Does your skin seem more vulnerable to acne or eczema than others? Do you tend to feel dryness even during times of humidity? Most often it is not the external factors that affect your skin health. It is what is going on inside your body that is reflected on the skin.

Skin according to Ayurveda

The skin is the representation of internal health and is also a conduit for elimination of toxins. It is your interface to the outside world. The skin and the digestive tract are very similar in function. They are both the outside of your body. Even though your digestion takes place “inside” of you, just like your skin, your esophagus, stomach and intestines serve to absorb what is good for you and keep out what is bad. In order to maintain good health, it is important for all these organs to maintain optimal function. Unfortunately for many people, due to environmental stressors, this function is thrown off balance. This results in poor absorption of nutrients as well as bad gatekeeping. Harmful substances are allowed through due to these imbalances.

But it’s not all bad news. Ayurveda provides a very customized approach to improving the health of these organs. With time and discipline, not only is proper function restored, even the organs themselves can be healed.

Steps to transform your skin

1. Understand *Agni*:

The Sanskrit term *Agni*, is the root for the Latin ignis meaning fire. As one of the five elements of Ayurveda, fire governs transformation processes. This includes digestion, assimilation of nutrients, knowledge and vision among other processes. It governs the creation, maintenance and breaking down of human tissue. In the context of skin, it is a driving force behind its health and luster. Like all forces, *Agni* can be thrown off balance. This can cause either excess fire or contrarily too little fire. Having excess heat in the body has direct repercussions in the transformative processes that this elemental energy is responsible for. This can be seen on the skin as eczema, psoriasis, acne, rashes and a myriad of other diseases. Of course this skin is only the visible outcome of this imbalance. Meanwhile, inside the body, this imbalance is wreaking havoc. A person is prone to tempers, indigestion, bloating, ulcers, acid reflux; issues related to too much transformative energy. Conversely, having too little fire can result in laziness, accumulation of fluids like mucus and bile and weight gain; where the transformative energy is lacking.

2. Pacify the Agni:

To get around the imbalance, Ayurveda turns to the elemental energies that naturally balance *Agni.* If reduction of fire is called for, use the elements of water and earth. Thus consumption of foods that are cooling and calming, like vegetables, are ideal for pacifying *Agni*. Along with this one can support the system by making offerings to the fire of herbs and roots that promote a balance. This offering can be in the form of consumed botanicals as well as topically applied oils.

3. Bolster your functions:

While it is good to not have too much *Agni*, it can be equally bad to extinguish this vital fire. Nature provides adequate resources to improve the intrinsic functioning of your skin’s physiological processes. Our skin is naturally coated with a thin, slightly acidic film known as the acid mantle. It serves as a defense against bacteria that would otherwise be able to cross the skin’s barrier and enter our blood which is slightly higher pH (basic, as opposed to acidic). It is vital to maintain the acid mantle, however commercial soaps and cleansers wash away this film. So it is important to wash away the dead skin cells to help our skin replace it with new cells; it is equally important to keep the acid mantle intact. Our Tridoshic Herbal Pack has Moong Bean Powder as a primary ingredient. The amino acids contained within it serve to boost the functioning of the acid mantle while its exfoliating properties help to slough off the waste deep in your skin’s pores. This leaves your skin thoroughly cleansed while not leaving it susceptible to bacterial buildup. The other ingredients of our face pack work synergistically to promote the growth of new skin cells while drawing away the excess heat (toxic buildup) by chemically binding to them.

Help the skin regenerate by removing dead skin cells without damaging the precious acid mantle. Commercial soaps and cleansers use chemical agents that bind to water as well as oils. This helps in the removal of grease and other gunk. However the side effect is that it strips your skin of essential unctuousness and softness leaving your skin exposed. The acid mantle that is built up on your skin protects your body by preventing bacteria from entering your blood. This acid mantle relies on the oilyness that your skin naturally possesses. Our natural moong bean based cleanser will help gently exfoliate skin while keeping this acid mantle intact. The additional herbs provide the nutrition that is critical to stave of bacterial build up while at the same time promoting the growth of new skin cells. The amino acids naturally present in moong bean strengthen the natural defenses of your skin. If your skin tends to be dry, because it lacks unctuousness, try our oil cleanser. Gently pat a few drops of the oil onto the skin. Follow up with some slow and soft massaging. This will get the oil into the deepest pores of your skin removing dryness and reinforcing the defenses.

