

what your dosha needs

vata:

Warmth, nourishment, grounding.

pitta:

Cooling, calm, soothing presence.

kapha:

Stimulation, movement, uplift.

personalised experience

Our massage practitioners are trained to prescribe the right techniques, pressure, and oils for your unique dosha profile, enhancing restoration, balance, and overall wellbeing.

mini dosha quiz

	vata	pitta	kapha
skin	dry / cool	warm / sensitive	smooth / oily
digestion	irregular	strong / can overeat	slow / heavy
energy	quick but variable	focused / intense	steady / gradual
stress response	scattered / anxious	irritable / intense	withdrawn / sluggish
body frame	light	medium / athletic	solid / sturdy
lifestyle	variable / inconsistent	busy / organised	steady / routine
sleep quality	light / easily disturbed	regular / sound	deep / long hours

Share your result with us and we will recommend the treatments and products best aligned with your unique dosha profile.

begin your wellness exploration



Scan the QR code, speak with our Spa Reception team, or call 01637 861861 to arrange your personalised treatment. with **Scarlet Spa**.



Our Oula Dosha products are also available to support your wellbeing beyond the treatment room.

Scan the QR code, speak with our Spa Reception team, or call 01637 860860 to arrange your personalised treatment. with **Bedruthan Spa**.

discover your dosha

Ayurveda teaches us that balance is personal. Your dosha influences your energy, mood, digestion, sleep, and how you respond to stress. Most people are a blend of two doshas, with one becoming more dominant depending on season, lifestyle, and life stage. Understanding your current state helps us create a restorative experience aligned to your natural rhythm.



vata

air + space

Qualities:

Light, dry, cold, mobile, subtle, irregular.

Governs:

Movement, nerve impulses, circulation, respiration, elimination.

Balanced Traits:

Quick thinking, creativity, flexibility, enthusiasm.

Imbalanced Signs:

Anxiety, restlessness, dryness, constipation, irregular appetite, insomnia, bloating.

pitta

fire + water

Qualities:

Hot, sharp, oily, light, penetrating, intense.

Governs:

Digestion, metabolism, intelligence, body temperature, vision.

Balanced Traits:

Courage, strong digestion, sharp intellect, leadership.

Imbalanced Signs:

Anger, irritability, inflammation, acidity, excessive sweating, skin rashes, ulcers.

kapha

earth + water

Qualities:

Heavy, slow, cool, oily, stable, smooth, dense.

Governs:

Structure, lubrication, immunity, stability, strength, nourishment.

Balanced Traits:

Calmness, groundedness, loyalty, strength, patience.

Imbalanced Signs:

Lethargy, weight gain, congestion, water retention, depression, sluggish digestion.

BEDRUTHAN *Scarlet*