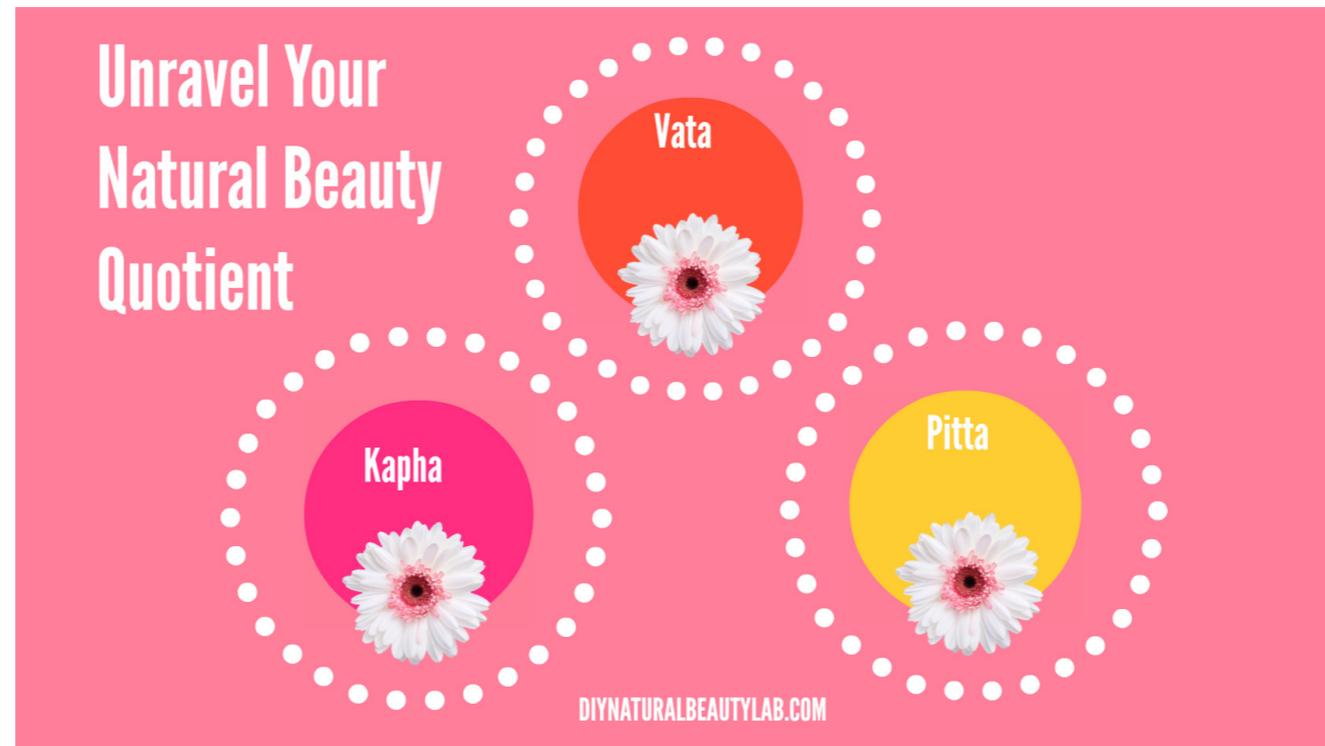


Natural Beauty Quotient



Natural Beauty Quotient

Natural Beauty Quotient is a qualitative measure of your overall beauty. The more you get your body in line your Natural Beauty Quotient increases. Take the quiz to know where you stand.

NATURAL BEAUTY QUOTIENT QUIZ

1. Do you feel confident about your appearance?
2. Do you know your dosha/ body type?
3. Do you drink enough water?
4. Do you exercise regularly?
5. Do you sleep enough?
6. Is your diet healthy enough?
7. Are you on a diet?
8. Do you smoke /drink alcohol?
9. Are you stressed out?
10. Are you on medication?
11. Do you use sun protection?
12. Do you color your hair?
13. Do you change beauty care products often?
14. Do you take a shower before sleep?
15. Do you have a beauty routine?

What You Need To Do

The Natural Beauty Quotient is a work in progress. Keep doing it consciously and you will soon have that “Beautiful” look. Designing & following your beauty regimen is the key to natural beauty.

