

How to Fly



Vata Dosha naturally increases when we travel.
Prevent discomfort with a few easy tricks.

Flying increases Vata's qualities: cold, dry, rough & mobile in the body which manifests as gas, bloating, headache and anxiety.



During flight ✨

Wear a hat that covers your ears to keep excess air out of the head.

Use noise cancelling headphones or ear plugs.

Only drink warm water.

Sip slowly.

DO NOT EAT

Rest your eyes

Pre-flight

- Hydrate the night before
- Avoid alcohol
- Eat a nutritious meal
- The morning of your flight have a light, easily digestible meal
- Oil your skin, place nasaya oil in your ears and nose
- allow plenty of extra time before boarding to avoid stress

On the ground

Sip warm water the rest of the day and eat a warm meal. Neti Pot to clean your nose of germs, let yourself get grounded and rest before you hit the ground running!