

Guest: _____

Address: _____

City: _____ Prov/State: _____ Postal/Zip Code: _____

Home Phone: _____ Work Phone: _____

Date: _____



elemental natureSM
questionnaire
AVEDA
the art and science of pure flower and plant essences

To determine your Elemental Nature, please circle one condition from each row that most accurately describes what has been true for you today.

| | Infinity | Air | Fire | Water | Earth |
|----------------------------|--|--|--|---|--|
| FACE | | | | | |
| Skin Type | Normal to dry | Dry | Sensitive | Oily/Acne-prone | Normal to oil |
| Complexion | Occasionally dull, sometimes burns | Sallow, matte, burns easily | Red undertones, noticeable capillaries, always burns | Overall shininess, rarely burns | Occasionally shiny, burns after long exposure |
| Texture | Some dryness, thin skin, small pores, several fine lines | Dry, thin skin, invisible pores, fine lines | Delicate, soft/smooth skin, prone to inflammation and early wrinkles | Soft skin, some puffiness/water retention, large pores, very few facial lines | Smooth, thick skin, medium pores, few wrinkles |
| Challenges | Spot dryness/lack of moisture | Flaky, rough | Prone to irritation, rash/itch and breakouts | Excess oil, blackheads/white heads, acne | Oily in T-zone, spot blemishes |
| MIND/BODY | | | | | |
| Body Temperature | Tend to feel comfortable | Tend to feel cold | Tend to feel warm/hot | Tend to feel cool | Tend to feel moderate |
| Hair/Scalp | Thin, dull, split end, normal to dry scalp | Fine, dandruff, dry scalp | Fine, prematurely grey, sensitive scalp | Lustrous, oily | Thick, heavy, somewhat oily |
| Energy Level | Tends to be high | Sporadic/tendency toward extremes | Consistent, steady, strong | Low, but consistent | Tends to be low |
| Stress Response | Nervousness | Anxiousness/Worry | Anger/Irritability | Emotionality | Withdrawal |
| Body Type | Usually petite | Usually tall and thin | Usually athletic | Usually heavy | Usually large and broad-shouldered |
| Sleep Pattern | Light/awaken easily | Tend to have frequent insomnia | Solid sleeper: can function well on less than six hours of sleep | Tend to sleep deeply/heavily | Tend to sleep deeply/heavily, need more than eight hours sleep |
| Pattern of Activity | Mildly dislike routines | Strongly dislike routines | Like routines | Need routines | Always follow a routine |
| Thought Process | Think quickly and often | Learn new information quickly but forget things easily | Focus well and have sharp intellect | Learn new information slowly | Have a great long-term memory |
| TOTAL | | | | | |

Infinity:

Sense: Linked to sound

Physiology: Responsible for expansion; including the expansion of lungs during breathing, the expansion of the arteries, etc.

Mind: Infinity has an open (expansive) mind; they think quick and often.

Imbalanced State: Tendency toward nervousness and a lack of focus. Feel cool/cold.

Air:

Sense: Linked to touch

Physiology: Air is responsible for all movement in the body. Including movement of air in and out of the lungs, blood and lymph circulation, the nervous system, and movement of food through the digestive tract.

Mind: Creative mind; learn rapidly but forget easily

Imbalanced State: Tendency towards anxiety, worry, talking too much and too fast, are forgetful, and have a hard time making decisions. Feel cool/cold.

Fire:

Sense: Linked to sight

Physiology: Fire responsible for transformations in the body. This includes digestion (food changed into energy), the regulation of heat, and the colouration of the skin.

Mind: Fire has a sharp intellectual mind; strong views, argue their points well; very ambitious.

Imbalanced State: Short tempers, anger easily, show frustration, irritable and have very little patience.

Water:

Sense: Linked to sense of taste

Physiology: Responsible for lubricating different structures of the body, moisturizing respiratory tract, lubricating joints, lubricating digestive tract.

Mind: Very compassionate; water gives us our capacity for love and for supporting and nurturing others; learn information slowly but has a good memory

Imbalanced State: Tendency to be needy, attached; they can get depressed; neutral temp (warm)

Earth:

Sense: Linked to sense of smell

Physiology: Responsible for structure in the body; the muscles and skeleton

Mind: Stable mind, consistent with their beliefs; hold onto their beliefs very strongly; excellent long term memory

Imbalanced State: Tend to be slow and sluggish; tired most of the time; become attached to their situations; have a hard time adapting to change.