



CLIENT: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____

SERVICE BY: _____ DATE: _____

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 oily
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/whiteheads, 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 ends, 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	Slow, 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 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					