

# SELF CARE TOOLKIT

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DO-IT-YOURSELF AYURVEDIC  
PRACTICES



# INTRODUCTION

Welcome to your personalized Ayurvedic self-care toolkit! This guide is designed to help you incorporate simple, yet powerful practices into your daily routine to promote balance, well-being, and vitality. By understanding your unique dosha—Vata, Pitta, or Kapha—you can align your self-care rituals with what your mind and body truly need. Whether you're new to Ayurveda or looking to deepen your practice, this toolkit offers accessible tips you can start using today.





# MORNING RITUAL

Start your day with intention



Oil Pulling: Swish a tablespoon of coconut or sesame oil in your mouth for 5-10 minutes. This supports oral health and detoxification

Tongue Scraping: Gently scrape your tongue with a tongue cleaner to remove toxins & stimulate digestion

Warm Lemon Water: Sip warm water with fresh lemon juice to ignite your digestive fire (Agni) and rehydrate



# ABHYANGA

## Ayurvedic Self-Massage



Choose an oil that suits your Dosha:

- Vata: Warm sesame oil
- Pitta: Cooling coconut or sunflower oil
- Kapha: stimulating mustard or almond oil

Tip: Warm the oil slightly and massage it over your body in long strokes (arms & legs) and circular motions (joints & abdomen). Follow with a warm shower or bath.





# HERBAL REMEDIES

Create a daily tea ritual



Brew herbal teas  
tailored to your Dosha:

- Vata: Ginger, cinnamon, and fennel
- Pitta: Mint, licorice, or rose
- Kapha: Tulsi, clove, and black pepper

Sip mindfully,  
savoring the  
aroma and  
warmth.



# MOVEMENT/EXERCISE

Grounding practices for mind and body



- Vata: Try gentle yoga, meditation, or a nature walk. Focus on grounding activities that calm and stabilize.
- Pitta: Practice cooling breath work or enjoy time in nature (especially near water).
- Kapha: Opt for invigorating movements like brisk walks, dance, or an energizing yoga flow.



# DINACHARYA

Evening wind-down



Aromatherapy: Use calming essential oils like lavender, sandalwood, or frankincense

Golden Milk: Sip a warm cup of turmeric milk with a dash of nutmeg for a soothing, anti-inflammatory bedtime drink

Warm Foot Massage: Before bed, massage your feet with oil suited to your dosha

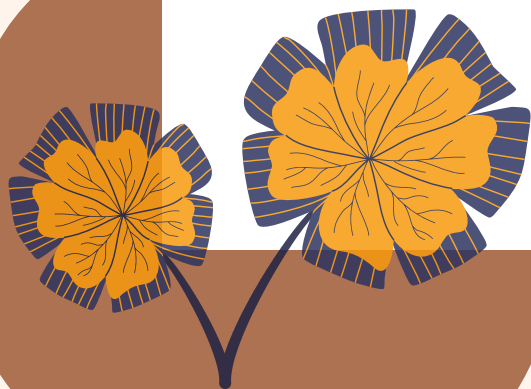




# CONCLUSION

Congratulations on taking the first step toward mindful self-care and balance through Ayurveda! By weaving these simple yet transformative practices into your daily life, you're nurturing not just your body, but your mind and spirit as well. Remember, self-care is an ongoing journey, and it's okay to take it one step at a time. Listen to your body, honor your needs, and enjoy the process.

If you'd like to explore more personalized Ayurvedic guidance or deepen your self-care journey, I'd love to support you further.



# About THE AUTHOR

Hello! I'm Cassady. As an Ayurvedic practitioner and holistic coach, I am passionate about helping individuals reclaim balance and vitality through personalized wellness practices. With years of experience and a deep love for Ayurveda, yoga, and holistic living, I aim to make these ancient traditions approachable and accessible for everyone. When I'm not coaching or creating resources like this, you can find me exploring nature, painting, or sharing my love for mindful living with others.



Let's Connect: If you're ready to take the next step, I'd be honored to work with you. Visit my website to book a session or learn more about my offerings.

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MORE HELP?

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