

Ayurvedic Skin Care Guide



WATER



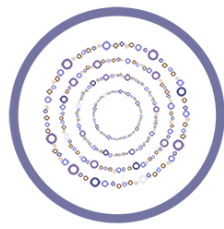
FIRE



EARTH



AIR



ETHER/SPACE

What's Your Dosha?



Vata

(Dry Skin)

Space + Air

Vata skin tends to be dry, rough and is cool to the touch. This type of skin has a thin outer layer which may contribute to premature aging and wrinkles. Exposure to the harsh elements, incompatible food (cold, rough, dry, etc.), lack of water and oil, excessive mental, physical activity and insufficient rest can aggravate or even accelerate aging in this skin type.

Vata Skin Concerns: *Fine lines and wrinkles*

Foods to Avoid: *Cold water, cold foods, raw veggies*



Pitta

(Sensitive Skin)

Fire + Water

Pitta skin Can be fair, reddish or freckled. If you have Pitta skin, your skin is affected by heat and sun. It also burns easily and can be sensitive, oily and prone to acne and inflammation. Incompatible foods (oily, sour, acidic, spicy etc.), stress and chemicals may agitate this skin type. Toxins that build up in the skin can manifest in the skin as inflammation, blemishes and acne.

Pitta Skin Concerns: *Acne, rosacea, psoriasis, eczema, dark spots*

Foods to Avoid: *Spicy foods, sour foods, acidic foods, alcohol*



Kapha

(Oily Skin)

Water + Earth

Kapha skin tends to be smooth, thick, moist, pale and ages well. Can be oily and prone to large pores, black/whiteheads and acne. Excessive oil excretion combined with dirt results in the clogging of the skin pores. Incompatible foods (sweet, salty, oily, dairy products, etc.) and a sedentary lifestyle can agitate this skin type. Ayurvedic treatments and remedies increase the circulation and detoxify the skin, restoring balance.

Kapha Skin Concerns: *Clogged pores, cystic acne, blackheads/whiteheads*

Foods to Avoid: *Fried foods, dairy, red meat, processed sugars*



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Skin Care

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