

## The Kaash Massage Bowl

### Feel Well Bowl for Harmonising Foot Massage.

„*Kaash*“ – a special alloy. The foot massage bowl is made from an alloy containing a special combination of metals with copper and tin being the primary ones. The health benefits of this alloy are passed on through the massage and the interaction with the skin.

Like many ayurvedic concepts this form of massage is something that is very simple and yet offers an array of multifold benefits.

The massage itself is relaxing and thanks to the material and feel of the *Kaash* bowl has an additional dimension of perception. Whilst relaxing the massage also strengthens the foot muscles and leads to a feeling of lightness.

Regular massages with the *Kaash* bowl helps your body weight be distributed more uniformly over the sole of the foot and imparts a wonderful feeling of lightness almost as if you could fly with your own feet!

And there is more that this simple massage offers. According to the ayurvedic texts the use of *ghee* has a positive effect on eyesight and relaxes strained and reddened eyes.

The soles of the feet remain smooth and supple. Cracking of the heels and stagnation in the blood vessels which could arise due to imbalance of *Vata-Pitta Dosha*, can be helped kept in check. The massage also stimulates a good circulation which helps against sensation of numbness in the feet.

The *Vata-pitta* balancing action of the massage is good for hot feet in summer and cold feet in winter.

The copper in the Kaash bowl together with ghee support metabolic activity and have a cleansing effect.

### Preparing for the massage

Wash the *kaash* bowl with warm water before using it. Make sure you are sitting comfortably. If you are giving the massage to somebody make sure that he or she is sitting comfortably too. Use a towel to keep beneath the feet. Keep all you would require within reaching distance. For both feet you would need about ¼- ½ teaspoon of ghee and 15-20 min. Depending on room temperature the consistency of ghee would differ. This does not change quantity required nor it's effects.

### The massage

1. The round and in the case of some bowls the blackish surface is used for massaging the soles of the feet. Put *ghee* on the rounded surface and spread generously over the sole of the foot.
2. The massage is mostly done in circular motions and begins at the big toe. With one hand you would support the toes from the front whilst massaging them on the back. Do a circular motion on the back of the big toe about three times before moving on to the next toe. Repeat this pattern of three circular motions on the back of each toe.
3. Then massage the balls of the feet starting again below the big toe and repeating the circular motion thrice. Here you can apply more pressure. the point between your big and second toe is important for the eyes. Massage here for a little longer.
4. After having come to the part below the smallest toe, continue with the circular movement and move downwards along the outer side of the sole.
5. Having come down to the middle of the foot move inwards to the instep. The instep requires a more elliptical action to encompass it completely in one smooth movement.
6. Now move down to the heel which you would first go round along the outer side before massaging the flat part of the heel itself. The sides of the foot below the ankle may also be included. Many people find this part of the massage very relaxing.
7. Now that the whole sole has been covered you may include larger parts of the sole in bigger circles and massage the entire sole again. The front of the foot maybe included in the massage too, the health benefits however are gained more through the sole of the feet.

Special effect: Sometimes whilst massaging the feet it is possible that the ghee starts getting black. If the feet have dry skin then the blackness would also be seen on the feet. The ayurvedic Vaidyas (Doctors of Ayurvedic Science and Medicine) say it could be an indication for imbalance in *Pitta dosha*. Continue to massage the feet regularly with the bowl and ghee the blackening effect will subside.

### The best time for the foot massage

The massage is best done at bedtime but may also be done at other times of the day as per necessity and convenience. After the massage you can either wipe your feet with a towel or paper napkin to remove excess ghee or just put on an old pair of socks that may be washed later to remove the oiliness of the ghee. Should you want to combine it with a foot bath, it is recommendable to do the massage before the footbath. This way the soles of the feet are protected from drying out and *ghee* has a better chance to be absorbed.

However if it is preferred to have the foot bath first, before having the massage with the Kaash bowl, it is also possible.

### Taking care of the Kaash bowl

If the bowl is being used by the same person every day it can be stored in the cotton pouch and washed as per necessity. Before massaging another person with the same bowl however it needs to be washed with warm water and detergent. The blackness on the massaging surface of the bowls will get paler with use. That does not lessen any of the effects.