KAPHA
SKINCARE

Earth/Water
Force of Cohesion

Kapha is a loyal personality and has a strong steady disposition. With a calm and grounded presence, Kapha makes a wonderful nurturing companion. Usually medium to larger build, Kapha skin tends to be smooth, thick, oily and cool with larger pores. Common skin imbalances are cystic acne, congestion, oiliness, puffiness and swelling. According to Ayurveda, a number of factors determine skin health and youthfulness, and these include proper moisture balance, effective functioning of the metabolic mechanisms that coordinate the various chemical and hormonal reactions of the skin, and efficient circulation of blood, lymph, and nutrients to the different layers of the skin. The health of the following three types of body tissue are especially reflected in the skin: nutritional fluid/plasma, blood, and muscle. To be effective, a skincare regimen has to provide support to all of these areas. Kapha skin because of its thickness and oily nature tends to be more prone to congestion. Scrubbing the skin with gentle exfoliants such as clay or even sugar can help with external cleansing. Minimal to no moisturizing may be needed.

Recommended Kerala Ayurveda Products

Dhavani Oil (body); Ksheerbala Oil (face); Pinda Oil (cracked feet/skin); Winsoria Oil (Eczema, psoriasis flaky skin); Kesini Hair Oil; Arimedadi Oil (mouth rinse)

Diet

Kapha in general does well with warm, and light foods. Aim for pungent, bitter, and astringent tastes. Avoid too many sweets or deep fried foods.
- Favor warm over cold foods!
- Cook with warming to heating spices such as ginger, black pepper, cumin, cloves, cinnamon, garlic, turmeric, fenugreek
- Eat plenty of vegetables to help clear and move the system

Breathwork

Kapala bhati
- Bhastrika
- Active mantra Vam/Iam during daily 10 minute meditation

Lifestyle

Against their will, Kapha's need to be early risers and no more than 7 hours of sleep will help to counter their heavy often lethargic nature
- Vigorous massage with heating mustard oil
-Practice letting go of items not used in years, rearrange furniture every so often
- Play games and sports

Bodywork/Therapies

Abhyanga (body oil massage)
- Nasya (oiling of nose)
- Udvartana (powdered herbal scrub)
- Valuka Sweda (sand bolus massage)
- Swedana (herbal body steaming)

Exercise/Yoga

Everyday movement and sweating!

Herbs

- Lemongrass tea
- Ginger with food
- Turmeric

Aromatherapy

Heating top notes like all citrus, cinnamon, clove, rosemary, eucalyptus, sage, myrrh

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VATA
SKINCARE

Air/Space
Force of Mobility

Vata is an active personality and has a restless, dreamy demeanor. Quick in thought and action, perpetual movement defines this artistic soul. Usually slender with a delicate structure, Vata skin tends to be thin and dry, with small tight pores. Common skin imbalances are: premature aging, dehydration, fine lines and wrinkles, pigmentation issues, dry flaky scalp, eczema and psoriasis.

According to Ayurveda, a number of factors determine skin health and youthfulness, and these include proper moisture balance, effective functioning of the metabolic mechanisms that coordinate the various chemical and hormonal reactions of the skin, and efficient circulation of blood, lymph, and nutrients to the different layers of the skin. The health of the following three types of body tissue are especially reflected in the skin: nutritional fluid/plasma, blood, and muscle. To be effective, a skincare regimen has to provide support to all of these areas. Skincare products should be nurturing and include heavier oils with herbs and essential oils that rejuvenate, moisturize, and hydrate the skin. Following a Vata-pacifying lifestyle is extremely helpful in off setting Vata skin issues.

Recommended Kerala Ayurveda Products

Pavan Oil (body); Ksheerbala Oil (face); Ashwagandha Capsules; Dashmul Capsules; Pinda Oil (cracked feet/skin); Winsoria Oil (Eczema, psoriasis flaky skin); Kesini Hair Oil; Arimedadi Oil (mouth rinse)

Diet

Aim for sweet, sour, and salty tastes that will help to decrease Vata by bringing moisture, warmth, and heaviness. Go for cooked foods to minimize cold, sparingly eat salads, raw foods, carbonated drinks, ice cream.
- Eat plenty of healthy fats such as ghee and olive oil to give unctuousness to the body internally
- Try warming spices as Vata can have irregular digestion cumin, coriander, ginger, turmeric, cardamom, black pepper, fenugreek, dill seed
- Careful with caffeine, cold drinks, raw veggie/protein shakes

Breathwork

- Alternate nostril breathing
- Ujjayi breath (Ocean Breath)
- Diaphragmatic breath
- Meditation with mantra ham, yam

Lifestyle

- Needs regular routine! Strive for consistent wake-up/bed- time, as well as mealtime. Consistency can greatly balance the irregular nature of Vata.
- Slow nature walks by water (take care to bundle up if cold outside)
- Daily abhyanga (self-oil application)

