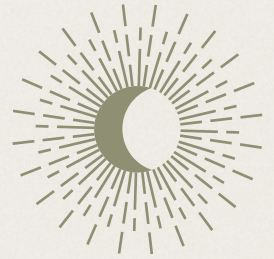


MINI GUIDE

Spring Detox



AYURVEDIC WISDOM FOR SPRING AWAKENING



WELCOME TO SPRING RENEWAL!

In Ayurveda, **spring is Kapha season** – a time when heaviness, sluggishness, and congestion can build up from winter. This guide will help you clear excess Kapha, boost energy, and step into spring feeling lighter, clearer, and more vibrant.

Key Ayurvedic Spring Themes:

Lightness – Shedding winter's heaviness

Movement – Awakening body & mind

Detoxification – Supporting digestion & clearing stagnation





1. MORNING DETOX ROUTINE

START YOUR DAY WITH A CLEANSING RITUAL

- **Warm Lemon & Ginger Water** – Stimulates digestion & metabolism
- **Tongue Scraping** – Removes toxins from the tongue
- **Self-Massage (Abhyanga)** with warming oils like sesame or mustard oil





2. EAT FOR LIGHTNESS & VITALITY

FAVOUR:

- Warm, light, dry foods (soups, sautéed greens, lentils)
- Spices that awaken digestion: ginger, turmeric, cumin, cinnamon
- Seasonal veggies: asparagus, spinach, dandelion greens
- Fruits: apples, pears, berries (but in moderation)
- Herbal teas: Ginger, Tulsi, Dandelion, Nettle

AVOID:

- Heavy, oily, dairy-rich foods (cheese, yogurt, fried foods)
- Cold, damp, or mucus-forming foods (ice cream, heavy grains, raw salads)
- Processed sugar & excessive snacking





3. DAILY AYURVEDIC PRACTICES FOR SPRING CLEANSING

- **Dry Brushing** – Exfoliates skin & stimulates circulation
- **Epsom Salt Bath** – Detoxifies & relaxes muscles
- **Hydrate Mindfully** – Sip warm water throughout the day
- **Spend Time in Nature** – Walk barefoot on grass, absorb sunlight





4. MOVE & BREATHE TO RELEASE STAGNATION

- **Morning Movement:** Energising yoga, brisk walks, dancing
- **Kapha-Balancing Yoga Poses:** Sun Salutations, Twists, Heart Openers
- **Pranayama (Breathwork):**
 - Kapalabhati (Skull Shining Breath) – Detoxifies & energizes
 - Bhastrika (Bellows Breath) – Builds internal heat



MOOD

SPRING EQUINOX INTENTION-SETTING

- 1.What do I need to release from winter's heaviness?
- 2.What seeds of intention do I want to plant for the season ahead?
- 3.How can I embrace lightness & renewal in my daily routine?

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KEEP IT SIMPLE & ENJOY!

EMBRACE THE SEASON OF RENEWAL

Spring is about shedding the old and stepping into new energy.

Even small daily shifts—like drinking warm ginger tea, adding movement, and setting clear intentions—can create powerful transformation.

