

What is ayurveda?

It is often suggested that Ayurveda originated more than 4000 years ago, making it one of the oldest systems of wellbeing known to man. It comes from India and is based on a philosophy of health and lifestyle that treats the whole person – not just the symptoms, which is why it makes sense today. It might be old but in fact it's got real modern values. Ayurveda includes combining nutrition, herbal remedies, yoga and massage to heal and nourish your body and spirit.

What does ayurveda mean?

Taken from the Sanskrit (the ancient language of India), ayurveda translates as 'knowledge of life' and can be interpreted as a priceless wisdom.

Being Vata

Vata	meaning 'what moves' in Sanskrit
Elements	ether (space) and air
When balanced	vibrant, enthusiastic, imaginative
When out of balance	restless, anxious, underweight

Your ayurvedic lifestyle

Keep fit: swimming is the perfect exercise to ground vata types. Yoga asanas (postures) are ideal for vata shapes, as they stretch the pelvic muscles with forward bending, back bending and spinal twists.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. For vata, the best exercise is an alternate nostril breathing method which will balance erratic energy. Meditation will also help calm your active mind.

Mind power: vatas are known for being creative and spontaneous - yet you can also be forgetful! To help, a visualisation exercise is an effective remedy. It's easy. Just relax, creating peaceful and positive images of inner peace, which release tension and dissolve anxiety.

Nutrition: it's important to establish a regular routine for mealtimes. Go for sweet, sour, salty, warm, heavy and strengthening food to nourish the vata dosha. When it comes to teas, think warming ginger or nutmeg. And don't forget, eat in a calm environment.

Hands-on: give yourself an energising oily massage early every morning and go for a professional treatment once a month. Use a sattvic oil together with a light and harmonising touch to calm your vata dosha.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. For protection from the cold, vata can choose carbon steel. Or try topaz, which contains ether, air and fire, and promotes passion, relieving fear.

Scent

soothe airy vata
with rose, orange,
geranium and basil



[illegible]

Therapist:	Date:
Treatment:	Time:

1	
2	

Tri-Dosha Body Oils:	<input type="checkbox"/> Vata	<input type="checkbox"/> Pitta	<input type="checkbox"/> Kapha	<input type="checkbox"/> Danwantari	<input type="checkbox"/> Support	<input type="checkbox"/> Shirodhara
Tri-Dosha Powders:	<input type="checkbox"/> Sandalwood & Ramachan		<input type="checkbox"/> Kolakula			
Tri-Dosha Face:	<input type="checkbox"/> Cleanser	<input type="checkbox"/> Facial Oil	<input type="checkbox"/> Exfoliating Face Scrub	<input type="checkbox"/> Hydrating Face Mask		
	<input type="checkbox"/> Moisturize (Vata, Pitta, Kapha)		<input type="checkbox"/> Smoothing eye cream			

☐ Sleep Sound Capsules ☐ Brahmi and Ashwangadha tablets ☐ Neem Cleanse capsules

☐ Triphala capsules

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Being Pitta

Pitta meaning 'what cooks' in Sanskrit

Elements fire and water

When balanced articulate, courageous; have a sharp intellect and content

When out of balance irritable, demanding, and suffer from skin problems

Your ayurvedic lifestyle

Keep fit: you'll benefit from swimming lengths and to stay in shape go for yoga asanas (postures) that stretch the back muscles and improve digestion such as boat, half locust and bow, and fish for physical wellbeing and emotional balance.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for pitta is 'breath of fresh air' which purifies and recharges the body. Meditation will also help a pitta active dosha feel deeply nurtured and improves cleansing of organs.

Mind power: as pittas can be known for being intolerant to heat, hypercritical and judgmental it's important to focus on generating healing. Do this by using symbols and images to visualise how your immune system fights and defeats physical and mental disease.

Nutrition: avoid hot and spicy food and limit your intake of alcohol, black tea, meat, eggs and salt. Instead, favour sweet, bitter and astringent tastes which are cooling and refreshing. Eat regular meals and take regular breaks from work.

Helping hand: use a coconut oil to massage to the scalp and feet daily - the classical way to cool the pitta fire. Then book professional abhyanga (full body oil massage) once a month, delivered with a rajasic (medium) touch.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. For protection from pitta fevers, inflammation and ulcers, choose red coral. Or try green gems which contain brain stimulants and helps with concentration.

Scent

fiery pitta can be balanced with lavender, jasmine and ylang ylang.



