

Ayurvedic Skincare Analysis

The skin is our interface with the outside world and for centuries, Indian men and women have used a variety of ayurvedic skincare formulas to nourish dhatus (tissues) and care for the skin effectively. Choosing the right individual skincare recipes is therefore essential for long term youth and natural beauty, generating real health from the inside.

From an ayurvedic perspective, often you will only need to look at what your skin is like at that time. For instance, if your skin is very dry, vata skincare is best. If it is sensitive or a

combination type, pitta products should be used. And if it is oily, it will benefit most from kapha formulas. It is also important to understand your skin can change depending on the season or with age, and with this in mind, it is imperative to keep analysing your skin on a yearly basis, and change your products accordingly.

To determine your ayurvedic skintype and discover which Tri-Dosha skincare products are best for you, please

complete our skintype analysis below, then add up the number of tick marks under each section to find out whether you should use vata, pitta or kapha Tri-Dosha skincare.

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