**Herbal Support for Acne Prone Skin**

**What is Pitta?**

*Pitta* is the *Dosha* of fire and water. Like fire, it is transformative and therefore governs the functions in the body that involve changing one thing into another. *Pitta* takes care of digestion – converting food to nutrients, vision – converting sight to seeing, intelligence – the assimilation of knowledge from information. Just like fire, Pitta is hot. If you are Pitta dominant, you might find yourself very driven and ambition. You will be of medium build and weight and with a large appetite with a sweet tooth.

**The Pitta Skin**

Your skin in its natural state will be warm to the touch and freckled, with some degree of reddishness. And yet, when Pitta is out of balance, the excess heat inside you could cause rashes, acne and redness. In order to remedy this, it is important to help the body vent the excess buildup of heat. Qualities of heaviness and astringency will help to balance this. Try our Pitta Face Oil. Our oil blend consists of Coconut Oil, Grapeseed Oil and Sunflower Oil. Coconut Oil is cooling and is very nourishing to inflamed skin. Herbs like Neem, Amalaki, Bhringraj and Guduchi provide a synergistic blend of the qualities of bitterness and astringence which are very soothing for Pitta. Essential oils of sandalwood and jasmine provide a sweet and cooling scent to pacify the burning *Agni*.

**What is vata skin type: (or why is your skin prone to dryness)**

**What is Vata?**

*Vata* is the *Dosha* that governs movement. It is the combination of the elemental energies that make up Air and Space. Therefore, if you are Vata dominant, the qualities of Air and Space are pervasive. Physically, you will tend to be skinny and lanky and light like air, with prominent joints. Emotionally, you will be likely to feel anxious or worried, always in a state of movement, with your thoughts jumping from one to the other. You will tend to be a fast talker and thinker and very good at getting things done. But like the gusts of wind your energy will come in waves and you will tire easily.

**The Vata Skin**

When it comes to the skin, yours will be on the dryer side. Cool to the touch, easily dehydrated and vulnerable to wind and cold. To care for *Vata* skin, it is important to balance the elements of Air and Space with the elements of opposing qualities. Since air is light and dry, it is best to use elements that have qualities of being oily or heavy. Thus botanicals with the qualities of Kapha and Pitta nature would be ideal. Our Vata Face Oil contains a combination of oils derived from Grapeseed, Sesame, Almond and Rosehip. These are very nurturing and add the important unctuousness that your skin needs to remain pliant and well hydrated. These oils serve as carriers for all-important herbs like Shatavari and Anantamool that are revered in Ayurveda. Along with this, the essential oils of Rose and Veriver add the sweet earthy quality that gently balances the light and dry nature of Vata while providing a soothing aroma to calm your hyperactive nerves.

**What is Kapha skin type: (or why does your skin tend to be oily/ why cystic acne)**

**What is Kapha?**

The *Dosha* of *Kapha* governs the aspects of lubrication and growth. The organic body, much like a car’s engine, needs lubrication for preventing wear and tear and keeping things moving smoothly. Along with this the quality of heaviness provides a solid ground from which one can build new cells, new tissue and good health. If you are a person with *Kapha* dominance, you will tend to be heavily built and strong. You will have thick lustrous hair and supple and oily skin. Emotionally, you would be gentle, a sweetheart and loyal; slow to anger and quick to forgive.

However, when the Kapha is out of balance, you will tend to accumulate a lot of *Ama* under your skin. Your skin will need external support for the processes of detoxification and exfoliation. Since Kapha has the qualities of heaviness and earthiness, to balance excess Kapha, you would do best to include activities that involve movement.

**The Kapha Skin**

If your skin is Kapha dominant, taking care of it involves creating movement of the toxins by external exfoliation and internally increasing circulation so that the blood can naturally detoxify. Our Kapha Face Oil contains oils derived from grapeseed, sunflower and safflower that nourish without being heavy. Along with this it contains the herbs Manjishta which is very good for cleaning the blood, Triphala – another highly revered detoxifying blend of “tri-phala” or three-fruits. It also includes Lodhra, Dashmool (or ten-roots) and saffron that add the qualities of heat and movement to this beautiful blend. The essential oils of Lemon, Mint and Orange provide the astringent and cooling qualities that Kapha needs to maintain a synergistic balance and also add an invigorating scent to get the senses going.

