

Ayurveda & Abhyanga

What's Your Dosha?

Discover your unique mind-body type!

According to Ayurveda, a natural healing system that originated in ancient India, individuals can be categorized into three mind-body constitutions known as doshas. These three energies of nature are known as VATA, PITTA, and KAPHA. Depending on your dosha, you will benefit from different foods, colors, aromas, sounds, and body care products to maintain emotional and physical balance.

Harmony between body, mind, and environment is the basis of a happy and healthy lifestyle. Everything we ingest through our five senses influences our physiology and our doshas. Creating a dosha-balancing routine insures optimal emotional and physical well-being.

the three doshas ~

- VATA ~ Space & Air: Vata is the principle of **movement and change**. It can be identified as the Wind element. People with a predominance of Vata in their nature tend to be thin, light and quick in their thought and action. Change is a constant part of their life. When Vata is balanced, it generates creativity, enthusiasm, and liveliness. If Vata becomes excessive, it creates anxiety, insomnia, dry skin and/or irregular digestion & elimination.
- PITTA ~ Fire & Water: Pitta is the principle **of transformation** represented in the digestion of ideas, sensory experiences, emotions, and food. It is associated with the Fire element. People with a predominance of Pitta in their nature tend to be muscular, smart, and determined. If balanced, Pitta supports warmth, intelligence, and good leadership. If out of balance, Pitta can make us critical, irritable, and aggressive.
- KAPHA ~ Water & Earth: Kapha is the principle **of protection, nourishment, and stability**. It is associated with the Earth & Water elements. People with a predominance of Kapha in their nature tend to have a heavier frame, think and move more leisurely, and are stable. When balanced, Kapha creates calmness, sweetness, and loyalty. When excessive, it can cause weight gain, congestion, stagnation, and resistance to healthy change.

The Benefits of Self-Massage (Abhyanga)

A daily self-massage (known in Sanskrit as *abhyanga*) with herbalized massage oil is one of the most important tools to activate your inner pharmacy and balance your doshas. The skin is the largest organ of the body and helps us maintain our temperature and is a way by which we can ingest nutrients and release toxins from the body. In addition, self-massage has the following benefits:

- Demonstrated to increase circulation
- Supports immune function
- Improves muscle tone
- Lubricates the joints
- Moisturizes the skin & subsequently the physiology
- Calming, relaxing, & soothing
- Daily self-abhyanga is recommended to achieve perfect health and balance.

Touch is an important part of interacting as human beings. If you are not receiving touch from a partner, friends, or in general, it is something you can give to yourself.

Abhyanga is one of the best rituals to practice Self Love.

Oil & Essential Oil Suggestions:

Vata (heavier, heating) Sesame, Almond (can add essential oils lavender, vanilla, cardamom, rose)

Pitta (cooling, soothing) Coconut, Sunflower, Olive (can add essential oils sandalwood, patchouli, jasmine, peppermint)

Kapha (lighter, warming) Safflower, Sunflower, Mustard (can add citrus, ginger, peppermint)



Namaste!