

Memory

- V acute awareness but short and variable recall; short attention span
- P reasonably good memory; when impatient lose short term memory
- K long memory, never forget; may be slow or unwilling to recollect

Sense of Humour

- V very witty; expressive actions and impersonations; funny voices and faces
- P intelligent humour; play on words; can laugh at themselves; detached
- K enjoy comedy and laughing out loud; sharing jokes; emotional

Caring / Compassion

- V more self conscious and selective about who they will care about; not spontaneous
- P caring based on the 'mind' rather than the 'heart'; responsible, considerate
- K selfless and spontaneous

Ethics / Social Awareness

- V strong opinions; impulsive; may be unrealistic; sceptical
- P introduce ideas and plan; good organisers; practical, active and realistic
- K supporters; pacifists; compassion for the suffering of others, emotional involvement

Score

Date:

V Vata

P Pitta

K Kapha

The score above with the highest number is the Dosha you need to reduce. Select products that pacify this Dosha.



* Disclaimer: Please note that the results of this questionnaire should not be used for diagnostic purposes. Anyone having any imbalances or symptoms of diseases should seek medical attention. The purpose of this form is meant to serve as a guideline only in order to help identify the most appropriate products for individual use.

Vata Pacifying

Cleanser, Toner & Moisturiser



Ancient's Best Vata Pacifying Skincare Range is most suited to those with an aggravated Vata Dosha.

Pitta Pacifying

Cleanser, Toner & Moisturiser



Ancient's Best Pitta Pacifying Skincare Range is most suited to those with an aggravated Pitta Dosha.

Kapha Pacifying

Cleanser, Toner & Moisturiser



Ancient's Best's Kapha Pacifying Skincare Range is most suited to those with an aggravated Kapha Dosha.



AYURVEDIC SKIN CARE RANGE

Using the ancient Indian philosophy of health and wellbeing, Ancient's Best has created a customised facial skincare range to help cleanse, detoxify and replenish your skin.



'True and lasting beauty manifests as wisdom and skill in the way we live our lives.'



NOT TESTED ON ANIMALS

PARABEN FREE

NO MINERAL OILS

NO SODIUM LAURYL SULPHATE

NO ADDED FRAGRANCE

NO ADDED COLOURING

MADE IN NEW ZEALAND

Please complete the questionnaire inside this brochure to identify the best products for you to use.

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What is Ayurveda?

Ayurveda recognises that we are not the same. You are unique and therefore need to live your life according to what suits you as an individual.

What makes you unique?

Ayurveda states that all matter (including you) contains five elements known as ether, wind, fire, water, and earth. As such you, and all that you see around you, are an integral and inseparable part of Nature. Three primary energies are formed by the combination of these five elements and they are termed Dosha.

Vata Dosha — ether and wind elements

Pitta Dosha — fire and water elements

Kapha Dosha — water and earth elements

For an explanation of each Dosha go to www.ancientsbest.com.

We should also note that the word Dosha means disturbance or fault. Each person is born with his/her own unique combination of the three Dosha, with one Dosha usually predominant. This gives that person their primary characteristics, personality, and distinctive nature. This nature, or constitution, is known as Prakriti and does not alter for your entire life span. It may or may not be disturbed from birth and is natural and 'normal' for you.

Understanding your unique nature

Understanding your Prakriti helps you to recognise and accept your weaknesses and strengths so you understand what suits you and what you should avoid. Often however, there is a lack of understanding of Prakriti and how to manage it so you may live an incompatible lifestyle. This can disturb your Prakriti over time and create an unnatural situation. You may start to suffer discomfort and disturbance. This state is termed Vikriti and may result in your main Dosha becoming more aggravated or another Dosha becoming aggravated.

Ayurvedic Life-style Management

To pacify and manage an aggravated Dosha you need to understand its qualities and apply that which is opposite in quality.

Ayurvedic Dietetics

Diet is understood to be one of the most important factors influencing health and beauty and by understanding your individual constitution a compatible diet can be adhered to. This includes eating the correct foods for your Dosha (Ayurvedic Dietetics); and correct eating habits such as eating only when hungry, eating the correct amount, and other considerations such as the climate, season, and your emotional and physical state etc.

Our Skincare Products

In Ayurvedic skincare it is not a matter of one herb being better than another but which herb is more correct and compatible for each person. Herbs are selected to be supportive and pacifying to each specific Dosha in addition to having the qualities (cleansing, toning, moisturising etc) needed for such a product.

Ancient's Best products are not single herb products but use a number of herbs chosen for their suitability to pacify a particular Dosha, as well as their qualities in combination with other herbs. It is understood in Ayurveda that using several herbs with similar qualities gives a more potent effect and greater benefits than using a single herb.

Classical Ayurveda

The traditional application of Ayurveda is focussed primarily on a Life-style management approach and this is the most important factor in terms of stability. This works to support and complement the use of the herbal skin care products and improve the self-awareness and understanding of the person using the products.



Lifestyle

Lifestyle is anything and everything that affects you and all things within and without you are in a constant state of flux. You are likely to be influenced by your culture, upbringing, family and friends, conditioning/habits, fashions, trends etc. If you are not selective with your lifestyle and able to adjust when necessary you may suffer a state of disturbance, discomfort, and eventually disease. Awareness of yourself in relation to your environment in each moment is the key to managing your life and living according to your individual nature.

What Dosha needs to be pacified?

Name: _____

Tel: _____

Email: _____

This questionnaire will help you to identify your current constitution (Vikriti). Choose one (or if necessary two) of V, P, or K for each question and add up your results at the end. **Select those answers that most represent you at this moment in time.**

Hunger and Appetite

- V hungry frequently; weak when hungry; like to snack
- P good appetite; enjoy eating; sharp hunger; must eat immediately or can get angry
- K emotional eaters; like 'comfort' food; no discomfort if miss meals; often not hungry but eat anyway

Sleep Pattern

- V can be either a light or deep sleeper; rarely feel rested; restless in bed
- P moderate sleeper; alert even without a good sleep; can wake up easily
- K not able to go to sleep early; snoring may disturb sleep; difficulty waking up early; deep and long sleep that is rarely broken; feel rested by sleep

Discipline

- V feeling 'lost'; lack of routine; forgetfulness; poor time management
- P frustration and anger when lose self control; like a regulated lifestyle; great planner; self disciplined
- K indifferent; 'can't be bothered'; making excuses; stubborn; selflessness — discipline coming from a desire to help others

Motivation / Taking Responsibility

- V unmotivated due to lack of direction and focus; unable to complete tasks; enthusiastic; creative; sensitive but not too practical
- P unmotivated when not in charge or lost self control; leader, organiser, intelligent; enjoy mental and physical challenges
- K unmotivated due to laziness, procrastination, avoidance; tolerant, patient, compassionate, loyal and calm

Speech

- V incoherent; fast; talkative, incomplete sentences, loss of voice, good orator, knowledgeable speaker
- P short and sharp, aggressive, direct, may use swear words, bold, intelligent and fearless speech
- K slow and deliberate, domineering speech, speak calmly with an attitude of caring