Dosha Balancing Essential Oil Blends

# Grounded Enlightenment, Vata Balancing

**Benefits:** This blend focuses on the nervous system and mind. Bringingclarity and harmony to troubled minds and relieving anxiety and emotional tensions. With its warming and earthy nourishing properties, it helps to rebuild digestive power and enzyme activity in the digestive system.

**Essential Oils in Blend:** Vetiver, cardamom, clary sage, cinnamon, ylang ylang, lavender

**Dosha Effect:** - V, o P, o K.

**Qualities:** Heating, Moistening, Heavy

**Intended Actions for Blend:** building tonic, aphrodisiac, antispasmodic, analgesic, relaxant, digestive stimulant, antidepressant (anxiety type), woman’s hormone balancer, grounding, regenerating, strengthening, stomachic, nervine, carminative, heart opener, promotes joy and clarity.

**Dominant Indications for Blend:** osteoarthritis, root chakra blockage, fear, nervousness, anxiety, insomnia, rheumatism (vata/deficient type), stress, disconnectedness, anorexia, postpartum depression, anxious menopause, loss of appetite, motion sickness, high blood pressure (vata/nervous type), nervous heart, tachycardia, neuritis, lumbago, headache (vata type), nervous heart, mood swings, dry skin, cramps, weak digestion, flatulence, PMS, psychological tension, impotence, circulation problems (vata/deficient type), spasms, depression (vata/anxiety type), poor absorption, low self-esteem, inner coldness.

## Directions

Aroma Diffuser: 2-5 drops in water in a tea light candle essential oil burner or an electric diffuser.

Bath: 15-30 drops in a warm bath.

Massage Oil: 50-75 drops in 100ml of vegetable oil = 2-3% E.O.

Warm compress: 5-10 drops in about a quart of hot water. Soak a small cloth, ring the water out, place on area of complaint, and cover with a hot pack or water bottle.

Spiritual Perfume Oil: 75 drops in 30ml of jojoba oil. Place one drop on the wrists and behind ears during prayer or for perfume throughout the day.

# Cooling Tranquillity, Pitta Balancing

**Benefits:** This blend focuses on the blood, liver and skin. Soothing irritations in the skin and relieving the heat of the summer within. Relieves all itches and irritations of the skin. Soothes insect bites. Opens up the pores of the skin to release heat off the top off the body and the flowers inside it absorb through the skin and evacuate down and out through the liver, pulling pitta out of the body through the digestive tract. It is a great antiseptic for wounds and skin irritations while also regenerating skin cells and preserving the youth of the skin.

**Essential Oils in Blend:** Coriander, Lavender, patchouli, rose, ylang ylang, wintergreen

**Dosha Effect:** o V, - P, + K.

**Qualities:** cooling, moistening, light

**Intended Mixed Actions for Blend:** alterative, antiseptic, antifungal, skin regenerator, cell regenerator, refrigerant, analgesic, antispasmodic, diuretic, galactagogue.

**Dominant Indications for Blend:** burning urethra, cystitis, urinary tract infection, urticarial, rash, burn, skin allergies, wounds, insect bites, eczema, dermatitis, boils, leg ulcers, fever blisters, herpes, rheumatism (pitta/heat type), ear infection, headache (pitta/throbbing/heat type), yeast infection, athletes foot, gall bladder disorders, high blood pressure (pitta type), irritability, anger, acne, dry skin, hair loss, aged skin, cracked and chapped skin, impetigo, seborrhoea, mouth and dental infections, dandruff, irritated menopause, combination skin, aging skin, stressed skin, rage.

## Directions

Aroma Diffuser: 2-5 drops in water in a tea light candle essential oil burner or an electric diffuser.

Cool compress for burns and very red inflammations: 5-10 drops in 30ml of cool water. Soak a small cloth, ring the water out, place on area of complaint, relax and repeat several times.

Dental care: 1 drop on your toothbrush to kill bacteria and strengthen the teeth. Or one drop in a mouthful of water and use as a mouth rinse after brushing teeth.

Massage Oil: 50-100 drops in 100ml of vegetable oil = 2-4% E.O.

Warm compress: 5-10 drops in about a quart of hot water. Soak a small cloth, ring the water out, place on area of complaint, and cover with a hot pack or water bottle.

Spritzer spray: 10-30 drops in 30ml of water. Spray around the body onto bare skin in tropical climates or during menopausal hot flushes.

Spiritual Perfume Oil: 75 drops in 30ml of jojoba oil. Place one drop on the wrists and temples during prayer or for perfume throughout the day.

# Invigorating Detox, Kapha Balancing

**Benefits:** This blend focuses on the lungs and lymphatic system.Clearing congestion in the head, sinus and respiratory system, it is a great help for colds, flus, and blockage in the lymphatic system. Its antibacterial and antifungal properties help to control unwanted fungus and parasites which may be spreading through the body. Brings clarity and sharpness to the mind and removes fogginess.

**Essential Oils in Blend:** basil, bergamot, cajeputi, camphor, ginger, rosemary

**Dosha Effect:** o V, + P, - K.

**Qualities:** heating, drying, light

**Intended Actions for Blend:** antiseptic, antifungal, antidepressant, expectorant, analgesic, decongestant, bronchodilator, cephalic

**Dominant Indications for Blend:** Sadness, asthma, poor clarity of mind, colds, cough, sinus congestion and sinus headaches, rheumatism (kapha/fluid type), gout, gingivitis, poor memory, mucous, fungus, lost appetite, depression (kapha/sadness type), urinary tract infection, pains, bronchitis.

## Directions

Aroma Diffuser: 2-5 drops in water in a tea light candle essential oil burner or an electric diffuser. This also works to prevent moulds in your home.

Massage Oil: 75-125 drops in 100ml of vegetable oil = 3-5% E.O.

Warm compress: 5-10 drops in about a quart of hot water. Soak a small cloth, ring the water out, place on area of complaint, and cover with a hot pack or water bottle.

Steam Bath: 2-7 drops in a bowl of steaming hot water, cover your head with a towel and inhale the steam for 3-5 minutes.

Spiritual Perfume Oil: 75 drops in 30ml of jojoba oil. Place one drop on the wrists and temples during prayer or for perfume throughout the day.