

Chapter 1 Wellness

AYURVEDIC SKIN ASSESSMENT SHEET

A questionnaire that is just about skin type is necessary to help guide product selection.

When choosing skin care products, do you go on skin condition or general dosha balance? When working with the skin of course you work with the skin condition that presents itself and keep in the back of your mind the general dosha balance.

MY SKIN.....

VATA

- is dry - especially when I travel, in winter or windy weather
- is fine - I can easily feel my bone structure
- is cold and rough or flaky
- tans deeply and easily - I love the sun
- enjoys oils and rich creams
- have many fine lines especially around my eyes
- on my lips crack easily
- looks gray and lifeless when I'm stressed or tired
- rarely have breakouts

PITTA

- is sensitive - soaps and cosmetics easily give me itchiness or rash
- is medium thickness - I can feel muscles when I touch my face
- is warm and soft to touch
- burns easily - gets freckles, heat can make me irritable
- prefers light lotions or gels
- has a visible blood vessel especially on my nose and cheeks
- my lips are prone to bleed or get sores
- looks sallow or flushed when I'm stressed or tired
- prone to inflamed and yellow breakouts

KAPHA

- is prone to congestion
- is thicker - I feel full flesh when I touch my face
- is cool and moist to touch
- tans slowly - heat makes me feel clammy quickly
- hates heavy or oily cosmetic preparations
- pores are enlarged especially on my nose and chin
- on my lips gets sticky
- looks pale or puffy when I'm stressed to tired
- is prone to blackheads, white heads or deep cysts

Totals for:

Vata

Pitta

Kapha

