Bathe
Showering will cleanse the body and bring energy and alertness to the being. If you have done a self-massage, rinsing the skin with warm water will generally suffice to remove excess oil.

Self-Enhancing Practice
Take some time for a self-enhancing practice. This can be meditation, pranayama (breath techniques), yoga, journaling, prayer, or other activities that bring well-being to your spirit and mind. The more you allow for these types of practices, the greater the benefits.

DAY ROUTINE
Eat Regular Meals
• Irregular meals and excessive snacking can weaken the digestive fire.
• Whenever possible, consume your largest meal at noon (lunch time). This is when your digestive fire is at its strongest, and you will be able to derive the most nutrition from your meal.
• Favor warm, cooked meals, in accordance with the doshas you want to balance and the season.
• Focus on eating without any distractions.

Evening Routine
Take Triphala (2 Tablets) with Warm Water, 1 Hour Before Sleep
Triphala is a traditional Ayurvedic formula and is revered for its unique ability to gently cleanse and detoxify the digestive tract while replenishing, nourishing, and rejuvenating the tissues. It supports healthy elimination upon waking in the morning.

Keep a Regular Bedtime
Having a scheduled bedtime trains the body to know that it is time to wind-down and recuperate.

Promoting Healthy Sleep
If you want to support healthy deep sleep, consider a warm bath, a warm glass of milk with nutmeg and cardamom, or herbal support such as I Sleep Soundly.

The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.