

## RESTORING BALANCE

The Ayurvedic philosophy teaches that “Life is Relationship”: we have a relationship with everything in the Universe. We must know ourselves in order to know what actions to take to find balance and happiness in life. Loving and nourishing one’s self leads to more loving relationships with others and a deeper connection to the wisdom that inspires right choices in life.

Hopefully, your spa experiences will inspire and encourage you to cultivate a relationship with yourself. Ultimately, when you leave the spa, it’s up to you to find your own personal way to relax, reflect, rejuvenate, revitalize and rejoice.

Tara Spa Therapy hopes to facilitate this process by offering these Lifestyle Guidelines. Prior to your Ayurvedic Treatment at the spa you completed our Constitutional Analysis form to identify whether you were Vata, Pitta or Kapha dominant. This Guide now tells you what factors would cause imbalance and what actions would help restore balance for your particular constitutional type. In addition to avoiding things that create disharmony, integrating new “home spa” rituals into your daily routine will result in a more harmonious and healthier life.

Using high quality, pure products is also an essential component of health and well being. You’ll find only the finest ingredients in our TARA® Ayurveda, Aromatherapy, Herbal-Ease™, Bath Therapy and Sun Therapy product collections available at your favorite spa boutique.

Wishing you success in creating a healthier lifestyle,

Tara Grodjesk  
President

## SUGGESTED READING

*Ask the spa boutique for the following books\*.*

- *Absolute Beauty*, Pratima Raichur
- *Ayurveda, Science of Self Healing*, Dr. Vasant Lad
- *Ayurveda Beauty Care*, Melanie Sachs
- *Ayurveda & Aromatherapy*, Drs. Light and Bryan Miller
- *Ayurveda & Panchakarma*, Dr. Sunil V. Joshi, M.D.
- *Ayurvedic Cooking*, Amadea Morningstar
- *Ayurvedic Cooking for Westerners*, Amadea Morningstar
- *Ayurveda & Life Impressions*, Donald Vanhowten
- *Ayurveda & Yoga*, David Frawley
- *Beauty Secrets of India*, Monisha Bharadwaj
- *Stop Your Cravings*, Jennifer Workman  
(Ayurvedic Approach to Western Nutrition)

*\*Also available through Tara Spa Therapy.*

TARA Spa Therapy, Inc.  
P.O. Box 222639  
Carmel, CA 93922  
800-552-0779  
[www.taraspa.com](http://www.taraspa.com)

---

# *Living in Balance Lifestyle Guide*

---



TARA  
AYURVEDA



## VATA (ETHER & AIR)

Vata individuals are born with predominantly Ether and Air Elements. The attributes of Vata are light, thin, clear, dry, rough, mobile, and cold. This type of skin is thin, dry, rough and cold. Signs of aging appear much faster for Vata constitutions than with other types of skin.

### What Aggravates Vata:

- Stress
- Too much activity (exercise, traveling)
- Diet – consuming cold, raw, dry foods, (salads, dry fruit) and foods that are bitter and astringent (beans, potatoes, leafy greens)
- Lack of routine – eating at irregular hours, insufficient sleep
- Seasonal changes – particularly cold, dry windy weather
- Emotions – negative ones (i.e. fear, anxiety, restlessness)

### Manifestations of Excess Vata:

Skin is excessively dry, dehydrated, flaky, wrinkled, and lifeless. Lips are cracked; dark circles and puffiness appear under the eyes. Nails are brittle and cracked. Muscle spasms, twitches, lower back pain, joint pain, constipation, intestinal gas.

### To Balance Vata:

- Shirodhara Treatments
- Moist Heat using Herbal-Ease™ Pillows and Packs
- Steam Therapy with TARA® Ayurveda Vata Essential Oils
- Dosha Balancing Massage with warmed Vata Herbal Infused Body Oil
- Long baths with Vata Herbal-Infused Body Oil
- Nutrition – Externally, by using cleanser, oils, mask, etc. Internally through a Vata pacifying diet
- Moderate activities; keep a routine
- Balancing postures in yoga
- Listen to soft music
- Breathing techniques
- Identify your emotions – try to understand what is causing stress, fear, anxiety, etc.