Bodywork/Therapies

- Abhyanga (body oil massage)
- Shirodhara (warm oil over forehead)
- Swedana (herbal body steaming)
- Nasya (oiling of nose)

Exercise/Yoga

- Slow paced, low intensity workout routines
- Inverted poses, restorative yoga

Herbs

- Ashwagandha
-Dashmul

Aromatherapy

Jatamansi, Agarwood, Geranium, Neroli

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PITTA
SKINCARE

Fire/Water
Force of Transformation

Pitta is a passionate determined and methodical soul. With penetrating intellect, Pitta can make an excellent leader and steward of dynamic innovation. Usually of medium weight and build, Pitta skin tends to be sensitive or combination with congestion in the t-zone. Common skin imbalances are: redness, inflammation, breakouts, acne, rosacea, and eczema.

According to Ayurveda, a number of factors determine skin health and youthfulness, and these include proper moisture balance, effective functioning of the metabolic mechanisms that coordinate the various chemical and hormonal reactions of the skin, and efficient circulation of blood, lymph, and nutrients to the different layers of the skin. The health of the following three types of body tissue are especially reflected in the skin: nutritional fluid/plasma, blood, and muscle. To be effective, a skincare regimen has to provide support to all of these areas.

Skincare products should be both cooling and nurturing, with resistance or protection from the sun. Avoid harsh synthetic cosmetics as they tend to irritate sensitive Pitta skin types. Less is more for Pitta, simple all-natural formulations work best.

Recommended Kerala Ayurveda Products

Tejas Oil; Ksheerbala Oil (face); Amalaki Capsules; Pinda Oil (cracked feet/skin); Winsoria Oil (eczema, psoriasis, flaky skin); Kesini Hair Oil; Arimedadi Oil (mouth rinse)

Diet

Aim for astringent, bitter, and sweet tastes to balance Pitta. Avoid hot, spicy, or oily foods. Watch for unripened sour fruits, yogurt, tomatoes and vinegar. Drink water regularly!
- Cautious with not over indulging in meat particularly red meats
- Cooling spices like fennel, licorice, cardamom, and mint
- Moderate consumption of alchohol, coffee, orange/tomato/pineapple/lemon juices

Breathwork

- Sitali & Sikari cooling pranayamas
- Lion's Breath
- Meditation is super beneficial, as Pitta types need to learn to surrender and not try to strive for control over everyday life. Use Ram Mantra to open heart energy to allow more compassion/sweetness and cooling of heating emotions

Lifestyle

- Ideal environment is cool and dry
- Moon-walks (cooling energy of moon)
- Daily abhyanga with coconut based oils (self-oil application)

Bodywork/Therapies

- Abhyanga (body oil massage)
- Shirodhara (warm oil over forehead)
- Petra Potli (herbal bolus massage)
- Nasya (oiling of nose)

Exercise/Yoga

- Non-competitive/low intensity
- Early morning exercise.

No exercising middle of day/lunchtime

Herbs

- Coriander tea
- Avipattikar Chooma (digestive aid)
- Aloe vera juice
- Guduchi
- Amalaki
- Licorice

Aromatherapy

Sandalwood, Jasmine, Rose, Blue Chamomile

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ACNE
SKINCARE

Tridoshic Vitiation

When all three doshas (Vata, Pitta, Kapha) are aggravated then acne, pimples, and blackheads can appear. The Pitta or Kapha is the most susceptible to producing acne. Depending on severity, a detailed consultation with an Ayurvedic physician is highly recommended.

There are many different types and causes for acne. Pitta and Kapha can be disturbed by things that are very common like alcohol, coffee, tea, spicy, oily, or fried foods. Additionally, stress, tension, pollution, and chemicals can easily aggravate Pitta.

Likewise, Kapha with its natural heaviness and oiliness can stagnate and produce acne. If we want to control acne, we need to learn to control lifestyle and habits that imbalance Pitta and Kapha.

Recommended Kerala Ayurveda Products

Mukhadooshikari Lepam (external face pack); Eladi Thailam (blemish healing oil); Kaisoraguggulu (herbal supplement)

Diet

Be careful with intake of dairy, heavy grains, processed sugars, and oily foods. Eat lighter, soupier, easy to digest foods avoiding fatty meats, cheeses, and rich desserts.
- Try cleansing spices such as cumin, coriander, cardamom, turmeric, fennel, licorice
- Careful with yogurt and fish
- Drink lots of cumin, fennel, coriander tea for detoxification
- Take a larger portion of dark leafy green vegetables (preferably warmed)

Breathwork

Important to find time for deep breathing to bring in fresh Prana and life to the body
- Alternate nostril breathing
- Ujjayi breath

Lifestyle

Get enough rest! Body needs time to repair.
- Consistency with meal time is very important, as is wake/sleeptime for regulating body/hormones
- Get fresh Prana from outdoors
- Socializing and positive reinforcement from loved ones, as people tend to hide away from embarrassment

Bodywork/Therapies

Abhyanga (body oil massage)
- Nasya (oiling of nose)
- Udvartana (powdered herbal scrub)
- Valuka Sweda (sand bolus massage)
- Swedana (herbal body steaming)

Exercise/Yoga

Important to get the body moving without creating too much more heat.
Moderate exercise that works up a light sweat to help push out toxins, and move lymph.

