



Which scent relaxes your mind and body? Find out by checking off each question that best corresponds to you. The column with the most check marks will contain the essential oil that according to ayurveda beliefs will work for you!

Vata

Bergamot is the essential oil that will relax you

Try our Pink Papaya grapefruit bergamot products!

Pitta

Lavender is the essential oil that will relax you

Try our Pink Papaya lavender sweet orange products!

Kapha

Sandalwood is the essential oil that will relax you

Try our Pink Papaya vanilla sandalwood products!

Doesn't gain weight easily

Dark eyes

Dry skin – chaps easily

Darker complexion –tans

Thin eyebrows

Stiff joints

Eats frequently

Likes crunchy dry foods

Low thirst

Likes sun and warmth

Sensitive to noise

Light sleeper

Dreams with lots of movements to the point of nightmare

Moves erratically

Thinks creatively

Poor long-term memory

Lively personality

Talks a lot

Loves to travel

Stays about the same weight

Light eyes – green

Light or pink skin

Sunburns easily

Medium eyebrows

Average flexibility

Irritable if meals are missed

Likes cold drinks and snacks

Very thirsty

Likes cooler weather

Sensitive to light

Moderate sleeper

Passionate dreams

Moves with a purpose

Thinks logically

Clear memory

Warm personality

Argumentative

Needs a beautiful environment

Easy to gain weight

Thick eyelashes

Soft, smooth, moist, and cool skin

Thick hair

Thick eyebrows

Flexible

Eats out of emotional need

Likes creamy and sweet foods

Moderate thirst

Likes warm and breezy weather

Sensitive to touch

Deep excessive sleeping, falls asleep easily

Rarely dreams

Moves slowly and methodically

Thinks slowly and methodically

Good long-term memory

Peaceful personality

Talks slowly and deliberately

More of a homebody

Total # checked

Total # checked

Total # checked

I am a _____!

