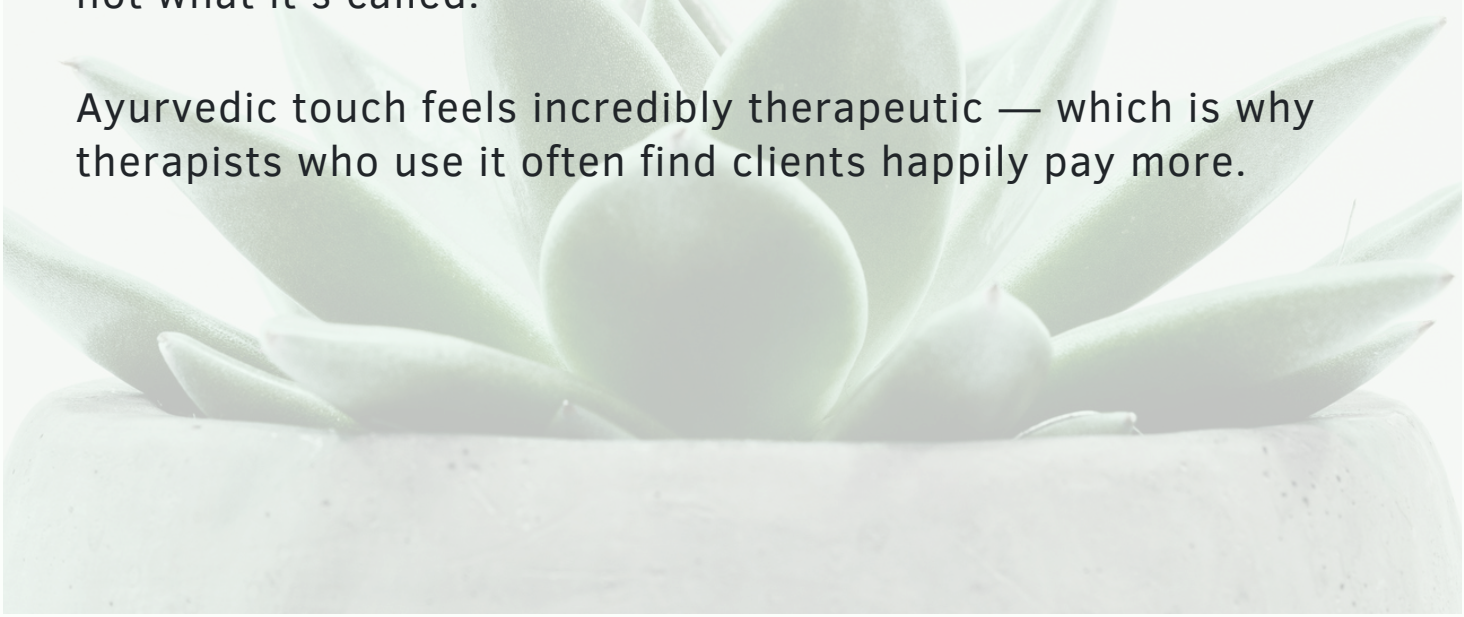
Clients Already Want Ayurveda - They Just Don’t Know the Word

Massage clients seek:

- Nervous system regulation
- Deep grounding
- Warmth
- Rhythmic pressure
- A sense of being “held”

Ayurveda already IS that. When MTs ask: “Will clients think it’s too alternative?”The answer is: Clients care about how it feels, not what it’s called.

Ayurvedic touch feels incredibly therapeutic — which is why therapists who use it often find clients happily pay more.



Secret #4

Ayurveda Integrates Easily With Western Massage

You don’t have to choose between Eastern or Western. Ayurveda blends beautifully with:

- Swedish
- Myofascial
- Deep tissue
- Slow unwinding
- Craniosacral-inspired pacing
- Hot towel & Warm stone protocols

In fact, most therapists already use Ayurvedic principles without realizing it. Learning them consciously helps you work with more intention, confidence, and precision.

Secret #5

Not All Ayurvedic Bodywork is Safe for Every Client - and That's Why You Need Training

No doubt you've found conflicting online advice about:

- menstruation
- skin conditions
- fever
- inflammation
- chronic illness
- frequency of Abhyanga or Shirodhara

There's a bit of confusion and hesitation.

