



ASTROLOGY
& AYURVEDA

*Self-Care Rituals
Made Easy: DIY
Essential Oils*

Kapha Dosha:
Energizing &
Stimulating

Pitta Dosha:
Cooling &
Calming



Vata Dosha:
Soothing &
Grounding



“Feel Better”

Foot Scrub

You'll need:

- 1 cup of sea salt (or Epsom salts or granulated sugar)
- 1 tbsp coconut oil (or any carrier oils)
- 1 tbsp olive oil
- 15 drops essential oil (peppermint, tea tree, and lavender is a great combination — 5 drops of each or just use one EO)
- Optional: baking soda

How to use:

- Mix and keep in an airtight jar.
- Massage onto damp skin in circular motions.
- Rinse with warm water.

Tip: Use firm strokes to boost circulation and awaken energy.

*Nothing feels better
than a foot scrub
when you have made
your own scrub!*

“Breathe Easy”

Aromatherapy Steam Ritual

*A mini spa for
your lungs, perfect
for when you feel
congested or need
clarity.*

You'll need:

- 4 cups hot water (in a heat-safe bowl)
- 2 sprigs fresh rosemary (clears mind, antimicrobial)
- 2 drops eucalyptus essential oil (opens airways)
- 2 drops peppermint essential oil (refreshing, cooling)
- 1 drop tea tree oil (antiviral, antibacterial)

How to make:

- Place rosemary in the bowl, pour in steaming water.
- Add essential oils.
- Drape a towel over your head, lean over the bowl, and inhale deeply for 5 minutes.
- End with a few grounding breaths, imagining stale energy leaving your body.

Tip: Focus on slow, conscious breaths to fully clear the airways and calm the mind.

“Clear the Fog” room spray

You'll need:

- ½ cup distilled water
- 2 tbsp witch hazel (helps oils disperse)
- 10 drops sage essential oil (cleansing)
- 6 drops lemon essential oil (brightening, uplifting)
- 4 drops cedarwood essential oil (grounding)

How to make:

- Add witch hazel and essential oils into a glass spray bottle.
- Top with distilled water.
- Shake before each use.
- Mist around your room, especially in corners or over your bed before rest.

Tip: Use whenever the space feels heavy or stagnant to refresh energy.

*Great for clearing
stagnant energy and
refreshing your
environment.*

“Release & Restore”

herbal bath soak

*When you've
had a long day
and need to shed
stress like an old
skin.*

You'll need:

- 1 cup Epsom salt (muscle relaxing, magnesium-rich)
- ½ cup dried chamomile flowers (calming, soothing)
- ½ cup dried lavender buds (relaxing, balancing nervous system)
- 1 Tbsp baking soda (softens skin, detox support)
- 10 drops lavender essential oil
- 5 drops bergamot essential oil (uplifting, mood brightening)

How to make:

- Mix all ingredients in a bowl.
- Store in a glass jar with a lid.
- Add ½ cup to warm bathwater.
- Soak for 20 minutes, allowing your muscles and mind to unwind.

Tip: place herbs in a muslin bag to avoid petals floating in the tub.

“Glow & Flow”

herbal face steam

You'll need:

- 2 tbsp dried rose petals
(hydrating, heart-opening)
- 1 Tbsp dried calendula
(healing, soothing)
- 1 Tbsp dried chamomile
(anti-inflammatory,
calming)
- Bowl of hot water
- Optional oils: 1 drop
frankincense + 1 drop
geranium essential oil

How to make:

- Place herbs in a bowl and
cover with hot water.
- Lean over with a towel tented
over your head.
- Breathe deeply for 5–7
minutes.
- Pat skin gently and apply your
favorite natural moisturizer.

*A gentle ritual to
nourish your skin
and spirit.*

“Chill & Soothe”

cooling bath soak

*A cooling ritual
to calm
overheated skin
and body.*

You'll need:

- 1 cup Epsom salts
- ½ cup baking soda
- ½ cup dried rose petals
- 2 Tbsp coconut oil
- 5 drops peppermint essential oil
- 5 drops lavender essential oil
- 4 drops sandalwood essential oil
- 3 drops grapefruit essential oil

How to make:

- Mix salts, baking soda, rose petals.
- Stir in coconut oil and essential oils.
- Store in a glass jar.

Tip: Add ½–1 cup to lukewarm bathwater. Soak for 20 minutes.

“Sacred Space”

room cleanser
spray

You'll need:

- ½ cup distilled water
- 2 Tbsp witch hazel (to disperse oils)
- 8 drops lemongrass essential oil (energizing, purifying, balances excess Kapha)
- 6 drops rosemary essential oil (clarity, focus, clears stagnation, supports prana)
- 4 drops lavender essential oil (calming, harmonizing Vata)
- 2 sprigs dried rosemary or a strip of dried lemongrass (optional, for extra infusion)

How to make:

- Add witch hazel and essential oils into a glass spray bottle.
- If using dried herbs, place them in the bottle for infusion.
- Top with distilled water.
- Shake gently before each use.
- Mist around your room—especially in corners, entryways, or around your bed before rest.

Purifies stagnant energy, uplifts the mood, and restores clarity and balance to your space.