**What is yogic kumkum oil for? : or how to deal with skin discoloration**

**Saffron for the skin**

Kumkum, or saffron, is the stigma of the saffron flower. It has been used in Ayurvedic treatments for several thousand years. Most people know it as an aromatic, golden yellow food ingredient that adds a touch of light sweetness to desserts, rice and other dishes. But saffron has qualities that make it excellent for use on skin.

The skin often acquires a dark discoloration or spots after being exposed to sunlight or chemicals. Saffron contains nutrients and compounds that have brightening and lightening effects on pigmented skin. Saffron also attaches to free radicals, neutralizing them while promoting blood circulation which helps carry away toxins and by-products of skin healing. Crocin, which is a lead constituent in saffron (Crocus Sativus) has been researched and found to be a promotor of cell apoptosis and DNA repair. Which only means great things for your skin!

**Yogic Kumkum Oil**

Our Yogic Kumkum Oil is based on an ancient recipe that was used to treat sun-damaged skin. Along with this the oil contains a blend of herbs that are highly effective for skin repair and detoxification. Manjistha, or Rubia Cordifolia, is so named after its heart shaped leaves. It is very good for blood detoxification and circulation. Papaya provides enzymes that help exfoliate the skin while turmeric helps guard against bacterial growth while providing antioxidant and anti-inflammatory support. The essential oils of the Indian Daffodil and Carrot Seed provide additional detoxification while adding a tender-sweet scent that lingers for hours.

**Our mission:**

We seek to bring to the mainstream the vast amount of largely unknown wisdom that is the ancient Indian Vedas. The science of Ayurveda, which largely deals with herbal medicine, contains within it an approach to life that endows upon its user optimal health. The methods prescribed in Ayurveda provide us with a unique lens with which to view life, the universe and everything that is within it. It is with this perspective, that one can truly know one self and seek to understand life and how to live. Ayurveda has remained an obscure mystery of the old world in the western mindset for generations. We wish to dispel the myth that Ayurveda is inaccessible to you and me and bring an experience that is life altering and ultimately brings about a revolution in the way people think about human health and well-being.

Grapeseed Oil

Grapeseed oil is the oil that's extracted from grape seeds.

- This oil is rich in beta-carotene, and vitamins D, C and E and is packed with fatty acids

- It's non-comedogenic which is just a fancy word for "it doesn't clog pores".

- Locks in moisture.

- It is known to treat acne, tighten skin, help diminish dark circles around the eyes, moisturize, reduce scars, restore collagen and fight aging.

- It quickly penetrates the skin due to its light and thin consistency.

- Suitable for all skin types but is especially used by those with sensitive and/or acne prone skin as well as those with oily skin.

Almond Oil

(https://draxe.com/almond-oil/)

Research proves that the healthy fats (unsaturated) in almonds, along with fiber and various minerals, make them cholesterol-lowering and reduce the risk of cardiovascular disease and diabetes. Almonds are also used in body weight reduction and glucose management, and are known to have antiinflammatory and antioxidative properties

<http://www.ncbi.nlm.nih.gov/pubmed/22296169>

One of the most well-known benefits of almond oil is its ability to keep your skin and hair looking great! As a mild, hypoallergenic oil, it’s safe for sensitive skin, including baby skin. Absorption is best when the oil is warmed to body temperature before application. It’s also a great idea to combine it with a few essential oils for triple power — myrrh and rose oils are two common essentials that keep your skin looking healthy as well.

Probably due in large part to its antioxidative properties, sweet almond oil is known for protecting skin against UV radiation damage and keeping skin soft and supple. A 2007 study by the Departments of Pharmaceutics at Hamdard University in India found it to both prevent initial UV damage and slow down the effects of UV damage after it happened. (14)

Almond oil has a light texture and easily absorbs into skin. It can be used to gently dislodge debris from deep within skin pores and follicles, and also may help prevent future acne because of its vitamin A content. You can even create a natural facial scrub using fine sugar mixed with sweet almond oil, safe for even those with sensitive skin.

The dark circles under your eyes don’t stand a chance! When you apply a few warm drops beneath your bottom eyelid before bed, you can expect to see brighter, less puffy eyes. Applied all over the face, almond oil can also delay general signs of aging as it renews the cells of your facial skin.

Do you suffer from psoriasis and/or eczema? Lucky for you, almond oil is a natural remedy for eczema and psoriasis. Both of these conditions are caused by multiple factors, including poor digestion. As another safe remedy to treat these skin conditions, almond oil helps relieve the inflammation, itchiness and redness of psoriasis or eczema. (15)

Other skin and beauty ideas for almond oil are to use it as a makeup remover, to treat chapped lips, to reduce undesired layers of tan and to work it through your hair as a substitute for leave-in conditioner.

