

***An Introduction to***

***Ayurveda***

***at Your Favorite Spa***

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## **Ayurveda**

Do you find the pace of modern life is too much? Are you working harder and harder for less and less? Over 5,000 years ago the medical practice of Ayurveda, literally “the science of life,” was developed in order to address these concerns. Although Ayurveda originated in India it’s methods and practice are uniquely relevant for our modern age. Ayurvedic training includes a comprehensive study of anatomy, physiology, pathology, diagnostic systems and treatment strategies that can be applied to modern ailments. Right now, in India, a western doctor is using Ayurveda in conjunction with their treatment in a hospital, clinic, private practice, or village.

To understand how Ayurveda can help you. First we must dive into the elegant and practical features of Prakriti (individual’s unique constitution) and Vikruti (current imbalance).

### **Prakriti: Your Body/Mind Blueprint**

Prakriti—your unique blueprint—is determined at the moment of conception and determines your inherited physical and emotional characteristics. It is often related to our genes, but I like to think of it as a blueprint and you will learn why later. Some of these characteristics include your height, natural eye and hair color and innate personality traits.

We are all different and unique and our body/mind blueprint reflects this individuality, but for the ease of categorization Ayurveda has identified three main forces that define our blueprint . These forces, I will start calling them doshas are called “Vata,” “Pitta,” and “Kapha,” or sometimes translated as “Air,” “Fire,” and “Earth”.

For the sake of the blueprint model I will describe them in this way: Kapha is the plumbing and walls of the house, Pitta is the central heating unit and gas stove and Vata is the electricity in the house. Thus in every house (person) we have all three doshas. Depending on how the house is built they are present in different ratios. For example, I may have the most Pitta/fire (a state of the art heating system), with a descent amount of Kapha/earth (reasonable durable foundation, roof and walls) and only a small amount of Vata/air (minimal electricity, perhaps there are no lights), but someone else may have more Vata and Pitta and less Kapha.

When was your house built? Knowing body/mind blueprint is like knowing the original state of our house so that we have an awareness of its natural strengths and challenges. When we understand the blueprint we can take positive steps towards understanding our unique state of health.

### **Vikruti: Your Imbalanced Architecture**

Understanding the current state of your house (architecture) and its need for maintenance is considered to be more important than the concept of Prakriti. Vikruti, as it is called, identifies how and where we have deviated from our natural, healthy constitution. The word, Vikruti is the root of English words such as vicarious and vicissitudes which both infer a negative change is the condition of body, mind and consciousness, this is your imbalanced architecture. If our body/mind blueprint, our natural or original state, is not maintained than the architecture or “complex and carefully designed structure” becomes imbalanced and leads to an unnatural or diseased state.

Your imbalanced architecture arises from the environment, emotional or physical stresses that increase Vata, Pitta and Kapha beyond their natural proportion of balance and adaptation. This excess in one or

more of the doshas leads to disturbances in the body and mind. This imbalanced state will create an internal ecology where the body's natural self corrective mechanisms are less able to do their job. Back to the analogy of the house; Prakriti is our house and the walls and infrastructure of our body and mind are considered permanent characteristics. On the other hand temporary changes from daily stressors, Vikruti, create wear and tear that show up as fluctuations in weight, changes in mood, or developing a cough or runny nose, etc.

### **Restoring Health and Balance at Waterstone Spa**

We are all unique! Your physical characteristics, temperament, social intelligence, behavior, etc is individual to you. The only thing that is the same is the building blocks that make the human body and mind. Because of this uniqueness what may heal you could be harmful to someone else. This is the primary premise of Ayurveda.

At Waterstone Spa your treatment does not begin until we have established your Body/Mind Blueprint and your Imbalanced Architecture. Knowing this help's us determine the personalized diet, lifestyle, therapies and remedies that will help you maintain or regain optimum health in body and mind.

The paperwork that you have been asked to complete (perhaps you have already done this) is a substitute for Ayurvedic pulse and tongue diagnosis by a skilled practitioner. This paperwork is designed to help your massage therapists create a personalized treatment unique to you. Based on your answers to those questions the treatment will be customized to treat your Imbalanced Architecture or to maintain your Body/Mind Blueprint. This ensures that the modifications to the treatment best suit you. While we know it might feel inconvenient to fill out the paperwork, it is essential for us to design an effective, personalized treatment.

