

Diamond Way Ayurveda Foot Assessment:

Circle your traits from all three columns. Based on the column with the most circles, choose the appropriate products and style of treatment.



Vata Dosh

Dry
Cold
Rough
Fine boned/slender
Thin ankles
Thin/narrow feet
Dry calluses
Noticeable joints or joint
Visible blood vessels
Long thin toes
Space between toes
Irregular toes/foot
Mismatching toe nails
Feet don't match body
Twitchy/moves fast
Pain sensitive
Cold to touch
Emotionally sensitive
Creative/artistic
Energetic
Talkative
SALES: Story about experience and allow to touch product/massage tool
Like to be WARM,CALM and NOURISHED

Pitta Dosh

Hot
Moist
Regular shape
Medium boned
Athletic looking
Medium size
Red/yellow on the soles
Noticeably moles
Inflammation of joints
Medium toes/grip
Fungal infection
Regular toes
Even oval nails
Feet match body well
Smell strong if sweaty
Report sharp pain
Hot to touch
Logical
Visionary/planner
Driven
Questioning
SALES: Information about results or uses of marmas, results and value
Likes to be COOL, SOOTHED & ANSWERED

Kapha Dosh

Dense
Cool
Stable
Heavy boned
Stocky/thick ankles
Larger
Fatty bumps or swelling
Noticeable strength
Enjoys pedicures
Larger toes
Toes shorter and tight together
Regular shaped foot/toes
Even, thick, square nails
Feet match body well
Sweat easily
Dull pain/aches
Moves gracefully/slowly
Cool and moist to touch
Deep thinking
Traditionalist
Quiet
SALES: Assurance of tradition and long term benefits, likes fancy sets/gift packages and gift certificates
LIKES TO BE WARM, COMFORTABLE, & GENTLY CLEANSED