(<http://www.stylecraze.com/articles/benefits-of-almond-oil-for-skin-hair-and-health/)>

Enriched with vitamins E, A, and B, this miraculous oil seals the moisture in the skin and also improves absorption, thus ensuring the pores aren’t blocked ([2](https://clinicaltrials.gov/ct2/show/NCT00662974)), ([3](https://www.ncbi.nlm.nih.gov/pubmed/20129403)).

**2. Reduces Dark Circles**

Pandas are cute, but having panda-like eyes isn’t cute at all. I’m talking about those under-eye circles that give you a weird and mysterious look. Taking refuge in concealers is no way to hide dark circles. Besides, branded cosmetics cost a fortune.

The solution? Go natural.

A sure shot remedy to [get rid of dark circles](http://www.stylecraze.com/articles/diy-highly-effective-natural-eye-emulsion-get-rid-dark-circles/) is to massage almond eyes under your eyes before you hit the sack. The vitamin E in the almond oil will [rejuvenate the skin](http://www.stylecraze.com/articles/effective-home-remedies-to-rejuvenate-the-skin/), and with regular use, lighten the skin under your eyes ([4](http://www.livestrong.com/article/536587-vitamins-minerals-that-eliminate-under-eye-circles/)). Regular use of almond oil will also reduce wrinkles and crow’s feet around the eyes.

**3. Delays Signs Of Aging**

*Sagging skin. Baggy eyes. Dullness.* These words are an absolute horror for us girls. Remember the spooky story of a queen bathing in the blood of young women to lock her youth forever? No, I’m not asking you to take such drastic measures. You don’t need to, especially when you have the elixir of youth handy.

Trust me, regular application of almond oil on your skin [makes your skin feel younger](http://www.stylecraze.com/articles/14-simple-tips-for-younger-looking-skin/) and fresher within no time. The vitamin E and fatty acids present in this oil reverse and prevent signs of aging. It not only helps skin renewal but also fights wrinkles ([5](http://lpi.oregonstate.edu/mic/micronutrients-health/skin-health/nutrient-index/vitamin-E)).

The skin tends to look dull due to the accumulation of dead skin cells caused by external factors like pollution, dirt, sweat, etc. The moisturizing property of almond oil loosens the impurities and the dead skin, making it extremely easy to remove them. Here’s how to achieve that.

lmond oil is a time-tested remedy for all kinds of skin problems like acne, psoriasis, and eczema. It soothes irritation and relaxes the skin. We have already established that almond oil is an emollient. Its moisturizing property helps cure skin diseases like eczema and psoriasis ([6](http://depts.washington.edu/ehntwrk/wordpress/groups/psoothe-providing-herbal-skincare-products-exclusively-for-you/)).

We are forced to hide behind layers of apparels, covered from top to bottom, to protect ourselves from the sun. The blazing rays of the sun can cause sunburn and tan lines, which can adversely affect your skin.

But did you know that almond oil acts as a natural sunscreen. It has an SPF 5, and it not only prevents tan and sunburn, but also reverses the effects of the sun ([7](http://depts.washington.edu/ehntwrk/wordpress/groups/psoothe-providing-herbal-skincare-products-exclusively-for-you/)). The vitamin E in almond oil nourishes and shields the skin from harmful rays of the sun.

Shatavari

Because of its coolant nature and bitter principles, it is useful in blood imbalance disorders and skin conditions such as acne. Because it balances hormones, it is very useful against hormone imbalance induced acne.

t is found that root extract of shatavari has considerable antibacterial efficacy against-

* ESCHERICHIA COLI
* SHIGELLA DYSENTERIAE
* SHIGELLA SONNER
* SHIGELLA FLEXNERI
* SALMONELLA TYPHI
* VIBRIO CHOLERA
* PSEUDOMONAS PUTIDA
* SALMONELLA TYPHIMURIUM
* STAPHYLOCOCCUS AURES
* BACILLUS SUBTILIS

Such beneficial effects of shatavari root extract were similar to that of CHLORAMPHENICOL, a drug used against serious infections.

