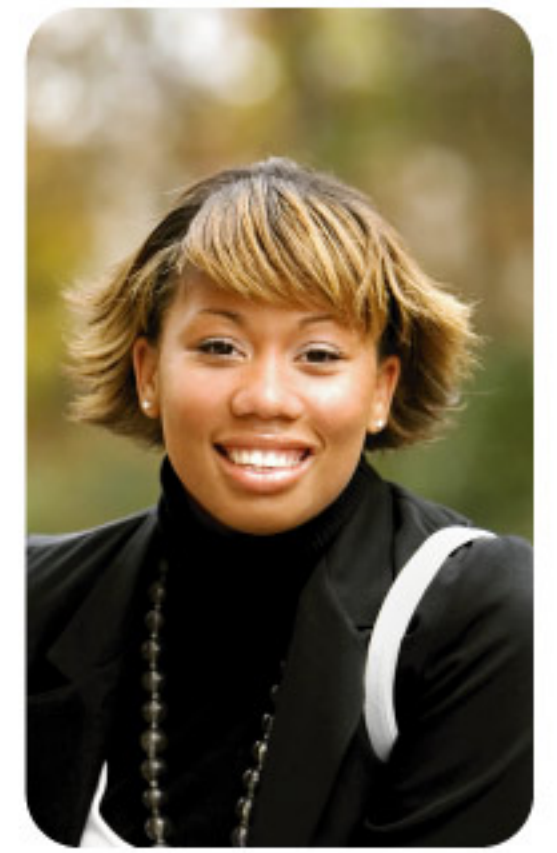


Ayurveda Essence

creating balance with color



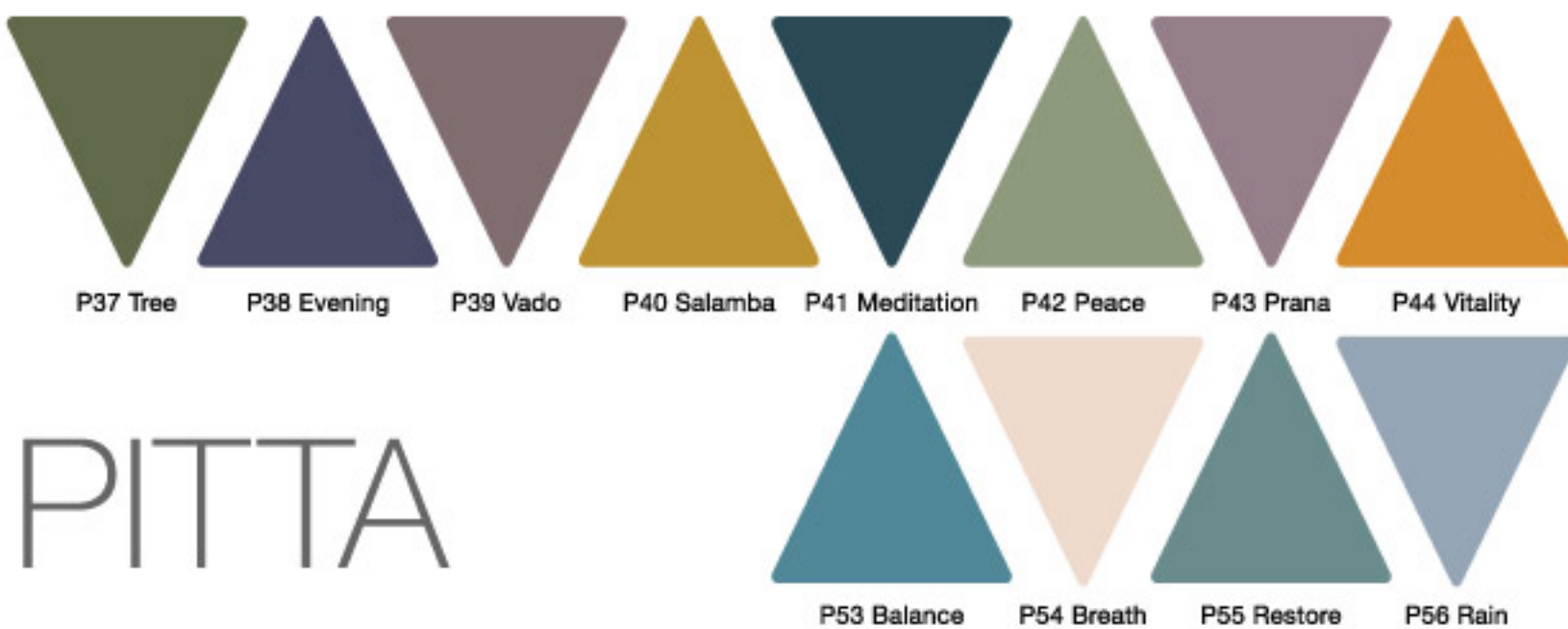
VATA

Vata individuals are light and dry by nature with a general tendency to a thin frame and low body mass. Skin and body functions can benefit from vigilant hydration. Balancing techniques can reduce anxiety. Deeper, darker colors suggestive of moisture can create balance.

Dominant element: air.
Palette strategy: grounding.



