

# Ayurvedic skincare analysis

Name \_\_\_\_\_ Date \_\_\_\_\_

## Know, treat and love your skin

At Tri-Dosha, we understand that everybody's skin is different. That's why, with the help of Ayurveda, our approach to caring and nurturing the face and body is so unique. With age-old Indian wisdom serving as the bedrock of our thinking, Tri-Dosha skincare is made-to-measure according to your individual makeup.

But that's not all. Our belief is that the skin is constantly in flux, either from season to season or thanks to bodily and hormonal changes. This means we continually analyse your skin and treat it according to its current condition, not overall type.

To help us care for your skin effectively, we've put together a short analysis below. Simply tick the appropriate boxes, tot up the results and discover your perfect skincare partner: vata, pitta, or kapha.

### skin type

#### vata

#### pitta

#### kapha

#### skin problem areas

forehead

cheeks and nose

chin

#### skin texture

dry, rough, cold

soft, slightly oily, hot

oily, cold, clammy

#### pores

small

large in the T-zone, small elsewhere

large, open

#### skin colouring (undertone)

blue

red

yellow

#### visible appearance

fine lines

freckles

blackheads

#### skin concerns

dryness

inflammation, rashes

acne

total