Research has found that besides shatavari roots, its leaves have also shown to possess anti-fungal and anti-bacterial activity. It was found that shatavari leaf extract indicates presence of anti-bacterial substances that fight against gram positive and gram-negative bacteria. Furthermore, shatavari leaf extract has anti-microbial activity against the following:

* PSEUDOMONAS AERUGINOSA
* CANDIDA UTILIS

Thus, shatavari leaf and root can be effectively used for curing bacterial diseases. ([20](http://www.ncbi.nlm.nih.gov/pubmed/10685109), [21](http://www.ijsrp.org/research-paper-0313/ijsrp-p1529.pdf))

Asparagus racemosus, has lots of anti-inflammatory properties, along with antioxidants, which ensures that it is fantastic at preventing disease. This allows it to slow down the aging process, and protecting the skin from sun damage

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4027291/>

Shatavari also contains bioflavonoids, essential vitamin B components and essential elements of calcium and zinc to help fulfill nutritional requirements. A study performed by the Department of Microbiology at TU showed antimicrobial activity against bacterium, Enterococcus feicalis, E.coli, Proteus unisatriles, Psudomonus, S.typhi, S. dysenterece, Staphylococus aureus, in which both zones of inhibition (ZOI) and minimum bactericidal (MSC) values were determinant.

Anantamool

 It carries this sweetness and its cooling quality throughout the body, pacifying heat anywhere it travels to through the blood and waters (i.e. the lymph, plasma, urine) of the body, including the skin, reproductive organs, and urinary system. The root has a slightly red color, hinting that it has a particular affinity to the blood. Because of this special quality, anantamula is equipped to clear and renew the skin.

Because of its intricate relationship with the underlying network of capillaries and blood vessels, Ayurveda recognizes that the skin is often a reflection of the state of the blood. When there is heat in the blood, the skin is frequently the first to show it. This is because the [*pitta*](https://www.banyanbotanicals.com/info/ayurvedic-living/learning-ayurveda/glossary-of-ayurvedic-terms/) in the blood [*(ranjaka pitta)*](https://www.banyanbotanicals.com/info/ayurvedic-living/learning-ayurveda/glossary-of-ayurvedic-terms/) easily transfers the pitta to the skin [*(bhrajaka pitta)*](https://www.banyanbotanicals.com/info/ayurvedic-living/learning-ayurveda/glossary-of-ayurvedic-terms/). In a balanced state, the pitta gives the skin its glow, luster, and complexion. When imbalanced, the heat can erupt into extra redness, non-cystic acne, and occasional itchiness, among other manifestations.

It is one of the best detoxifying herb which helps in cleaning the body inside out. It has got amazing health benefits as it helps to purify blood and improve skin texture as well.

Anantmool has cooling properties, when administered in the body it has a very stabilizing and cooling impact which helps to neutralize abnormal acid secretions in the gut. For example, in case of severe gastritis, stomach ulcers and ulcerative colitis, Sariva can be very useful for the patient. Sometimes ulceration may lead to bleeding, Sariva can be a great herb in this case.

Gotu Kola

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3116297/#ref8>

o *how* gotu kola heals wounds have identified specific plant chemicals called triterpenoid saponins (more specifically asiaticoside, brahmoside, brahminoside, madecassoside and madecassic or madasiatic acid) that have been shown to help heal wounds by boosting antioxidants, increasing the blood supply to the area and strengthening the skin.

In [a 2o12 study,](http://www.ncbi.nlm.nih.gov/pubmed/22817824) researchers applied concentrate of centella asiatica to the skin of  rats with open wounds and found that the formulation inhibited bacterial growth, fueled the growth of new skin cells and increased skin "tensile strength" and resilience.

There's also good evidence that gotu kola helps repair veins. [Recent research](http://www.ncbi.nlm.nih.gov/pubmed/21893113) shows that centella, unlike some herbal extracts, is able to penetrate the skin well enough to be utilized effectively.

Scientists are experimenting with applying gotu kola to treat burns, prevent scars, treat psoriasis, and decrease stretch marks.

Gotu Kola herb is also a classic ingredient to fight cellulite on the skin. Cellulite often causes a lumpy, dimpled and ugly appearance – just like an orange peel! The problem areas of cellulite are upper arms, thighs and buttocks. Gotu Kola acts as a diuretic by increasing the blood flow in the area and reducing the possible inflammation.

Gotu Kola also acts as a toner for the skin. It tones and tightens the skin if you apply the herb topically. This is the reason why Gotu Kola is found in most of the anti-aging and skin firming creams these days. As this herb can promote the collagen production in human body, it can definitely help in improving the condition of an aging skin, wrinkles and fine lines. The fall of collagen production leads to fine lines, aging and wrinkles. Gotu Kola’s ability to replete the collagen supply in human body makes it a main ingredient in most of the anti-aging formulas.

