

Self-care Ayurveda Style

In Ayurveda, they want you to make time for yourself each day. That is why self-care is so important, especially in the fast pace environment we are living now. Slowing down to get in tune with our bodies & our minds is one of the staples of Ayurveda. Most people go so fast and don't want to slow down to notice how they are truly feeling. Ayurveda is really geared to help you become more in-tune with you.

When you choose what self-care acts make sure you are choosing ones that are aligned with what you enjoy. Just because they say to do your own facial if you prefer to get one in a spa do the one that gives you more joy. Don't feel as if your adding something more to your to do list. Nobody needs anything more to add to your life have it be something that really feels nice. One example is a client of mine really wants to be someone who enjoys baths. But she said she is not there yet. It feels like a chore and doesn't feel like self-care, yet. So it is something she is not scratching off her list forever just at this stage in her life.

Another note on self-care through the year, it will probably change. During the winter months a bath might sound more inviting then in the summer months. Sitting by a fire with a cup of turmeric milk might sound more pleasing in colder months, while enjoying a glass of cooling sun tea in the summer. Doing nasya in the winter & neti pot in the spring & fall seasons.

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Self-Massage

Benefits of Self-Massage:

- Nourishes mind & body
- Rejuvenates the whole body
- Increases longevity
- Delays aging
- Relieves fatigue
- Builds stamina
- Promotes better sleep
- Enhances complexion & luster of skin
- Releases stress
- Awakens the senses
- Recovers muscle fatigue
- Supports digestion, corrects blood pressure & supports organ communication
- Shifts the attitude into a more positive state
- Teaches self-love + self-care

Benefits of oil massaging your feet before bed:

- Releases tension from your day
- Stimulates organs into detox
- Makes feet flexible
- Aids in deep sleep
- Creates a sense of ease before rest

Best Oils for body types

Vata: use organic sesame oil

Pitta: use coconut oil or sunflower

Kapha: use corn, mustard or sesame

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5 senses self-care

Sense Organ to care for:	Current Self-Care practices I do:	Self-Care Practice I'm going to try this month:	Effect from practice:	What I want to make a regular habit:
Ears (sound)				
Skin (touch)				
Eyes (sight)				
Mouth/tongue (taste)				
Nose (smell)				

Self-care ideas for the senses: Neti pot, Nasya, dry brush, self-massage, make figure 8's, take pen to & from nose, try all 6 tastes, try new teas, place blanket over ears,

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Self-care Ideas

Spend time alone even if it's just for 5 minutes
Give yourself the gift of silence
Go outside
Sit in a yin yoga pose
Spend time with your pets
Say a few OM's
Journal
Taking a bath
Facials (see recipe below)
Reading
Workout
Yoga

Coconut & Turmeric Face Pack for Fall

Ingredients

2 tablespoons chickpea flour (besan)
2 tablespoons raw organic honey
1/4 teaspoon ground turmeric
1 tablespoon whole-milk yogurt
1 tablespoon coconut milk or enough to make a smooth paste

Method

1. Mix all ingredients. Apply to clean, dry skin & leave on for 15-20 minutes.
 2. Rinse thoroughly & tone & moisturize your skin as desired.
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Marigold Facemask

Ingredients

5 fresh marigolds or roses
1-2 tablespoons whole milk or enough to make a paste
1 tablespoon honey

Method

1. Using a mortar & pestle, pound flowers with milk to make a fresh, flowery paste.
2. Mix in honey
3. Apply this paste to your face & leave it on for 10-15 minutes before washing it off with lukewarm water.

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Self Love for Vatas:

Vatas crave excitement, new experiences but out of routine quickly become overstimulated & out of balance.

- Get plenty of rest by going to bed earlier
- Start your day with self-massage. Try calming oils- lavender & clary sage
- Follow bata-balancing diet with consistent meal times.
- Drink lots of warm fluids throughout the day & golden milk before bed.

Self love for Pittas:

Pittas are full of passion, focus & powerful energy at their best. Which means they are good leaders but tend to push themselves to hard & forget to rest.

- Take time for rest & relation. Resist the urge to overbook yourself.
- Allow space to do nothing.
- Eat a pitta balancing diet. Stay away from caffeine, & spicy foods which cause aggression.
- Get out in nature to bring more peace & soothing scenery to help wind you down.
- Everything in moderation.

Self love for Kaphas

Kaphas typically are relaxed & easy going. So make sure kaphas add movement into their day to keep them from getting bored or depressed.

- Resist the urge to be in bed all day. Get moving.
- Breathe deeply- meditation will help stimulate brain activity
- Follow a kapha-balancing diet. Avoid refined sugar & alcohol
- Dry brush to stimulate circulation
- Focus on what makes you happy & schedule those activities into your day