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.