**Specific Essential Oils for each doshic expression**

**Vata = Air and Space**

Vata needs Grounding – Lavender, geranium, rose geranium. Removes anxiety and fear

**Pitta = Water and Fire**

Calming – Sandalwood, Chamomile, Lemongrass. Pacifies anger and frustration

**Kapha = Earth and Water**

Uplifting – Rosemary, Mint, Eucalyptus. Relieves depression and lethargy.

**Resources for local Essential Oils (Maine, Mass and California)**

**Pine Tree Seeds – New Gloucester, ME** [**www.superseeds.com**](http://www.superseeds.com)

**Wise Ways Herbal – Worthington, MA** [**www.wiseways.com**](http://www.wiseways.com)

**Floracopeia – Nevada City, CA** [**www.floracopeia.com**](http://www.floracopeia.com)

**Flower Essence Services –** [**www.fesflowers.com**](http://www.fesflowers.com)

**Karen Vasil-Busch, LMT, Certified Ayurvedic Practitioner**