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1	
2	

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Being Kapha

Kapha	meaning 'to embrace' in Sanskrit
Elements	water and earth
When balanced	affectionate, compassionate, forgiving, steady
When out of balance	lethargic, overweight, possessive

Your ayurvedic lifestyle

Keep fit: increase your get-up-and-go and take more high-impact exercise to raise your metabolism, boost natural release of endorphins and prime your body for action. Avoid slipping into a sluggish routine, don't oversleep and fight the temptation to sleep during the day.

Mind power: set daily goals for visualisation to combat bouts of laziness, depression and to shield you from your more envious side. This will help you create images of achievement and trigger an attraction towards these sought-after desires.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for kapha is 'bellows breath' which deepens the quality of your breathing. Meditation will also help a kapha active dosha by purifying the respiratory system by expelling stale air.

Nutrition: follow a light diet of fresh, cooked, easily digestible foods and avoid eating too much mucous-producing food. Favour spicy hot food instead; light soups, apples, pears, grains and foods that are easy to digest. Keep away from sweets, dairy products and fatty foods. For beverages stick to ginger tea, and avoid over eating and sleeping in the daytime.

Massage: add a dose of vitality-boosting movements to your daily regime. Kapha constitutions thrive on energising treatments so get into the habit of scrubbing your body daily with a body brush, and book a deep (tomatic) massage once a month delivered with a stimulating natural ayurvedic body oil.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Ruby and red garnet are good for kapha's imbalance of low energy or poor circulation. Or try yellow gems for a weak immune system or weight problems.

Scent

earthy kaphas will warm to lavender, sandalwood, fennel and frankincense



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Being Tri-Doshic

Elements	good all round balance of fire, air and earth
When balanced	powerful, sociable, energetic
When out of balance	loss of senses; can suffer from anxiety, worry, dryness, constipation, menstrual problems

Your ayurvedic lifestyle

Keep fit: fortunately, your body type is generally considered strong and in good health with no lasting pains or problems. It's the most rare of the seven types. Moderate exercise in something you enjoy is the best way to stay in shape.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for tri-doshic people is the sounding breath, also known as ujjay. You'll need to be in corpse pose! It will help slow down your vata energy, and purify the respiratory system by expelling stale air.

Mind power: help to eliminate areas of imbalance in your life, which could be out of sync: health, lifestyle, emotional problems, work, try mindfulness meditation for body awareness and feelings. A great technique for you balanced types to develop your intuitive wisdom further.

Nutrition: well-balanced already (lucky you!), keep an eye on stocking nutritionally balanced foods, and stick to regular meal times.

Hands-on: the best way to maintain your natural-given balance is daily self-massage with an ayurvedic oil blend such as Tri-Dosha danwantari. Fused with a bountiful selection of medicinal herbs, your body will feel nourished and nurtured.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Tri-Dosha types can choose from a gamut of selection, but before you wear your stone, you should purify it so you do not carry the vibrations of anyone who has worn it before you.

Scent

Maintain your tri-dosha balance with a soft, grounding blend: Sandalwood to centre the mind, Rose to open the heart, andn Tulsi (Holy Basil) to uplift the spirit.



Lifestyle tips

Vata/Pitta/Kapha

Prescription:

Homecare Recommendations

Therapist: _____ Date: _____

Treatment: _____ Time: _____

The two products I would recommend today are:

1 _____

2 _____

Therapy products used today:

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Recommended herbal supplements

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Being vata/pitta

Vata meaning 'what moves' in Sanskrit

Pitta meaning 'what cooks' in Sanskrit

When balanced creative, highly focused

When out of balance poor circulation, crave heat, tend to lack self esteem, dominating, commanding

Your ayurvedic lifestyle

Keep fit: it's essential to pursue kapha-building exercises, which are gentle forms of movement to stabilise and ground you.

Breathe easy: achieve a better state of mind and body through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for vata is alternate nostril breathing which will balance erratic energy. Meditation will also help calm an active mind. The pitta side of you also benefits from this cleansing.

Mind power: add a dose of wholesome mental exercises to your daily regime. This will help to balance your quick-witted but fiery nature! By keeping an active mind you'll be less tempted by unhealthy addictions – a common feature in both vata and pitta doshas in isolation.

Nutrition: favour sweet-tasting foods (lucky you!). But a word of warning, vata/pittas traditionally love to eat but have trouble digesting large meals. So avoid overeating.