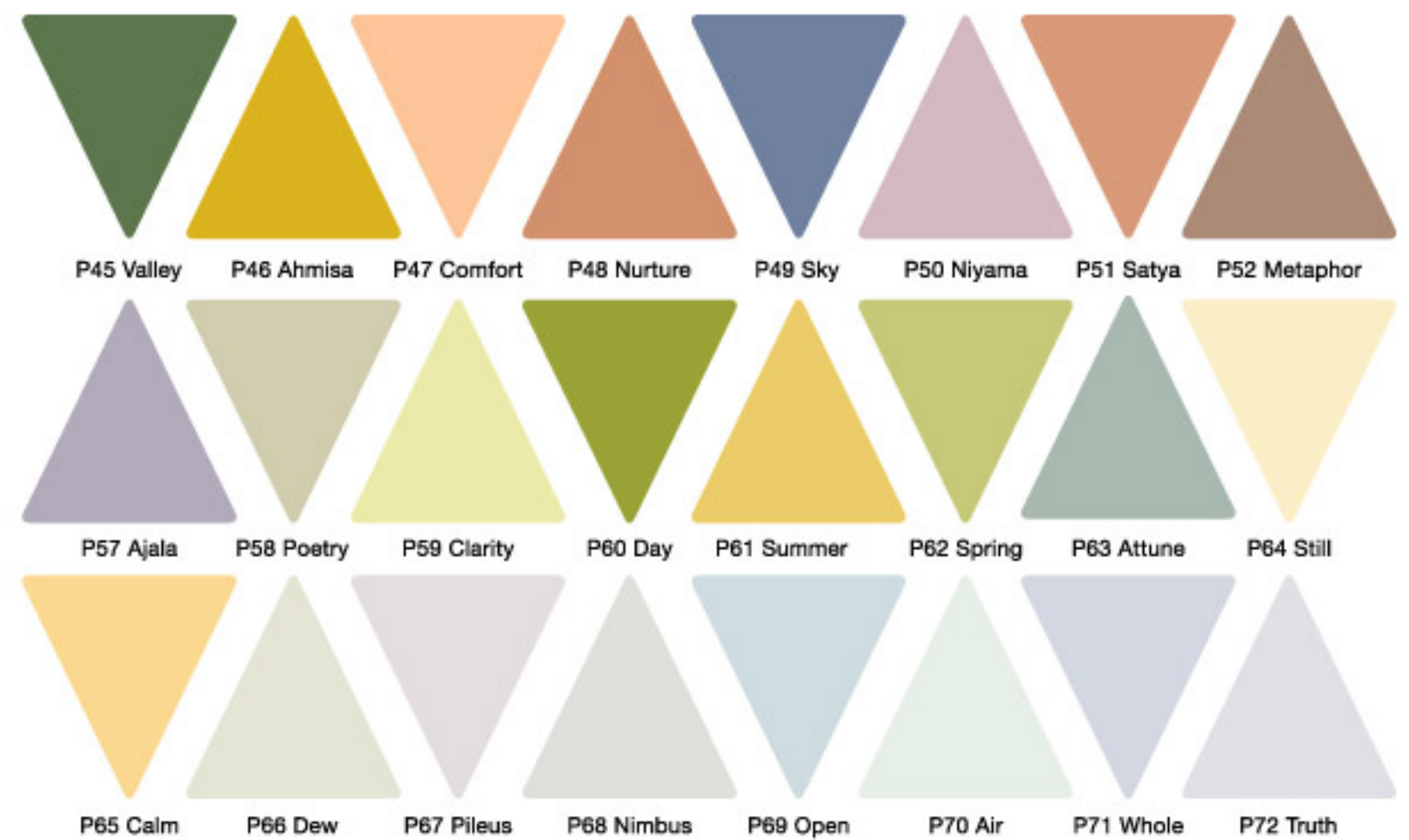
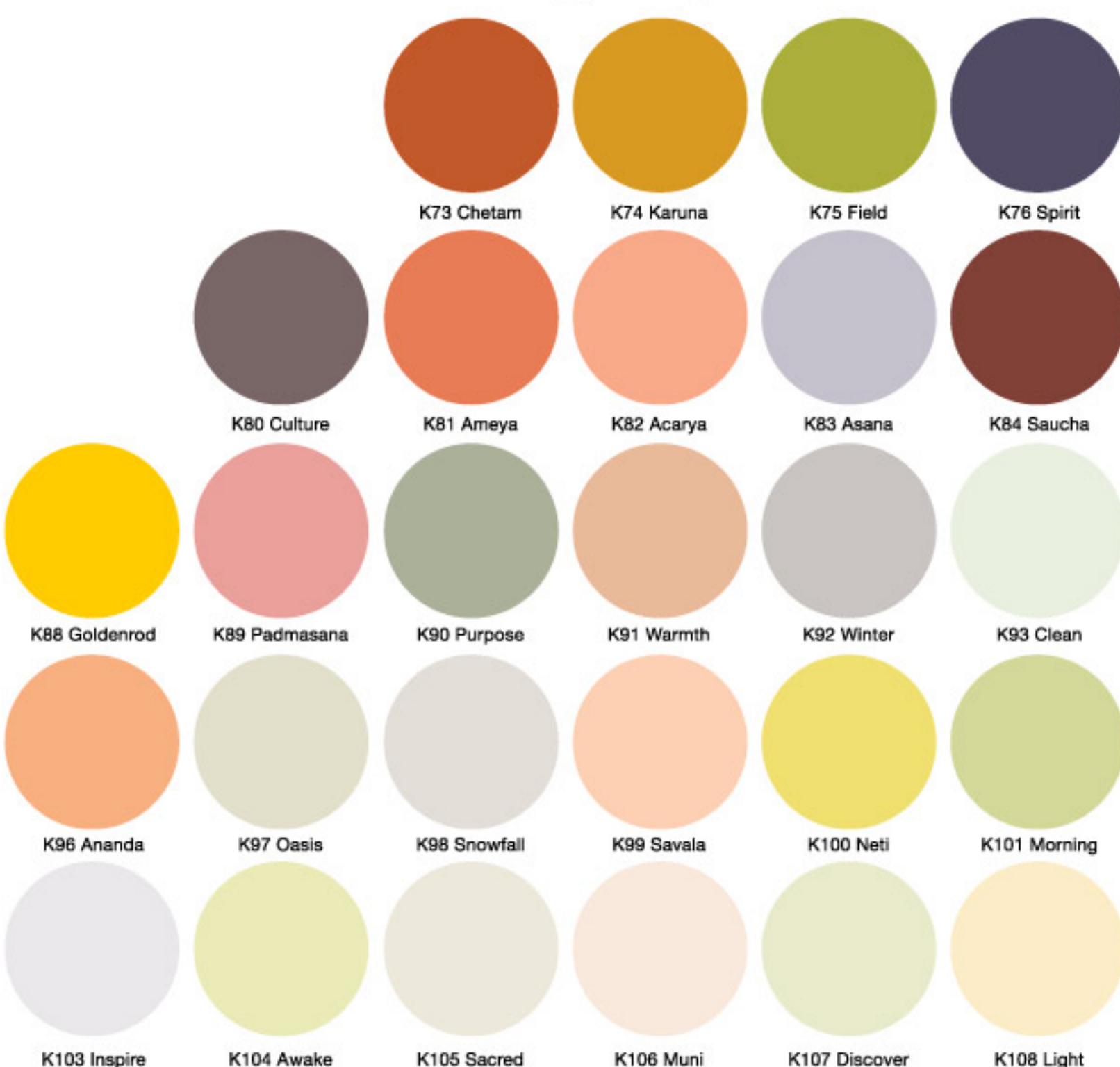
Note: The printed colors in this brochure represent Ayurveda Essence colors as closely as possible, but the final appearance is determined by substrate texture, sheen level, ambient lighting, application method, and other environmental and design factors. Sample brushouts of actual paint are recommended.