Herbs

Try 1-2 tablespoons of aloe vera juice with water first thing in morning
- Neem
- Avipattikar digestive aid
- Guduchi

Aromatherapy

Florals are calming and soothing, best for inflammatory skin issues

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DARK PIGMENTATION
SKINCARE

Vata-Pitta Vitiation

Ayurveda believes that every movement in a cell is governed by Vata, which plays a role in the migration and accumulation of melanin pigment. Also, the subdosha Bhrajaka Pitta governs the creation of melanin. Therefore, hyperpigmentation is then thought to be an imbalance of both Vata and Pitta dosha. Internal factors can include imbalances in hormone levels caused during pregnancy, menopause, use of oral contraceptives, or even stress. External factors could be due to excessive sun exposure, wounds, and a side-effect of certain dermatological procedures. Sometimes, inflammation in any part of the body can trigger melanin production. Hyperpigmentation not due to over exposure to sun must be treated individually with specified care from an Ayurvedic physician. Although it will not treat the causative factors, most hyperpigmentation can benefit with some type of external melanin inhibitor in order to slow the cell from over producing pigmentation.

Recommended Kerala Ayurveda Products

Eladi Thailam; Kumkumadi Oil

Diet

Go for cooked, warm nourishing foods. Use enough healthy fats like ghee and olive oil for cooking. Favor sweet grounding foods such as whole grains, root vegetables, leafy greens.
- Avoid nightshades
- Good slightly warm digestive herbs cumin, coriander, fennel, cardamom, turmeric, saffron
- Careful with coffee, carbonated drinks, alcohol

Breathwork

Alternate nostril breathing can be very beneficial for hormone balancing
- Ujjayi breath (Ocean breath) for stress reduction

Lifestyle

Careful with sun exposure. Make sure to wear hats, and cover up facial skin with natural sunblock
- Avoid smoking as it causes more free radicals in the body which can alter body processes (i.e. melanin production)

Home Remedies

Lemon citrus and orange citrus mixed with some honey and a pinch or turmeric can give an instant brightening effect to the skin
- Papaya pulp mask
- Potato or cucumber can help with under eye pigmentation
- Use a melanin inhibiting oil/cream daily

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ANTI-AGING
SKINCARE

Rejuvenation of all Doshas

Everyone wants to know how to slow the aging process, how to look eternally beautiful and youthful. In order for our outside to reflect this ideal, we must inwardly cultivate an attitude of peace, playfulness, and positivity towards life. Our bodies will then effortlessly align to this mindset and the result will be a beauty that glows from this inner harmony. Following an Ayurvedic lifestyle rich in adherence to nature's principles is one of the best ways to fight aging.

Using natural cosmetics and skincare has good reason. Our bodies, being from nature,communicate fluidly with nature. Meaning, synthetic materials, although chemically identical, lack the "intelligence" of having lived and functioned in the larger network of an organismal body. Essentially, we are getting a bunch of "dumb" cells, that neither know how to communicate, nor function efficiently within our complex systems. Overtime, the use of synthetic materials can actually wear down our body's defense, and cause a host of unwanted side effects. Thus, in turn aging us sooner. Therefore, when we extract or use ingredients from living plants and botanicals there is an inherent intelligence within those cells that allow easier synthesis with our bodies.

Recommended Kerala Ayurveda Products

Eladi Oil, Ksheerbala Oil; Pinda Oil (cracked feet/skin); Winsoria Oil (eczema, psoriasis, flaky skin); Kesini Hair Oil; Arimedadi Oil (mouth rinse)

Pancha Karma

Ayurveda describes several processes to address control and prevention of aging.

Pancha Karma is one of the popular rejuvenation and detoxification processes that consist of three stages including
- Purva Karma (pretreatment)
- Pradhana Karma (primary treatment)
- Paschat Karma (post treatment).

The pretreatment phase prepares your body for detoxification by prescribing a special diet, herbs, and bodywork.

Then, the primary treatment phase consists of total body purification through a different set of bodywork treatments, diet, and herbs. Finally, the post treatment mainly deals with creating a sustainable diet, lifestyle, and use of health-promoting Rasayana (rejuvenating) herbs and other medicines.

The process is powerful for clearing and resetting the body's systems.

Consulting with an Ayurvedic physician who can determine your body type will help you to develop a lifestyle regimen and treatments that are best suited to your individual needs.

Schedule today to get started down a path of ultimate anti-aging!

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