

3 DAY AYURVEDIC CLEANSE CHART

TIME	ACTIVITY
6am	<ul style="list-style-type: none"> • Wake-up • Scrape tongue with tongue scraper then brush teeth
6:20am	<ul style="list-style-type: none"> • Take 1 Tbsp of either Tikta Ghrita or Triphala Ghrita (see links above) • Drink 16oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta) • Apply 2-5 drops of Nasya Oil into each nostril (see links above)
6:30am	<ul style="list-style-type: none"> • Short home Yoga session, ideally with Detox Series* (link below) • If home Yoga is not available, try attending a “gentle” or “restorative” Yoga class each day of cleanse
7am	<ul style="list-style-type: none"> • 10 minute meditation (or longer!)
7:15am	<ul style="list-style-type: none"> • Breakfast: Cleansing Kitchari** (link below); medium portion, about 2 cups
8am	<ul style="list-style-type: none"> • 10 minute walk
9am	<ul style="list-style-type: none"> • Drink 16oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)
10am	<ul style="list-style-type: none"> • Drink 1-2 cups of OM Shanti Tea (link above)
11:30am	<ul style="list-style-type: none"> • Take 1 Tbsp of either Tikta Ghrita or Triphala Ghrita (see links above)
12pm	<ul style="list-style-type: none"> • Lunch: Cleansing Kitchari**; larger portion, about 3 cups
1pm	<ul style="list-style-type: none"> • 20 minute walk
2pm	<ul style="list-style-type: none"> • Apply 2-5 drops of Nasya Oil into each nostril* (see links above)
3pm	<ul style="list-style-type: none"> • Drink 16oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)
4pm	<ul style="list-style-type: none"> • Drink 1-2 cups of Detox Tea (link above)
5pm	<ul style="list-style-type: none"> • Dinner: Cleansing Kitchari**; small portion, about 1-2 cups
7pm	<ul style="list-style-type: none"> • Ginger-Baking Soda Bath (link above), minimum of 15-20 minutes
8pm	<ul style="list-style-type: none"> • Self-Oil Massage (Abhyanga)***; use Vata, Pitta or Kapha Oil as needed • Leave oil on overnight, but wear old pajamas!
8:30pm	<ul style="list-style-type: none"> • 10 minute meditation (or longer!)
9pm	<ul style="list-style-type: none"> • Take 1 tsp of Triphala Churna in 1/2 cup of warm water
9:30pm	<ul style="list-style-type: none"> • Bedtime