

Emotions

- a) Anxiety, Fear, Uncertainty
- b) Anger, Hate, Jealousy
- c) Calm, Greedy, Attachment

Faith

- a) Variable
- b) Extremist
- c) Consistent

Intellect

- a) Quick but Faulty Response
- b) Accurate Response
- c) Slow, Exact

Memory

- a) Recent Good, Remote Poor
- b) Distinct
- c) Slow and Sustained

Dreams

- a) Quick
- b) Fiery, War, Violent
- c) Lakes, Slow, Romantic

Sleep

- a) Scanty
- b) Little but Sound
- c) Deep, Prolonged

Speech

- a) Rapid, Unclear
- b) Sharp Penetrating
- c) Slow, Monotonous

Financial

- a) Poor, Spends on Trifles
- b) Spends Money on Luxuries
- c) Rich, Good Money Preserver

Totals

a's ____ b's ____ c's ____

Ayurveda is a 5,000-year-old healing tradition from India that teaches us how to enrich our lives by staying in harmony with nature.

Of the five great elements that exist in the universe: ether, air, fire, earth and water, Ayurveda classifies these into 3 aspects, or doshas; Vata, Pitta and Kapha. For our bodies to function properly our doshas must remain balanced.

Mostly a's indicate Vata Dosha

Mostly b's indicate Pitta Dosha

Mostly c's indicate Kapha Dosha

Factors that can cause Vata dosha to increase in the physiology include a diet that contains too many dry or raw foods, over-consumption of ice-cold beverages, exposure to cold dry winds, a variable daily routine, too much travel, and mental overexertion.

Factors that can cause Pitta dosha to increase in the physiology include a diet that contains too many hot or spicy foods, fasting or skipping meals, over-exposure to the sun or to hot temperatures, and emotional trauma.

Factors that can cause Kapha dosha to increase in the physiology include a diet that contains too many deep-fried, sweet or heavy foods, over-consumption of ice-cold foods or beverages, exposure to cold and damp, daytime sleep, and lack of exercise.

What's Your Dosha?



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Body Frame

- a) Slim
- b) Medium
- c) Large

Body Weight

- a) Low
- b) Medium
- c) Overweight

Chin

- a) Thin, Angular
- b) Tapering
- c) Rounded, Double

Cheeks

- a) Wrinkled, Sunken
- b) Smooth, Flat
- c) Rounded, Plump

Eyes

- a) Small, Sunken, Dry, Active, Black, Brown, Nervous
- b) Sharp, Bright, Grey, Green, Yellow, Red, Sensitive to Light
- c) Big, Blue, Beautiful, Calm, Loving

Nose

- a) Uneven Shape, Deviated Septum
- b) Long Pointed, Red Nose-tip
- c) Short Rounded, Button Nose

Lips

- a) Dry, Cracked, Black Brown Tinge
- b) Red, Inflamed, Yellowish
- c) Smooth, Oily, Pale, Whitish

Teeth

- a) Stick Out, Big, Roomy, Thin Gums
- b) Medium Soft, Tender Gums
- c) Healthy, White, Strong Gums

Skin

- a) Thin Dry, Cold, Rough, Dark
- b) Smooth, Oily, Warm, Rosy
- c) Thick, Oily, Cool, White, Pale

Hair

- a) Dry, Brown, Black, Knotted, Brittle, Breaks Easily
- b) Straight, Oily, Blonde, Grey, Red, Bald
- c) Thick, wavy, Curly, Oily, Luxuriant

Nails

- a) Dry, Rough, Brittle, Breaks Easily
- b) Sharp, Flexible, Pink, Lustrous
- c) Thick, Oily, Smooth, Polished

Neck

- a) Thin, Tall
- b) Medium
- c) Big, Folded

Chest

- a) Flat, Sunken
- b) Moderate
- c) Expanded, Round

Belly

- a) Thin, Flat, Sunken
- b) Moderate
- c) Big, Pot Bellied

Belly-Button

- a) Small, Irregular, Herniated
- b) Oval, Superficial
- c) Big, Deep, Round, Stretched

Hips

- a) Slender, Thin
- b) Moderate
- c) Heavy, Big

Joints

- a) Small, Often Cracking
- b) Moderate
- c) Large, Lubricated

Appetite

- a) Irregular, Scanty
- b) Strong, Unbearable
- c) Slow but Steady

Digestion

- a) Irregular, Forms Gas
- b) Quick, Causes Burning
- c) Prolonged, Forms Mucus

Taste

- a) Sweet, Sour, Salty
- b) Sweet, Bitter, Astringent
- c) Bitter, Pungent, Astringent

Thirst

- a) Challengeable
- b) Surplus
- c) Sparse

Elimination

- a) Constipation
- b) Loose
- c) Thick, Oily, Sluggish

Physical Activity

- a) Hyperactive
- b) Moderate
- c) Slow

Mental Activity

- a) Hyperactive
- b) Moderate
- c) Slow, Dull