### **The Two Primary Types of Ayurvedic Treatments**

#### ***Restoration vs Demolition***

An increase in the doshas creates and Imbalanced Architecture which leads to a less healthy internal environment. The two primary methods to restore balance Ayurveda offers are: *shamana*, restoration and *shodhana*, demolition. Restoration pacifies the increased doshas whereas demolition forcibly expels them from the body.

Waterstone's warm oil treatments are sometimes mislabeled as "panchakarma" treatments. Panchakarma is a form of demolition that uses procedures like medicated enemas and therapeutic purgation to remove excess dosha's from the body. Sometimes warm oil treatments are used in preparation for panchakarma, but are not the distinctly medical practice of detoxification in and of itself. At Waterstone, our treatments are restorative; designed to pacify increased doshas and gently promote balance.

### **What You Can Expect**

Many people request deep tissue massage when what they really want is change on a deep level. Your response to an Ayurvedic treatment may range from a feeling of gentle relaxation to change and healing taking place on a profound level. Please let the therapists know if you ever feel uncomfortable or need anything additional. While our therapists are compassionate and skilled, they are not medical practitioners. It is up to you to know your limits and respect them.

### **How to maximize the Benefits**

In order to integrate the deep healing taking place and to receive the most from your investment of time and money it is beneficial to block out free time for yourself after the treatment.

### ***Diet***

As the digestive system requires energy that could otherwise be used to support the healing process taking place through your Ayurvedic treatment it is recommended to follow the below dietary recommendations. You can incorporate these guidelines for a week before, during and after receiving these treatments.

#### **Enjoy:**

- Whole foods purchased in the bulk food and produce section of your store, freshly prepared
- Warm, nourishing foods such as soups, hot cereals and braises
- Warm drinks like room temperature water and herbal teas
- Taking time to chewing your food in a calm environment
- Pausing after swallowing your last bite to take a deep breath, before going on to your next activity
- Eating 2-3 meals at regular times daily

#### **Avoid:**

- Highly processed foods (like frozen, canned, packaged or fast food)
- Iced or carbonated drinks
- Deep fried food
- Refined sugar
- Caffeine, especially coffee
- Cigarette smoking
- Alcohol
- Recreational drugs
- Industrialized meat
- Eating while anxious or upset

### ***Lifestyle***

When you receive the treatments consider adding value to your investment by observing the following guidelines:

#### **Enjoy:**

- Relaxing activities like reading, knitting, napping or sunbathing
- Journal for 15 minutes about any emotions that you are experiencing
- Practice Meditation
- Go to a gentle yoga class or do your own practice

#### **Avoid:**

- Excessive exercise, including strenuous yoga
- Sexual activity on the day that you receive the treatments
- Going to bed after 10pm
- Excessively upsetting or stressful situations

### ***Education***

With a minimum investment of time spent learning some fundamental Ayurvedic principles, it is possible to receive a maximum return on improved self - awareness of what will promote health for your particular constitution.

## *The Three Primary Body/Mind Blueprints*

### **VATA**

*Tatra ruksho laghu sheeta, khara sukshma chalo nilah*  
*The qualities of Vata are dry, light, cool, rough, subtle and mobile*  
*-Ashtanga Hridayam 1:11*

### **The Qualities of Vata**

The Vata Blueprint is composed of the qualities above. As the mental and emotional body is highly subject to change over time we will primarily focus on the physical characteristics of Vata.

#### *Physiological*

	<b>Vata</b>	<b>Quality</b>
<b>Eating speed</b>	Quick	Mobile
<b>Hunger level</b>	Irregular	Mobile
<b>Food &amp; drink</b>	Prefers warm	Cold
<b>Sharing &amp; giving</b>	Gives a little	Cold
<b>Works best</b>	While supervised	Subtle
<b>Weather preference</b>	Aversion to cold	Cold
<b>Reaction to stress</b>	Excites quickly	Mobile
<b>Piggy bank</b>	Doesn't save, spends quickly	Subtle
<b>Friendships</b>	Makes friends easily, short term friends	Light
<b>Activity Levels</b>	High	Mobile