This is because most advice online is:

- removed from context
- not written for massage professionals
- or based on non-clinical self-care practices

This is exactly what Foundations teaches — and what *Abhyanga for Chronic Pain and Other Conditions* was written to provide. Clear, scope-aligned guidance for the massage therapist who wants to work with Ayurveda skillfully, safely, and with clinical confidence.

Ready to Learn the Basics the Right Way?

If what you've read resonates, and you're ready to bring Ayurveda into your bodywork practice without confusion, the next step is:

Foundations of Ayurvedic Bodywork
A self-paced, 3-hour introductory course for massage therapists. You'll learn:

- the therapist-friendly approach to doshas
- how to choose oils with confidence
- safety + contraindications
- how Ayurveda integrates with Western massage
- simple adjustments you can use immediately
- how to prepare for deeper trainings (*Abhyanga for Chronic Pain Levels 1 +2*)

👉 Enroll in Foundations | $90 USD

👉 Join the APC1 Waitlist

Ayurvedic-Informed SOAP Note for MTs

A simple, scope-appropriate way for MTs to begin thinking in Ayurvedic terms without diagnosing. For bodywork assessment only.

S - Subjective (Client Report)

Have the client describe:

- Current discomfort, pain, tension
- Energy level (low, normal, wired, scattered)
- Sleep quality (restless? heavy? unrefreshing?)
- Stress level + emotional tone
- Sensations: hot, cold, dry, heavy, restless, swollen, tight

Ayurvedic prompts (optional):

- “Are you feeling more dry, oily, or normal?”
- “Do you feel more cold or warm than usual?”
- “Has your digestion felt slow, sharp, or unpredictable?”

These map gently to Vata (irregularity/dryness),

Pitta (heat/sharpness),

Kapha (heaviness/slowness)

O - Objective (Therapist Observations)

Observe tissue qualities using the Gunas (qualities):

- Temperature: warm / cool / variable
- Texture: rough / smooth
- Tone: tight / loose / boggy
- Moisture: dry / oily
- Movement: restricted / hypermobile / sluggish
- Rhythm: erratic / sharp / slow

Also note:

- Postural patterns
- Breath quality
- Joint mobility restrictions
- Facial tension, jaw holding, abdominal guarding

Ayurvedic lens:

- Vata tendencies → cold, dry, irregular, tight
- Pitta tendencies → warm, sharp, focused tension
- Kapha tendencies → heavy, cool, dense, sluggish

A — Assessment (Within MT Scope Only)

NOT a dosha diagnosis — simply patterns observed.
Examples:

- “Tissues present with dryness, coolness, and irregular tone → use warming oil + slow strokes.”
- “Heat + sharp tension around traps → use neutral oil + avoid added heat.”
- “Heaviness + stagnation in legs → medium tempo + directional strokes.”

P — Plan (Ayurvedic-Informed Bodywork Choices)

Choose:

- Oil (warming/cooling/neutral)
- Temperature (mild warmth, no heat, avoid heat)
- Tempo (slow, rhythmic, grounding vs. neutral)
- Stroke type (long warming strokes vs. gentle compression vs. spreading strokes)
- Areas of focus
- Aftercare suggestions (hydration, warmth, grounding practices, rest)

This allows MTs to begin integrating Ayurveda safely and ethically before deeper training.

Which Ayurvedic Adjustment Should I Use?

START HERE → What are the tissues telling you?
Do the tissues feel COLD or COOL?

Yes: Use Warm Oil, Slow down tempo, Add gentle compression, Avoid high-detail work early in the session. Coolness is common in Vata presentations

No: Do the tissues feel HOT or IRRITATED?

Yes: Use a neutral or cooling oil, Avoid heat or hot towels, Maintain medium tempo. Common in Pitta-type imbalances

No: Do the tissues feel HEAVY, DENSE, or SLUGGISH?

Yes:

- Use neutral oil
- Increase tempo slightly
- Use directional strokes toward lymphatic return
- Consider light friction techniques
- (Common in Kapha tendencies)

No: Do the tissues feel DRY or ROUGH?