NATURAL BEAUTY QUOTIENT INFERENCES

1. Feel good about your body. Love your body.
2. Take the dosha quiz to know your body type.
3. Drinking water keeps your body hydrated.
4. Exercise improves blood circulation.
5. Sleep relaxes your body and mind.
6. Practice a healthy diet to suit body & climate.
7. Better to avoid any experiments during “diet”
8. Avoid smoking and alcohol keeps the body healthy.
9. Practice relaxation methods (yoga)
10. Often medication results in hair/skin issues.

What You Need To Do

The Natural Beauty Quotient is a work in progress. Keep doing it consciously and you will soon have that “Beautiful” look. Designing & following your beauty regimen is the key to natural beauty.

NATURAL BEAUTY QUOTIENT INFERENCES

11. It is always good to protect your skin from harsh weather conditions.
12. Chemical hair coloring makes the hair weak and result in dandruff and hair fall.
13. Frequent changes will only cause damage to your hair and skin.
14. Taking a shower before sleep soothes your body and promotes good sleep.
15. A personalised beauty routine helps in cherishing beauty for a long term.

Know Your Dosha

The cause of skin and hair conditions results from a dosha imbalance. If you know your dosha, you can take steps to prevent them much earlier.

There are three doshas in ayurveda namely Vata, Pitta and Kapha. Each dosha has a unique set of characteristics.

Skin and hair is always related to the constitution (prakruti) according to ayurveda. Take this quiz to determine your dosha.



Know Your Dosha Quiz

1. My hair is:

- a. Dry, freezy and flaky
- b. Oily, blonde, red colored and premature graying
- c. Thick, wavy, oily and dark

2. My skin pores are:

- a. Small and fine
- b. Medium-sized
- c. Large

3. To the touch, my skin usually feels:

- a. Cool
- b. Warm
- c. Cold

4. My skin is:

- a. Dry
- b. Slightly oily
- c. Oily

5. The thickness of my skin is:

- a. Thin, delicate, wrinkles easily
- b. Medium
- c. Thick

6. My skin is problematic during:

- a. Cold, windy weather
- b. Hot weather
- c. Cool, damp weather

7. My skin problems are triggered by:

- a. Stress and anxiety
- b. Traumatic events
- c. Not washing enough

8. My skin has a tendency towards:

- a. Scratches, bruises and lines
- b. Pink breakouts, freckles, allergies
- c. Eruptions, oiliness

9. My skin tends to be:

- a. Rough
- b. Soft
- c. Plump

10. My skin color is:

- a. Pale, whitish
- b. Ruddy, pink
- c. Darker than my ethnic type

Know Your Dosha Quiz

11. My skin has a finish that is:

- a. Matte
- b. Softly lustrous
- c. Shiny

INFERENCES

1. If you answered mostly a's, you have a **Vata Dosha.**
2. If you answered mostly b's, you have a **Pitta Dosha.**
3. If you answered mostly c's, you have a **Kapha Dosha.**

What You Need To Do

Vata Dosha



SOLUTION

Vata skin and hair needs to be nourished and hydrated.

It is at risk for premature aging due to a deficiency of well-nourished tissues in the body.

By oil application internally and externally and following a nourishing warm cooked diet will take care of vata imbalances.

Best oil for vata is sesame or almond oil.

What You Need To Do

Pitta Dosha



SOLUTION

Pitta skin and hair need to stay cool.

A Pitta imbalance can result in rashes, acne, and other inflammatory skin conditions.

Pitta should resort to applying cooling herbs infused oil on their scalp and hair such as Coconut oil, Sandalwood & rose.

Consumption of ghee (moisturizing ingredient), can bring down both the internal and topical heat.

What You Need To Do

Kapha Dosha



SOLUTION

Kapha individuals tend to have naturally beautiful skin that ages slowly.

However, out of balance, Kapha skin tends to accumulate more toxins.

Frequent deep cleansing should be the basis of your beauty regimen.

Base oil for kapha dosha is mustard, sesame or Jojoba.

Essential oils should be spicy, light, warm and stimulating to the mind and body such as Cedar, Eucalyptus, pine and sage.