#### *Physical*

	<b>Vata</b>	<b>Qualities</b>
<b>Hair amount</b>	Thin	Light
<b>Hair type</b>	Dry	Dry
<b>Skin</b>	Dry, rough	Dry
<b>Skin temperature</b>	Cold hands/feet	Cold
<b>Eyes</b>	Small	Subtle
<b>Size of teeth</b>	Very large/small, crooked	Subtle
<b>Weight</b>	Thin, hard to gain	Light
<b>Elimination</b>	Dry, hard, thin, easily constipated	Dry
<b>Frame</b>	Small "delicate" frame and bone structure	Light
<b>Chest</b>	Flat chest	Light
<b>Shoulders</b>	Small shoulders	Light
<b>Muscle</b>	Lean muscle mass	Light
<b>Metabolism</b>	Fast metabolism	Mobile

As the Body/Mind Blueprint refers to a natural state of balance these characteristics are normal and do not need to be changed. Everything that exists has a quality and will affect our natural state of balance. In order to maintain balance moist, grounding, warming, smooth, oily and stabilizing foods and routines can be utilized. Examples of these concepts are described below.

### **Diet and Tastes To Maintain a Balanced Vata Type**

The sweet, sour and salty tastes can be utilized to keep Vata in balance by maintain moisture, bulk and warmth to the body, which are not the natural tendency of Vata. Sweet foods include grains, dairy, meat and root vegetables. These are naturally sweet foods, the sweet taste does not include processed foods high in refined sugars. Refined sugars can imbalance vata by increasing it's mobility and instability. Sour foods include pickles, citrus and sauerkraut. Salty foods are anything with salt.

These tastes can be incorporated into warming, freshly cooked, nourishing foods, like soups, stews and one-pot-meals. Be careful consuming too much heavy food like meat and dairy because it can be too much for the lightness of the Vata digestive system.

### **Climate and Lifestyle for Maintaining Vata's Natural State of Balance**

A climate that is warm and wet like Hawaii will help Vata to stay balanced. Even the laid back attitude in Hawaii may not pacify Vata's natural tendency to overdo and take on too many projects at once. By sticking to a routine and learning to stay focused on goals the mobile quality of vata can be used to move Vata in the best direction for their life instead of in every direction. Examples of possible routines are rising and going to bed at about the same time every day, giving regular time to meditation, gentle yoga and journaling. Also include three meals a day at the same time each day. Be mindful during meal times, focusing on your food and chewing food thoroughly. Harness the power of the wind and find the point of stillness, "the eye of the hurricane" within from which all movement originates.

### **Pitta**

*Pittam sasneha tikshnoshnam laghu visram, saram dravam  
Pitta is oily, sharp, hot, light, fleshy-smelling, spreading and liquid  
-Ashtanga Hridayam 1:11*

### **The Qualities of Pitta**

The Pitta Blueprint is defined by and composed of the qualities above. As the mental and emotional body is highly subject to change over time we will primarily focus on the physical characteristics of Pitta.

#### *Physiological*

	<b>Pitta</b>	<b>Quality</b>
<b>Eating speed</b>	Medium to fast	Sharp
<b>Hunger level</b>	Needs food when hungry	Sharp

<b>Food &amp; drink</b>	Prefers cold	Hot
<b>Sharing &amp; giving</b>	Large, infrequent giving	Spreading
<b>Works best</b>	Alone	Hot
<b>Weather preference</b>	Aversion to heat	Hot
<b>Reaction to stress</b>	Confrontational, fight reaction	Sharp
<b>Piggy bank</b>	Saves, big spender	Spreading
<b>Friendships</b>	Tends to be a loner, friends often related	Hot
<b>Activity Levels</b>	Goal oriented	Spreading

### *Physical*

	<b>Pitta</b>	<b>Qualities</b>
<b>Hair amount</b>	Loses hair easily	Heat
<b>Hair type</b>	Fine, oily	Oily
<b>Skin</b>	Red, auburn, freckles, sunburn	Hot
<b>Skin temperature</b>	Warm	Warm
<b>Eye size, shape</b>	Deep set, medium	Liquid
<b>Size of teeth</b>	Yellow easily, red gums	Sharp
<b>Weight</b>	Gains muscle easily	Liquid
<b>Elimination</b>	Frequent, loose stools	Hot
<b>Frame</b>	Athletic	Spreading
<b>Chest</b>	Well defined chest	Sharp
<b>Shoulders</b>	Broad, wider than hips	Spreading
<b>Muscle</b>	Strong	Sharp
<b>Metabolism</b>	Gains/loses fat and muscle easily	spreading
<b>Body odor</b>	Strong	Fleshy smelling

As the Body/Mind Blueprint refers to a natural state of balance these characteristics are normal. Everything that exists inside and outside of the body can be explained by its dominant quality. In order to maintain balance dry, soft, cool, heavy, sweet smelling, and contained foods and routines can be utilized. Examples of these concepts are described below.

