



Orange Skye Day and Wellness Spa

Serving The Mind Body and Soul

254 Highway 35 South Red Bank NJ 07701 (732)530-9003 www.orangeskyedayandwellnessspa.com

Guest Name: ----- Email: -----

Phone: ----- Can we add you to our mailing list? Y---- N-----

AYURVEDA CONSTITUTIONAL ANALYSIS Do you know your dosha/constitution? Discover which elements are predominant in your constitution by circling the characteristics which pertain to you most. Are you VATA (dry skin) - PITTA (Sensitive Skin) - KAPHA (oily skin)

	Vata	Pitta	Kapha
Physical Frame	Thin, Tall or Short, Small Boned	Medium, Well Proportioned	Thick, Stout, Stocky, Well Developed Large Boned
Body Weight	Light, Prominent Joints, Under Developed Muscles	Moderate, Good Muscles, Athletic Physique	Overweight, Heavy
Skin	Dry, Rough, Cool, Cracked, Prominent Veins, Thin, Fine Pores	Soft, Oily, Warm, Fair, Sensitive, Red, Moles, Skin Eruptions, Yellowish	Thick, Oily, Prone to Acne, Cool, Pale
Hair	Dry, Curly, Frizzy, Kinky, Coarse	Fine, Oily, Baldness, Early, Graying, Reddish, or Blonde	Thick, Shiny, Oily, Lustrous, Wavy
Eyes	Small, Dry, Dark, Few Lashes	Medium, Sharp, Penetrating, Green, Yellowish, Light Sensitive	Large Round, Blue or Brown, thick Eyelashes
Lips	Thin, Dry, Chapped	Soft, Medium	Large, Smooth, Full
Teeth	Can Be Crooked or Protruded	Yellowish, Sensitive Gums	Strong, White, Large Even
Nails	Brittle, Ridged, Cracked	Soft, Flexible	Strong, Thick

Strength	Low, Poor Endurance	Medium	Strong
Appetite	Variable, Erratic, Small, Amounts Frequently	Strong, Unbearable at Times, Persistent	Slow, But Steady
Physical Activity	Very Active	Moderate	Less Active, Can Be Lethargic
Mind	Active, Restless	Intelligent, Sharp, Focused	Calm, Slow

Total:

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