

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