### **Diet and Tastes That Maintain a Balanced Pitta Type**

The primary tastes that keep Pitta in balance are sweet, bitter and astringent. An example of a naturally sweet taste is winter squash or rice. Processed and refined sweets are best avoided as they can create inflammation in the body which is a form of heat. Bitter and astringent foods are primarily green leafy vegetables and culinary herbs. In addition to the types of foods to choose eating at regular intervals helps to feed the fire of Pitta and keep it stable. Foods that can create an Imbalanced Architecture quickly for Pitta types are hot spices, alcohol, and caffeine.

These tastes can be incorporated into salads, sautéed vegetables, steamed vegetables and simple soups. Be careful not to consume too much oily food as fire is fed by oils.

### **Climate and Lifestyle for Maintaining Pitta's Natural State of Balance**

A climate that is mostly cool and dry like the high mountains of the southwest keeps Pitta in line. Places where cold weather sports like skiing or snowboarding last most of the year are beneficial. As we have no control over the snow this promotes an attitude of surrender and going with the flow that can help to balance Pitta's natural tendency to overwork. The more that Pitta uses their ambition for selfless goals and works within their circle of influence the less likely they are to get "burnt-out." better they will be able to let the natural process of life unfold. They can benefit from going to bed before 10pm and giving themselves time for fun and playful activities like dancing or flying kites. When they harness the power of fire there is nothing they can't accomplish.

### **Kapha**

*Snigdha shita gururmandah slakshno mritsnah sthirah Kaphah  
Kapha is unctuous, cool, heavy, slow, smooth, soft and static  
-Ashtanga Hridayam 1:12*

### **The Qualities of Kapha**

The Kapha Blueprint is defined by and composed primarily of the qualities above. It also includes dense, cloudy and viscous qualities. As the mental and emotional body is highly subject to change we will primarily focus on the physical characteristics of Kapha.

#### *Physiological*

	<b>Kapha</b>	<b>Quality</b>
<b>Eating speed</b>	Slow	Slow
<b>Hunger level</b>	Eats out of boredom, low hunger level	Heavy
<b>Food &amp; drink</b>	Does best with dry and warm	Cool
<b>Sharing &amp; giving</b>	Gives generously	Soft
<b>Works best</b>	In groups	Dense
<b>Weather preference</b>	Aversion to damp, cold	Unctuous
<b>Reaction to stress</b>	Slow to get excited, withdraws	Heavy
<b>Piggy bank</b>	Saves regularly, miserly	Static
<b>Friendships</b>	Forms long lasting friendships	Smooth
<b>Activity Levels</b>	Low, needs motivation	Heavy

#### *Physical*

	<b>Pitta</b>	<b>Qualities</b>
<b>Hair amount</b>	Thick	Dense

<b>Hair type</b>	Oily	Unctuous
<b>Skin</b>	Thick skin, pale	Smooth
<b>Skin temperature</b>	Moist, cool, sometimes clammy	Cool
<b>Eye size, shape</b>	Large, big whites	Stable
<b>Size of teeth</b>	Large, white, few cavities	Dense
<b>Weight</b>	Large bones, sometimes overweight	Heavy
<b>Elimination</b>	Slow and steady	Smooth
<b>Frame</b>	Soft and pear shaped, big hips	Heavy
<b>Chest</b>	Large, barrel chested	Heavy
<b>Shoulders</b>	Short, stocky build. Broad, not as wide as hips	Static
<b>Muscle</b>	Round physique, not well defined	Heavy
<b>Metabolism</b>	Gains fat and muscle easily	Dense
<b>Body odor</b>	Sweet	Soft

As the Body/Mind Blueprint refers to a natural state of balance these characteristics are normal for you. Everything that exists inside and outside of the body can be explained by its dominant quality. In order to maintain balance for Kapha type's warm, dry, light and stimulating foods and routines can be utilized. Examples of these concepts are described below.