Yes:

- Use nourishing warm oil
- Add repetition + slow rhythm
- (Supports grounding & lubrication)

No: Do the tissues feel TIGHT, ERRATIC, or GUARDING?

Yes:

- Slow tempo
- Even, predictable rhythm
- Avoid rapid transitions
- Use a grounding presence

No: You're safe to choose oil and pacing guided by session goals.

If you want to learn the full Ayurvedic sequence + traditional warm-oil work, see *Abhyanga for Chronic Pain, Level 1(APC1).*

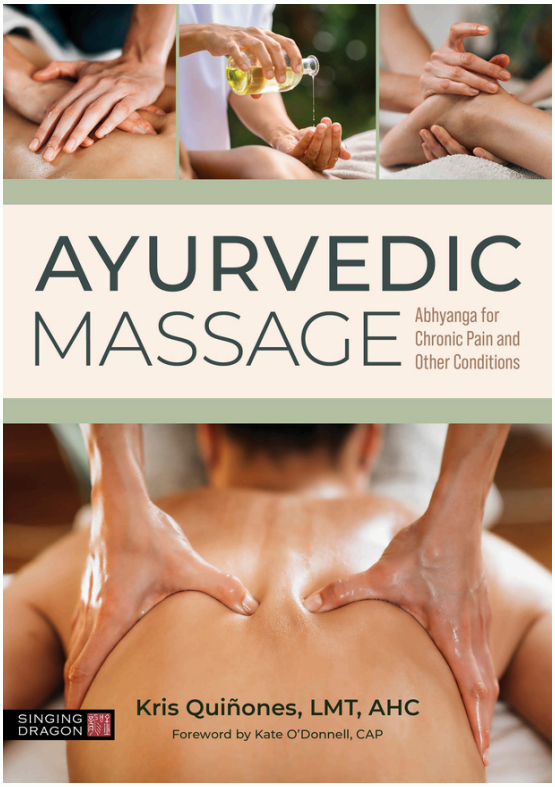
Ready to Take the Next Step on Your Ayurvedic Journey?

The Book

Abhyanga for Chronic Pain and Other Conditions Kris Quiñones, LMT, AHC, EYT — Foreword by Kate O'Donnell, CAP Singing Dragon | November 19, 2026

The clinical foundation behind everything in this guide. Written for bodyworkers, rooted in lineage, and informed by fascia science and marma therapy. Available for pre-order September 2026.

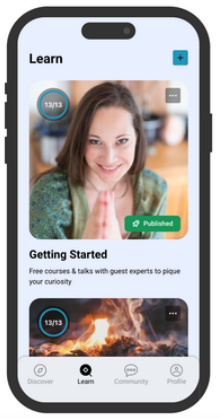
👉 Pre-Order / Learn More HERE



Ready to Take the Next Step on Your Ayurvedic Journey?

Download the Free Rasayana Mobile App. Your pocket companion for Ayurvedic wellness, tutorials, and exclusive professional development content for healers.

👉 Download the Rasayana App for iPhone or Android



Introducing RasaLab

A practitioner membership community for deeper Ayurvedic study, anchored in Abhyanga for Chronic Pain and Other Conditions. For each chapter of the book, members receive concept summaries, clinical visuals, practitioner notes, embodied learning exercises, and integration reflections — plus access to a growing case study vault.

Designed for massage therapists, Ayurveda students, and touch healers who want to go beyond the page.

👉 Join the RasaLab Early Interest List

🧭 When you're ready for hands-on training, the next step after Foundations is: APC1 — Level 1 Abhyanga & Svedana. A lineage-based warm-oil bodywork intensive offered only a few times per year. 👉 Join the APC1 Waitlist

Your Ayurvedic journey starts slowly, respectfully, and skillfully — and you are right where you need to be.

Thank you!

Ayurveda literally means “The Study of Life”. Steeped in tradition and deep wisdom, there is something for everyone. No matter what level you are.

Wishing you continued success in the journey to longevity, wellness, and pain-free living.

Kris Quinones, LMT, AHC, EYT500

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2605-A W Colorado Ave | Colorado Springs, CO 80904

www.rasa-yana.com