### Recommended Vata Diet

**Animal Products:** Beef, chicken or turkey. Eggs, fried or scrambled

**Condiments:** All spices are good

**Dairy:** All OK

**Fruits:** Sweet fruits, apricots, avocado, banana, berries, cherries, coconut, fresh figs, lemon, papaya, plums, grapefruit

**Grains:** Wheat, rice, oats (cooked)

**Legumes:** Only mung beans, tofu, black and red lentils

**Nuts/Seeds:** All OK in small quantities

**Oils:** All oils are good

**Sweeteners:** All except white sugar

**Vegetables:** Cooked yams or sweet potatoes, carrots, asparagus, beets, onions (cooked), cucumber, garlic, zucchini, radishes



## PITTA (FIRE)

Pitta individuals are born with the Fire Element predominant and also have a strong Water Element. Pitta dominant skin is usually delicate, sensitive, with blotchy red patches (as a result of broken capillaries) and slight oiliness (particularly in the T-zone). Usually, skin is of medium thickness and has medium size pores. Although slightly oily, with proper treatment, this type of skin can look glowing, lustrous, beautiful, and healthy.

### What Aggravates Pitta:

- Stress – traveling, too many responsibilities
- Seasonal changes – sunburn, hot-humid weather
- Emotions – anger, jealousy, frustration, irritability

### Manifestations of Excess Pitta:

Skin becomes very sensitive and dehydrated. A red rash, eczema condition or acne may develop. Pitta type skin is prone to freckles, skin pigmentations and broken capillaries. High blood pressure, fever, excessive sweat, hunger, thirst, blisters on lips, ulcers, acne, burning eyes and feet, premature graying of hair.

### To Balance Pitta:

- Shirodhara treatments with Brahmi Oil
- Ayurvedic Foot Therapy with Herbal-Infused Body Oil for Pitta Dosha
- Massage with Herbal-Infused Body Oil for Pitta Dosha
- Full body treatment with Herbal Body Treatment herbs for calming and to help release fire
- Cool baths with Pitta essential oils
- Pitta pacifying diet
- Control anger and jealousy
- Meditate
- Aloe Vera Body Treatments and Aloe Vera Juice internally

### Recommended Pitta Diet:

**Animal Products:** Chicken, turkey, rabbit, shrimp, venison, egg whites

**Condiments:** Only coriander, cinnamon, cardamom, fennel, tumeric, black pepper

**Dairy:** Butter, milk, ghee, cottage cheese

**Fruits:** Sweet fruits, apples, figs, mango, melons, oranges, pineapples, plums, pears, raisins, dark grapes, prunes, avocados, coconut

**Grains:** Wheat, basmati rice, barley, oats (cooked)

**Legumes:** All OK except lentils

**Nuts/Seeds:** Only coconut, sunflower and pumpkin seeds

**Oils:** Only coconut, olive, sunflower, soy

**Sweeteners:** All except honey and molasses

**Vegetables:** Asparagus, broccoli, peas, brussel sprouts, cabbage, okra, celery, green beans, leafy greens, mushrooms, zucchini, cucumber, cauliflower, potatoes, green peppers



## KAPHA (EARTH & WATER)

Kapha individuals are born with predominantly Earth and Water Elements. The skin is oily, thick, sluggish and/or congested. Skin has large pores, deep wrinkles, blackheads, and cystic acne (at times). When balanced, skin is soft and smooth.

### What Aggravates Kapha:

- Seasonal changes – hot or cold, damp, snowy
- Suffering from flu-like symptoms, allergies, asthma, etc.
- Putting on weight
- Too much sleep
- Lack of sleep
- Emotions – depression, feelings of insecurity

### Manifestations of Excess Kapha:

Skin becomes excessively oily, sluggish or congested. Acne condition or blackheads. Feeling dull, lethargic, lazy, sleepy, fluid retention, weight gain, high cholesterol, colds/congestion.

### To Balance Kapha:

- Body treatment with warmed, stimulating herbs
- Vigorous massage with dry brush and then Kapha Herbal-Infused Body Oil
- Marma point therapy for Kapha points
- Kapha pacifying diet – avoid oily/fried food, dairy foods, cakes, cookies, ice cream
- Stay warm, drink warm fluids
- Be active, get lots of exercise
- Lymphatic Drainage Massage

### Recommended Kapha Diet:

**Animal Products:** Chicken, turkey, rabbit, shrimp, venison, eggs (not fried or scrambled)

**Condiments:** All except salt

**Dairy:** Should not consume. Only ghee, goat milk.

**Fruits –** Apples, apricots, berries, cherries, dried figs, mango, pears, peaches, pomegranates, prunes, raisins, cranberries

**Grains:** Rye, corn, barley, millet, rice (small amount), oats (dry)

**Legumes:** All except kidney beans, soybeans, black lentils, mung beans

**Nuts/Seeds:** No nuts. Only sunflower and pumpkin seeds

**Oils:** Only almond, corn, sunflower in small amounts

**Sweeteners:** Only raw honey

**Vegetables:** Raw vegetables, salads, squash, onion, celery, carrots, cauliflower, eggplant, garlic, peas, broccoli, asparagus, beets, spinach, cabbage, mushrooms, peppers, potatoes