### **Diet and Tastes That Maintain a Balanced Kapha Type**

The primary tastes that keep Kapha in balance are pungent, bitter and astringent. An example of the pungent taste is a hot pepper like a jalapeño. Bitter and astringent (which are often coupled) are found in most green leafy vegetables and culinary herbs like basil. Kapha can benefit from having two meals a day. Starting their day with vegetables and protein and ending the day with grains, beans and vegetables.

These tastes can be incorporated into different ethnic foods from traditions that stem from colder climates. Russian, Scandinavian and Canadian styles of cooking can be balancing. Make sure to limit heavy foods like meat and dairy when exploring these styles of preparation.

### **Climate and Lifestyle for Maintaining Kapha's Natural State of Balance**

Kapha is considered the most resilient type as they have the most natural insulation. Because of this they can tolerate a wide variety of climates. A climate that is warm and dry like the desert of Tuscon will help Kapha maintain balance. Places like this encourage year round activities such as jogging, hiking or biking. Kapha's are naturally peaceful and calm. When they harness this natural ability it allows them to strongly influence others to be more kind, generous and compassionate. Becoming active allows them to share these traits with more people.

### **When Our Body/Mind Blueprint Becomes Imbalanced Architecture**

It happens to us all. We are dynamic beings living in an ever changing world and so sometime we become imbalanced and the structure and function of our body no longer works with the same integrity and efficiency. When this occurs we can use an understanding of the qualities associated with each dosha to determine what the imbalance is and bring ourselves back to center. Following are some suggestions for re-establishing balance.

### Signs and Symptoms of High Vata

When Vata becomes elevated it can lead to the following:

- Nervousness, anxiety, panic, fear
- Twitches, tics, tremors, spasms
- Dry or chapped skin
- Constipation, gas, bloating, dry, hard stools
- Low body weight
- Light, interrupted sleep
- A spacey, scattered feeling
- Excess thinking or worrying

If you are experiencing any of these then decreasing Vata is the key to getting back to your Blueprint. This can be accomplished by looking at ways to encourage the following concepts:

- Routine
- Warmth
- Serenity
- Nourishment

### **Vata-Reducing Diet:**

Everyone wants to know how to eat for long term health. As there is no such thing as an Ayurvedic diet the strategies below can be employed when you find yourself stuck with the Vata signs and symptoms mentioned earlier

#### ***Enjoy:***

- Increase your intake of warm foods like soup, porridge, stews, etc.
- Add at least 2 Tablespoons of oil and spices like cumin and coriander to any legumes.
- Make sure every meal includes warming spices such as fresh ginger, cinnamon and fennel.
- Drink at least 40 ounces of room temperature or warm drinks daily.
- Reduce your intake of cheese. You can have warm milk with cardamom and nutmeg before bed or a ¼ cup of plain yogurt with spices like dry ginger and fennel powder 15 minutes before meals to stimulate digestion.
- Add 2 Tablespoons of cold pressed organic oils or ghee to your breakfast and lunch.
- Eat your breakfast, lunch and dinner at the same time each day.
- Take a deep breath before your meal and after swallowing your last bite.

#### **Avoid:**

- Popcorn, crackers, chips or any other crunchy processed foods.
- More than one salad or handful of raw veggies (carrot sticks and juices) a day.
- Highly processed foods that contain refined sugar or corn syrup like canned, frozen foods, or pastries.
- Overeating or eating very heavy meals..
- Alcohol.

- Eating when you are feeling emotional or while standing or driving.

### **Vata-Pacifying-Lifestyle:**

#### ***General Guidelines:***

Enjoy:

- Slow down. Take more time between activities to reflect
- Choose regular times for eating, sleeping, working, etc and stick to them.
- Give yourself a brief massage with warm oil before your shower.
- Exercise for 45 minutes daily including a calm form of yoga, Tai qi (tai chi), qi gong (chi gong).
- Dress in order to keep your neck and lower legs warm.

