

	VATA BODY OIL	PITTA BODY OIL	KAPHA BODY OIL
SKIN CONDITION	Dry Cool	Reactive Hot	Heavy/Moist Cold
BODY TYPE	Fine boned Petite	Medium boned Athletic	Heavy boned Curvaceous
SENSITIVE TO	Cold Pain	Heat/Light Stiffness	Discomfort Lack of courtesy
BASE OIL	Organic Sesame	Organic Sunflower	Organic Sesame
MAIN ESSENTIAL OILS	Rose Rose Geranium Rosewood Neroli	Lemon Jasmine Bergamot Frankincense	Orange Rosemary Juniper Bergamot
ACTION ON SKIN	Warming Nourishing Toning	Cooling Soothing Rejuvenating	Warming Cleansing Gently stimulating
ACTION ON MIND	Clarity Energy giving Calms anxiety Grounding	Tranquil Refreshing Lightens heart Mind opening	Lifts spirits Letting go Comforting Motivating
SENSITIVE POINTS	C7/Belly button	T1/ mid abdomen	T2/below sternum

