



Spa Of The Earth
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Basic Ayurveda Lifestyle Guidelines

- Herbs are only 5% of the cure. 95% of the cure is wise understanding and self-discipline.
- Proper Sleep is important for daily healing (not too much or too little).
- Proper Diet-Nutrition is critical to the body absorbing proper nutrients (locally-grown, fresh, seasonal, primarily plant-based whole and natural, toxin-free, pesticide-free, non-Genetically-Modified-Organism GMO) foods according to the constitution of Vata-Pitta-Kapha.
- Daily Exercise for at least 30 minutes daily. Any regular exercise that makes you sweat (to release toxins via the skin). Yoga, Tai Qi, Aikido, Gong, walking, hiking, swimming, or devotional bowing-prostrations.
- Daily Meditation time-proven "stress management" and prevention technique.
- Brahmacharya Virtue, Pure heartedness, high integrity. Don't overindulge your senses. Which means celibacy for monks-nuns-yogis, or at least self-control of sexuality for lay persons. Protect your ojas immunity by being respectful to yourself and others.
- Spa rejuvenation is necessary for purification, detoxing, healing, and relieving stress on the body as well as on the mind. Rejuvenating treatments include but not limited to Ayurvedic head massage, shirodhara (pouring of oil to the third eye), ear, nose and herbal treatments, marma therapy for the head, neck, feet hands and face. Ayurvedic facials for Vata, Pitta, Kapha, dual, and tri-dosha. Body treatments such as oilation, herbal paste rubs, Doshic wraps, scrubs, compresses, and steams.

**Disclaimer: It is always important to follow the guidance of your doctor. I do not personally claim to diagnose, treat, cure or prevent disease.*