### **Signs and Symptoms of High Pitta**

When Pitta becomes elevated it can lead to the following:

- Red, inflamed skin, rashes, acne
- Red, swollen joints
- Sour taste in the mouth, acid reflux, ulcers or heartburn
- Nausea or headaches when meals are missed
- Loose stools that are poorly formed or watery
- Excess frustration, anger, irritability, judgment, impatience, criticism or intolerance
- Bloodshot, red or light-sensitive eyes

If you are experiencing any of these then decreasing Pitta is the key to getting back to your Blueprint. This can be accomplished by looking at ways to encourage the following concepts:

- Cooling
- Surrendering
- Moderation

### **Pitta-Pacifying Diet:**

As there is no such thing as an Ayurvedic diet the strategies below can be employed when you find yourself experiencing the Pitta signs and symptoms mentioned earlier

***Enjoy:***

- Consistently eat a balance of home cooked whole, fresh foods.
- Have adequate protein such as beans, eggs or nuts for breakfast.
- Incorporate cooling herbs and spices like coriander, cilantro, fennel and cardamom into every meal.
- Reduce your intake of yogurt and cheese. You can have a cup of warm milk with cardamom an hour before bed.
- Have 1 Tablespoon of cold pressed organic oil such as olive, sunflower and coconut oils with every meal.
- Eat when you are hungry and before you are starving.
- Take a deep breath before and after your meal.

***Avoid:***

- Hot spices like jalepeno and cayenne peppers.
- Processed foods with refined sugar or corn syrup like canned, frozen foods or pastries.
- Caffeine, nicotine and other stimulants.
- Red meat for more than 5 times a week.

- Deep fried foods.
- Alcohol more than once a week.
- Eating while you are upset.

### **Pitta-Pacifying-Lifestyle:**

#### ***General Guidelines:***

Enjoy:

- Find ways to let go of the past and the things you can't control like journaling or praying.
- Take 5-15 minutes daily from 2-4 to slow down or even stop and rest.
- Make time daily to play and spend time with those you love.
- Include 60 minutes of exercise such as yoga, swimming or biking during the cool part of the day, about five times per week.

### **Simple Guidelines For Decreasing Kapha**

When Kapha becomes elevated it can lead to:

- Excess thick white mucous
- A thick, white coating on the tongue
- Infrequent or slow sluggish bowel movements
- Inability to lose excess body weight
- Feeling groggy or difficulty rising in the morning
- A general slow, foggy, dull, lethargic or heavy feeling
- Greedy, possessive or codependant
- When upset usually tends toward "emotional overeating"

If you are experiencing any of the above symptoms then decreasing Kapha is the key to getting back to your Blueprint. This can be accomplished by looking at ways to encourage the following concepts:

- Stimulation
- Lightening
- Warming
- Drying

### **Kapha-Pacifying Diet:**

As there is no such thing as an Ayurvedic diet the strategies below can be employed when you find yourself experiencing the Kapha signs and symptoms mentioned earlier

***Enjoy:***

- Use a small amount of heating spices like black or cayenne pepper, ginger, and cinnamon with every meal.
- Eat smaller portions (light), low fat (dry) and cooked (warm) foods.
- Reduce your intake of all sweeteners. Honey can be combined with black pepper or ginger if needed.
- Only room temperature or warm drinks.
- Three quarters of your plate is filled with veggies that grow above ground.
- Have most of your fat and protein before 2pm and have a lighter dinner or skip dinner altogether.
- Take a deep breath before and after your meal leaving your last activity behind and before heading off for your next activity.
- Eat in a peaceful environment.

**Avoid:**

- Iced or cold foods. Room temperature or cooked food is best.
- Heavy food like red meat, cheese, nuts, cake, ice cream, etc.
- Processed foods with refined sugar or corn syrup like canned, frozen foods or pastries.
- Any carbonated drinks.
- Eating a second helping or overeating.
- Eating heavy grains like oats, wheat or rice more than 5 times a week.
- Deep fried foods or fast food.
- Alcohol, except for celebrations with friends.
- Eating when bored or not truly hungry.

**Kapha-Pacifying-Lifestyle:*****General Guidelines:***

- Be devoted to an exercise routine that includes jogging, hiking, biking, yoga, martial arts or other forms of exercise for 90 minutes at least times per week.
- Spend only 1-2 hours daily watching TV or movies.
- Keep your mind active with lively conversation or educational books.
- Spend time outdoors, but stay warm and dry.

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