



Skin Questionnaire

Please select all that apply to determine your current Dosha and Skin Type. If you have traits that fall under more than one dosha within any category, select all that apply. If none of the choices apply to you, do not answer and skip to the next. Give yourself one point for each selection, and add the totals from each column at the bottom.

Call to schedule a comprehensive skin evaluation and treatment plan (bring this completed form with you).

PHYSICAL TRAITS	VATA	PITTA	KAPHA
Body Frame	Thin	Medium	Large
Skin	Dry, thin, Lack of tone or luster	Soft, Fair, Very sensitive, Medium Thick	Thick, Soft, oily, Shiny
	Rough, cold, small pores	Oily, Sweaty, Warm, Medium Pores	Oily, Cold, Enlarged pores
	Chapping and cracking, Premature wrinkles	Redness, freckles, Moles Acne, photosensitivity	Itching, Prone for Fungal Infection
	Dry rashes, corn	Acne, Redness, Inflammation	Large pustules, Acne
	Dry Eczema	Blackheads, Wet Eczema	Cystic formations
Scalp	Dandruff/ dry scalp	Warm, Oily, Sweaty scalp	Oily and Scaly Scalp
Hair	Dry and Dull, Rough, Curly	Oily, Thin	Thick, shiny
	Split Ends	Tendency of early graying and thinning	Grows easily
Finger Nails	Thin/cracking	Pink/soft/medium	Thick/wide/white
Eyes	Small/unsteady	Reddish/focused	Wide/white
Lips	Cracking, thin, dry	Medium or soft	Large or smooth
Weather- what bothers you	Cold and dry	Heat and sun	Cold and damp
Temperament	Nervous or fearful	Irritable or impatient	Easy going
Emotions	Enthusiastic or worries	Warm or angry	Calm or attached
Mind	Quick or adaptable	Penetrating or critical	Slow or lethargic

Totals
