

3 DAY AYURVEDIC CLEANSE CHART

TIME	ACTIVITY
6am	<ul style="list-style-type: none"> • Wake-up, scrape the tongue, brush the teeth • Perform oil-swishing with sesame oil or coconut oil for 15 minutes • Apply 2 to 5 drops of nasya oil into each nostril
6:20am	<ul style="list-style-type: none"> • Take 1 tablespoon of Tikta Ghrita or Triphala Ghrita • Drink 16 oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)
6:30am	<ul style="list-style-type: none"> • Perform a gentle home Yoga session. 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"> • Perform a 10 minute meditation (or longer!)
7:15am	Breakfast: Cleansing Kitchari; medium portion, about 2 cups
8am	<ul style="list-style-type: none"> • Take a peaceful 10 to 30 minute walk
9am	<ul style="list-style-type: none"> • Drink 16 oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)
10am	<ul style="list-style-type: none"> • Drink 1 to 2 cups of OM Shanti Tea or ginger tea
11:30am	<ul style="list-style-type: none"> • Take 1 tablespoon of Tikta Ghrita or Triphala Ghrita
12pm	Lunch: Cleansing Kitchari; larger portion, about 3 cups
1pm	<ul style="list-style-type: none"> • Take a peaceful 10 to 30 minute walk
2pm	<ul style="list-style-type: none"> • Apply 2 to 5 drops of nasya oil into each nostril
3pm	<ul style="list-style-type: none"> • Drink 16 oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)
4pm	<ul style="list-style-type: none"> • Drink 1 to 2 cups of Detox Tea or ginger tea
4:30 pm	<ul style="list-style-type: none"> • Take 1 tablespoon of Tikta Ghrita or Triphala Ghrita
5pm	Dinner: Cleansing Kitchari; small portion, about 1 to 2 cups
7pm	<ul style="list-style-type: none"> • Ginger-Baking Soda Bath, soak for a minimum of 15 to 20 minutes
8pm	<ul style="list-style-type: none"> • Apply a self-oil massage (abhyanga) using Vata, Pitta, or Kapha Oil; leave oil on overnight (wear old pajamas)
8:30pm	<ul style="list-style-type: none"> • Perform a 10 minute meditation (or longer!)
9pm	<ul style="list-style-type: none"> • Take 1 teaspoon of Triphala Churna in 1/2 cup of warm water • Clean the teeth, oil-swish with sesame or coconut oil for 15 minutes
9:30pm	<ul style="list-style-type: none"> • Bedtime

3 DAY AYURVEDIC CLEANSE CHART