PITTA

Pitta individuals may develop occasional inflammatory conditions. They have a general tendency to a moderate, athletic frame with a muscular body mass, and a sharp, energetic personality. Cooling therapy may lower a tendency toward irritability. Balance may be derived by colors that cool, moderate, and soothe.

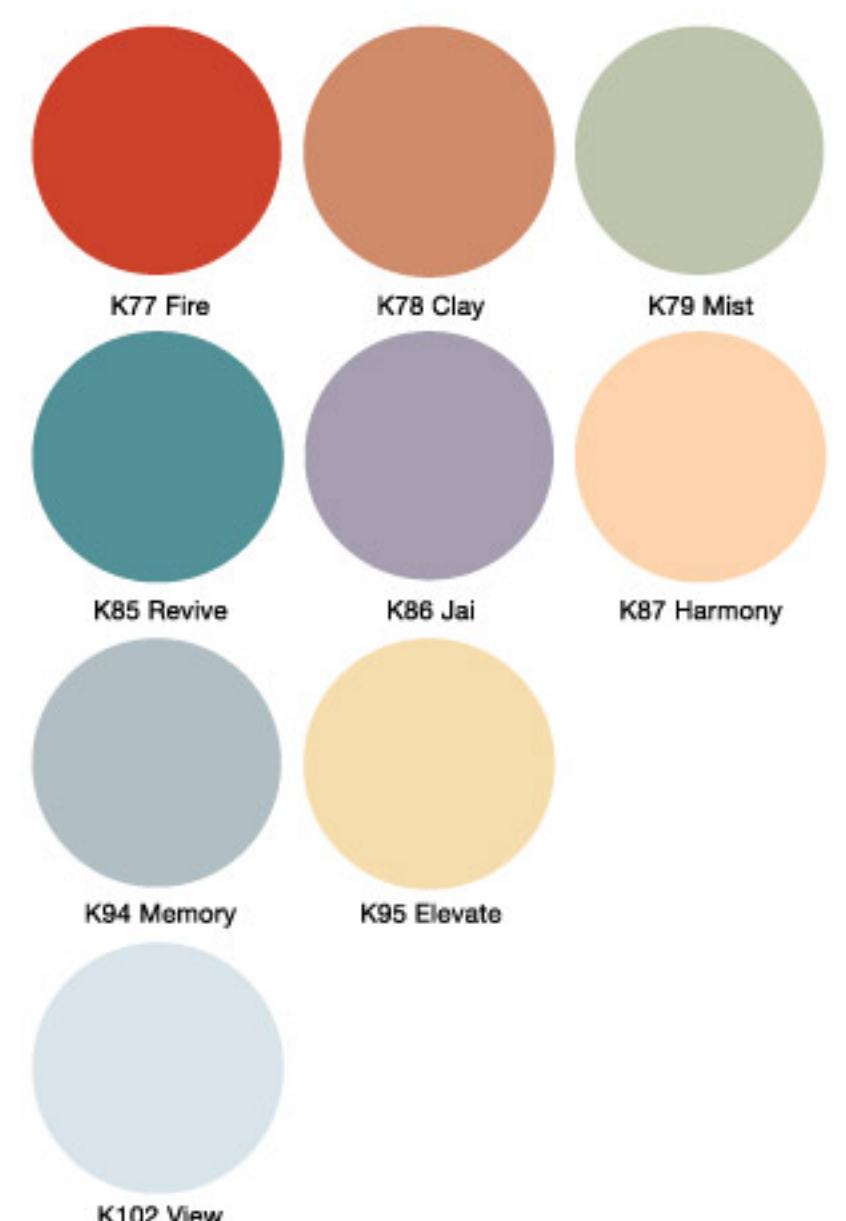
Dominant element: fire. **Palette strategy:** cooling.



KAPHA

Kapha individuals have a general tendency to a large frame. Emotional nature tends toward calmness and steadfastness. Stimulating therapy can avert tendencies toward inertia and lethargy. Balance can be derived by using mobilizing colors such as bold, stimulating, and bright accents. Midtones and pastels may create the best color schemes.

Dominant element: water.
Palette strategy: stimulating.



safecoat