Hands-on: Strike a balance by plumping for Marma Abhyanga, which works on all the vital body points. Then go for a shirodhara treatment to calm the mind and release stress from the nervous system.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Amethyst is good for vata/pitta types as it said to control your emotions and boost clarity of thought. Or try emerald to help soothe nervousness and is very calming for both vata and pitta.

Scent

duo body type vata/
pitta takes comfort in
rejuvenative scents
like cedarwood,
vettivert and lavender



Lifestyle tips

Vata/Pitta

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[illegible]

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Being pitta/kapha

Pitta meaning 'what cooks' in Sanskrit

Kapha meaning 'to embrace' in Sanskrit

When balanced powerful intellect, calm, steady disposition, bucket loads of stamina and endurance, resourceful in a crisis, mentally well-balanced, robust, a healthy appetite for food, exercise and sex!

When out of balance over confident, angry when stressed out

Your ayurvedic lifestyle

Keep fit: kapha types are traditionally blessed with a powerful physique to promote good health, while the pitta in you ensures an active metabolism. Stay at the pinnacle of health with regular high impact exercise.

Breathe easy: achieve a better state of mind through controlled breathing, or pranayama as they say in ayurveda. Pranayama practice for pitta/kapha people is 'detox breath,' a superb breathing exercise that improves elimination of toxins from the body. It also strengthens the lungs; massages and tones the abdominal muscles, and refreshes the nervous system.

Mind power: encourage a good mental disposition through candid self-reflection. This will temper pitta's anger and moderate kapha's cautiousness. It's crucial to build a sense of intuition and consideration for others, and a moment of tranquillity will do the trick.

Nutrition: leave bitter and astringent tasting foods well alone! They are known to 'dry' out the overly oily qualities inherent in both kapha and pitta dosha, which are required to balance these types both mentally and physically.

Hands-on: Kick start bad circulation with an energising Tri-Dosha Pinda Sweda, whereby therapeutic herbal powders are tied into the muslin cloth and firm techniques are used to push the herbs and oils into the body. It will leave you nourished and rejuvenated while lessening fatigue and cleansing the digestive tract.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. For soothing kapha while stimulating pitta, try a blue sapphire. It can help boost the skeletal system in general and is strengthening for muscles.

Scent

jasmine, juniper and frankincense are said to cool but also purify duo body type pitta/kapha



Lifestyle tips

Pitta/Kapha

Prescription:

Homecare Recommendations

Therapist:

Date:

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Time:

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1

2

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Being Kapha/Vata

Kapha Kapha meaning 'to embrace' in Sanskrit

Vata meaning 'what moves' in Sanskrit

When balanced open, friendly, compassionate

When out of balance easily hurt, a tendency to lash out at others, multiple personalities, highly sensitive, mood swings

Your ayurvedic lifestyle

Keep fit: you'll benefit from sports which keep your motivation high, such as running or even ballet dancing. Work to your personal rhythm, and try and get a friend involved too. Exercising with someone else is the supreme motivator for kapha/vata.

Breathe easy: achieve a better state of mind and body through controlled breathing or pranayama as they say in ayurveda. Pranayama practice for kapha/vata types is the 'complete breath' which is the basic breathing technique of ayurveda. It encourages you to breathe fully, bringing oxygen deep into the cells and pulling out toxins. It is also incredibly calming.

Mind power: nothing is quite like harmonising the kapha/vata mind. Find time to focus and re-align your thoughts, which will foster a sense of calm and letting go! Do this with Tri-Dosha Shirobhyanga, a fantastic way to restore equilibrium by specifically working on vital points on the head.

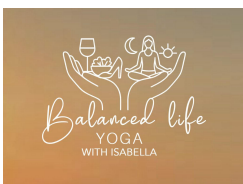
Nutrition: think warm, comfort foods, full of sour, salty and pungent tastes. Kapha/vata types are particularly susceptible to the cold, which also means the lack of heat usually manifests physically as digestive disturbances, especially constipation, and respiratory disease. Heavy mucus production is also common.

Hands-on: stay on an even keel by taking regular Tri-Dosha Marma Abhyanga treatments. This works on igniting the body's energy and life force. Or try the Tri-Dosha Mukhabhyanga: a remedial therapy for the face, which increases physical and mental wellness.

Gem therapy: the right use of gems helps balance the aura and harmonise the body. Lapis Lazuli is a beautiful stone which soothes vata, and can help heal feelings of fear, anxiety, and depression sometimes found in kapha types.

Scent

kapha/vata should try warming peaceful scents such as rosemary, camphor and basil



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Treatment:	Time:

1	
2	

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