

NATURAL AYURVEDIC BEAUTY RECIPES

1. Ubtan for Radiant Skin

Ingredients:

- 2 tbsp **Besan (Gram Flour)**
- 1 tbsp **Sandalwood powder**
- 1 pinch **Turmeric**
- 2 tsp **Raw milk** or **rose water**

How to Use:

Mix into a paste, apply on face/body, leave for 10–15 mins. Scrub off gently.

Benefits:

Cleanses, brightens, exfoliates dead skin.

2. Aloe Vera + Turmeric Glow Mask

Ingredients:

- 2 tbsp **Fresh Aloe Vera gel**
- A pinch of **Wild turmeric (Kasturi Haldi)**
- 1 tsp **Honey**

How to Use:

Apply on face, leave for 15 mins, rinse with lukewarm water.

Benefits:

Soothes skin, reduces blemishes and acne, hydrates.

3. Rose Water + Glycerin Toner

Ingredients:

- 2 tbsp **Pure rose water**
- 1 tsp **Glycerin**
- 2 drops **Lavender oil** (*optional*)

How to Use:

Store in spray bottle and mist on face post-cleansing.

Benefits:

Balances pH, hydrates and tones.

4. 🥒 Dark Circle Eye Serum

Ingredients:

- 1 tsp **Cucumber juice**
- 1 tsp **Potato juice**
- A drop of **Almond oil**

How to Use:

Dab gently under eyes before bed.

Benefits:

Reduces puffiness, dark circles, and cools the eyes.

5. 🥥 Hair Growth Oil (for All Doshas)

Ingredients:

- 2 tbsp **Cold-pressed coconut oil**
- 1 tbsp **Castor oil**
- 1 tsp **Bhringraj powder or paste**
- 5-6 curry leaves

How to Use:

Warm the oil, massage into scalp for 10 mins. Leave overnight or 1 hr before shampoo.

Benefits:

Reduces hair fall, strengthens roots, promotes hair growth.

6. 🌿 Neem Anti-Acne Pack

Ingredients:

- 1 tsp **Neem powder**
- 1 tsp **Multani mitti (Fuller's earth)**
- Rose water to mix

How to Use:

Apply on acne-prone areas. Wash after 15–20 mins.

Benefits:

Antibacterial, clears pimples, removes oil and toxins.

7. 🍷 Lip Lightening & Softening Balm

Ingredients:

- ½ tsp **Beetroot juice**
- ½ tsp **Ghee or coconut oil**
- A pinch of **turmeric**

How to Use:

Apply at night regularly.

Benefits:

Brightens lips, softens texture, removes tan.

8. 🍷 Tan Removal Face Pack

Ingredients:

- 1 tbsp **Curd**
- 1 tsp **Tomato juice**
- 1 tsp **Oatmeal flour**

How to Use:

Apply, scrub gently after drying.

Benefits:

Cools sunburn, removes tan, gently exfoliates.

9. 🌿 Exfoliating Scrub (Kapha balancing)

Ingredients:

- 1 tbsp **Ground oats**
- 1 tsp **Honey**
- 1 tsp **Lemon juice**

How to Use:

Rub gently on damp face, rinse after 3–4 minutes.

Benefits:

Removes dullness, brightens and invigorates Kapha-type skin.