



Balancing **Vata**

Vata's qualities are light, cold, dry, irregular, mobile, and rough. To balance Vata, bring in opposite qualities through the five senses.

Sound

Choose sounds that are warm, relaxing, slow, and grounding.

Touch

Begin your morning with a **self-abhyanga**. Start with the head, scalp, and ears, then slowly make your way down the body.

- Use gentle, upward strokes on the face.
- Use long strokes on the major muscle groups.
- Use round strokes on the joints.

For Vata, choose heavier, heating oils like sesame and almond, using a light massage and a slow, gentle touch.

After the massage, shower or bathe as usual, but only use soap where necessary—leaving a layer of oil on most of your skin.

Sight

Favor relaxing colors such as mild pastel shades, earth tones, blues, and browns



Taste

While it's important to include all six tastes in every meal, favor foods with these tastes:



Smell

To balance Vata, use floral, fruity, sweet, and sour aromas, such as basil, orange, geranium, clove, lavender, vanilla, and patchouli.



Balancing **Pitta**

Pitta's qualities are hot, light, intense, oily, moist, and sharp. To balance Pitta, bring in opposite qualities through the five senses.

Sound

Choose sounds that are cool, sweet, and calming.

Touch

Begin your morning with a **self-abhyanga**. Start with the head, scalp, and ears, then slowly make your way down the body.

- Use gentle, upward strokes on the face.
- Use long strokes on the major muscle groups.
- Use round strokes on the joints.

For Pitta, use cooling and soothing oils, such as coconut, sunflower, and olive. Pitta will benefit from a deep, penetrating massage.

After the massage, shower or bathe as usual, but only use soap where necessary—leaving a layer of oil on most of your skin.

Sight

Cool, soft colors such as light blues, whites, and greens will help to balance the hot Pitta dosha.



Taste

While it's important to include all six tastes in every meal, favor foods with these tastes:



Smell

To balance Pitta, choose cooling, soothing, and sweet aromas, such as sandalwood, mint, rose, jasmine, and lavender.



Balancing **Kapha**

Kapha's characteristics are slow, stable, heavy, cool, smooth, and solid. To balance Kapha, bring in opposite qualities through the five senses.

Sound

Choose energetic sounds and music with a driving beat and melody.

Touch

Begin your morning with a **self-abhyanga**. Start with the head, scalp, and ears, then slowly make your way down the body.

- Use gentle, upward strokes on the face.
- Use long strokes on the major muscle groups.
- Use round strokes on the joints.

For Kapha, choose a fast, vigorous massage with light, warming oils like safflower and mustard.

After the massage, shower or bathe as usual, but only use soap where necessary—leaving a layer of oil on most of your skin.

Sight

Kapha can be balanced through bright, bold, invigorating colors, including reds and oranges.



Taste

While it's important to include all six tastes in every meal, favor foods with these tastes:



Smell

To balance Kapha, choose stimulating, spicy, and aromatic scents—such as eucalyptus, camphor, clove, juniper, marjoram, and rosemary.