Licorice

he use of licorice brightens your skin. You can prepare a face mask by mixing turmeric powder and fuller’s earth with licorice tea. Apply the pack on your face and allow it to dry. Rinse off the face pack with normal water. To keep the skin hydrated, you can add a few drops of coconut oil, olive oil or almond oil to it.

Regular use of licorice helps to fade blemishes and dark spots.

Application of cool licorice tea is known to help in healing a number of skin disorders. Some of them are [eczema](http://www.stylecraze.com/articles/how-to-deal-with-eczema/), psoriasis, dry skin, and skin rashes. Its antiseptic, anti-inflammatory, and demulcent properties help to heal various skin conditions, such as redness and inflammation.

Incorporating licorice tea in one’s diet can protect the skin from the harmful UV rays. A licorice root decoction can be used as a sunscreen lotion to protect the skin from sunburns and tan. To treat sun damage, you need to apply a pack prepared by mixing the crushed cucumber in licorice tea.

Licorice root has a good reputation as being helpful for sensitive skin. Licorice root contains an active compound called “glabridin.” Licorice extract may also help diminish the appearance of dark under-eye circles, discoloration and age spots.

The extract also has powerful antioxidants that help protect the skin from environmental stressors, as well as “licochalcone,” which helps balance oil, making this a good ingredient for those with oily skin.

Get ready to be excited! Licorice root extract is a valuable ally when it comes to removing **dark circles**, **darkened skin due to scars**, **dark spots**, as well as diminishing the **excessive oil on our skin**. I think it’s clear now, why so many skin lightening products contain licorice root extract.

Well, Licorice root extract works dually to treat your skin problems. It acts as a **skin lightening agent**, as well as an**oil controlling agent.**  
First of all, it contains **Glabridin that is a tyrosinase inhibitor**. What this means is that it**halts melanin production** that causes your **skin to become darker**. So, to keep it simple; Less melanin equals less pigmentation (color). Less pigmentation leads to lighter skin.  
As for the excessive oil control, licorice root contains Licochalocne that regulates the production of oil in your skin. This makes the licorice root extract a safe choice for acne-prone skin types.

[](http://skinlighteningpedia.com/wp-content/uploads/2015/12/LIcorice_Root.png)

Licorice Root contains Glabridin and Licochalcone that are vital for your skin lightening

You should place your bet on licorice root extract for two reasons; it contains Glabridin and Licochalcone.  
1)    Glabridin is a 100% **natural alternative to the harsh chemicals** that many **skin lightening products** contain (**hydroquinone** for example).  
2)    Licochalcone is 100% safe for sensitive skin. Thus, you shouldn’t expect much irritation when applying the extract on your skin.

**How to use Licorice extract to whiten my skin?**  
This is a pretty easy process:  
1)    Use a cotton ball or a swap, pour a few drops of your favorite licorice root extract on it and apply gently on your face and neck to create a thin mask  
2)    Let the mask unleash its benefits for the whole night, while you’re sleeping, and wash off in the morning  
3)    Consider adding a tablespoon of honey in the extract for better and faster results.

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When to expect results in my skin lightening with licorice root extract?

Repetition is power, remember? Apply the extract daily, as described above and you should see results in 2 months’ time, depending on your skin tone.  
Are there any precautions when using licorice root extract to lighten my skin?  
Of course there are! In fact, I want to share some general tips you should keep in mind when following any skin lightening treatment  
•    **Avoid sunlight during your treatment**, or, if you have to go outside, use a high SPF sunscreen, as your skin is not well-defended against UVA and UVB sun rays. You have inhibited melanin production from your skin, remember? Melanin is the primary defense against sun rays. Avoid exposure to sunlight no matter what.  
•    **You should always keep your skin moisturized after applying any skin whitening treatment on it**. Moisturizing your skin will speed up the healing process and will restore dry and flaky skin, granting you an anti-aging effect, too.  Please consider using an aloe vera lotion as it is the No. 1 moisturizer, with an additional skin lightening effect, as well.  
•    **If any irritation occurs, stop your treatment immediately and pay a visit to your dermatologist ASAP.**

Rosehips

Saffron

Brahmi

Bhringraj

Neem

Guduchi

Manjishtha

Lodhra

Amalaki

Triphala

Dashmool

Musta

Turmeric

Priyangu

Papaya

Moong bean powder