

Ayurvedic therapies consultation



Name:

Date:

For balance, harmony and an overall sense of wellbeing

At Tri-Dosha, we understand that everybody has different needs and requirements when it comes to treating their body. That's why, with the help of Ayurveda, our approach to caring and nurturing the body and mind is so unique. With age-old Indian wisdom serving as the bedrock of our thinking, our Ayurveda therapies programme is made according to your individual dosha (body type).

To help us care for your body and mind effectively, we've put together a short analysis below. Simply tick the appropriate boxes, please base your choices on what you observe as the most consistent over a long period of time – at least six to twelve months – and not just how you feel today. If you feel you have characteristics from more than one section, feel free to circle both or even all three. Once you have completed the questionnaire, tot up the results and discover your unique Ayurvedic dosha (body type).

For your Ayurvedic therapy, we will be using a Tri-Dosha oil blend made with wild grown Ayurvedic herbs. These oils are not to be taken internally.

		vata	pitta	kapha
physical	body	<input type="checkbox"/> thin physique, dry rough skin, pronounced veins, small hands	<input type="checkbox"/> medium physique, muscular, moist reddish skin, medium hands	<input type="checkbox"/> stocky, pale, smooth skin, large hands
physiological	sleep	<input type="checkbox"/> light, restless	<input type="checkbox"/> moderate, may wake up but will fall back to sleep	<input type="checkbox"/> deep, tough to wake up
	sweat	<input type="checkbox"/> minimal, variable	<input type="checkbox"/> profuse, hot	<input type="checkbox"/> moderate, cold
	appetite	<input type="checkbox"/> light, variable	<input type="checkbox"/> robust, hard to skip meals	<input type="checkbox"/> constant, but able to skip meals
	circulation	<input type="checkbox"/> poor, variable	<input type="checkbox"/> strong, warm	<input type="checkbox"/> slow, steady
	sensitivity	<input type="checkbox"/> cold, wind, dryness	<input type="checkbox"/> heat, sun	<input type="checkbox"/> cold, damp
	common illness	<input type="checkbox"/> arthritis, mental disorders, insomnia, body pain	<input type="checkbox"/> fevers, infections, inflammatory diseases	<input type="checkbox"/> congestion, mucous, water retention
psychological	mental activities	<input type="checkbox"/> active, adaptable, creative, enthusiastic	<input type="checkbox"/> focused, precise, competitive, articulate	<input type="checkbox"/> stable, patient, affectionate, down-to-earth
	energy levels	<input type="checkbox"/> highly energetic, frequent fluctuations	<input type="checkbox"/> vigorous, determined	<input type="checkbox"/> stable, sometimes lethargic
	totals	<input type="text"/>	<input type="text"/>	<input type="text"/>

For therapist use

Services to be performed today

Ayurvedic therapy:

Tri-Dosha oil:

Pressure:

Expected outcome?

Recommended lifestyle sheet: