



Ayurvedic Healing LLC
3121 Park Avenue, Ste D, Soquel CA 95073
Tel: 831-462-3776 Fax: 831-462-3706
www.Ayurvedichealing.Net

Request for Skin Consultation

Date: _____ Name: _____ male female

Mailing Address: _____
City _____ State _____ Zip Code _____ Country _____
Home Phone: _____ Work: _____ Ext. _____ Cell: _____
Fax: _____ E-mail Address: _____

How did you hear about Dr. Manisha Kshirsagar?

Referred by: _____ Relationship: _____

Payment Information

A Credit Card number is required to secure your appointment time.

Credit Card Number: (Visa/MC) _____ Exp. _____

Name on credit card: _____ . Security Code: _____

Medical Concerns and other Questions:

1. _____
2. _____
3. _____
4. _____

Please return this form by Fax: 831-462-3706, or E-mail: drsuhashi@yahoo.com or by mail to the following address:
Ayurvedic Healing, 3121 Park Avenue, Ste D, Soquel CA 95073

If you have any questions or concerns you may contact our office Monday through Friday 9:00am to 4:00pm (*Pacific Daylight Time*) at 831-462-3776 **24 hour Cancellation Policy**



Skin Questionnaire

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To determine your current Dosha and Skin Type, PLEASE fill out this questionnaire. If within any category you find that you have traits that fall under more than one dosha, select all that apply. If a question does not apply to you, please do not answer and skip to the next.

PHYSICAL TRAITS	VATA	PITTA	KAPHA
Body Frame	Thin	Medium	Large
Skin	Dry, thin, Lack of tone or luster	Soft, Fair, Very sensitive, Medium Thick	Thick, Soft, oily, Shiny
	Rough, cold, small pores	Oily, Sweaty, Warm, Medium Pores	Oily, Cold, Enlarged pores
	Chapping and cracking, Premature wrinkles	Redness, freckles, Moles Acne, photosensitivity	Itching, Prone for Fungal Infection
	Dry rashes, corn	Acne, Redness, Inflammation	Large pustules, Acne
	Dry Eczema	Blackheads, Wet Eczema	Cystic formations
Scalp	Dandruff/ dry scalp	Warm, Oily, Sweaty scalp	Oily and Scaly Scalp
Hair	Dry and Dull, Rough, Curly	Oily, Thin	Thick, shiny
	Split Ends	Tendency of early graying and thinning	Grows easily
Finger Nails	Thin/cracking	Pink/soft/medium	Thick/wide/white
Eyes	Small/unsteady	Reddish/focused	Wide/white
Lips	Cracking, thin, dry	Medium or soft	Large or smooth
Weather- what bothers you	Cold and dry	Heat and sun	Cold and damp
Temperament	Nervous or fearful	Irritable or impatient	Easy going
Emotions	Enthusiastic or worries	Warm or angry	Calm or attached
Mind	Quick or adaptable	Penetrating or critical	Slow or lethargic