



# 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:



SWEET



SOUR



SALTY

## **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.