



moist and oily, they have trouble absorbing large amounts of additional oil—so add just a drop or two of essential oil to a bath or to a carrier of olive oil. Massage may be an especially good method for kaphas, as it helps the oil penetrate the skin.

Some scents offer aromatherapy benefits for every dosha. For instance, rosemary opens the mind and enhances memory (vatas should use it sparingly), while ginger oil is considered a universal treatment for soothing the effects of jet lag and other travel-related sicknesses. Sandalwood can clear nasal passages and help relieve cold and allergy symptoms.