

Pechoti Ritual | पेचोटी विधि

The Pechoti ritual is an ancient Ayurvedic practice that revolves around the concept of absorbing essential oils or herbal substances through the Pechoti gland, which is believed to be located in the belly button (nabhi). This ritual is rooted in the idea that the navel is a central point of energy and a hub for numerous veins and nerves that connect to various parts of the body.

Prep

Choose a quiet, comfortable space for your self-care ritual.

Warm Nabhira's therapeutic oil blends for optimal absorption.

Application

Place 2-3 drops of oil directly into the navel.

Gently massage the oil into the belly button in a clockwise motion, radiating outward to stimulate the surrounding energy channels.

Relax

Rest in stillness for 10-15 minutes, allowing the oil to deeply nourish and harmonize your being.