

# Skin Analysis Report

Gender: Male

Age Group: (25-32)

Acne Type: Pittaj

## Suggestions

### Breakfast:

- Chilled Cucumber and Mint Smoothie: A refreshing blend of cucumber, mint, and yogurt to cool down the heat.
- Whole Wheat Toast with Avocado: Healthy fats that are good for hydration and skin nourishment.
- Mango Lassi: A yogurt-based smoothie with mango to balance heat and soothe the digestive system.
- Poha with Lemon: Flattened rice with a cooling touch of lemon and fresh coriander.
- Vegetable Dosa: A light dosa with fillings of mild vegetables, such as carrots and spinach.

### Lunch:

- Lentil Soup (Dal): Moong dal or masoor dal prepared with cumin and a touch of ghee to calm the heat.
- Rice with Methi (Fenugreek) Curry: A mildly spiced rice dish paired with a methi-based curry to cool down the excess heat.
- Vegetable Soup: Light soup with cooling vegetables like zucchini, cucumber, and tomatoes.
- Chapati with Lauki (Bottle Gourd) Curry: Soft chapati with mild lauki curry to reduce inflammation.
- Cucumber and Yogurt Salad: Fresh cucumber and yogurt with a pinch of cumin and mint to cool down the body.

### Dinner:

- Vegetable Khichdi: A soothing, simple dish of rice and lentils with mild spices and cooling vegetables like zucchini.
- Moong Dal Soup with Chapati: Light soup made from moong dal, paired with soft chapati for digestion support.
- Vegetable Stew: A coconut milk-based vegetable stew with sweet potatoes, carrots, and peas to nourish the body and reduce heat.
- Vegetable Pulao with Raita: A cooling vegetable pulao served with fresh cucumber raita to balance heat.
- Rice with Curd: Plain rice with chilled curd to aid digestion and cool down the body.

### Detox Drinks:

- Cumin and Coriander Water: A mix of cumin and coriander seeds soaked overnight and consumed the next

morning to balance excess heat.

- Coconut Water: A natural coolant, providing hydration and balance.
- Rose Water Lemonade: A soothing lemonade with a touch of rose water to calm down the excess heat in the body.
- Aloe Vera Juice: Helps detoxify and cool the body, improving skin health.
- Mint Tea: Fresh mint leaves boiled in water to cool down and refresh the body.

### **Skincare:**

- Abhyanga (Oil Massage): Use cooling oils like coconut oil or sunflower oil for a soothing massage to calm the inflammation caused by Pittaj.
- Udvartana (Herbal Powder Massage): Mild herbal powder massage with cooling ingredients like sandalwood and rose petals to soothe the skin.
- Shirodhara (Oil Pouring Therapy): Use cooling oils like rose or jasmine oil poured gently on the forehead to reduce stress and calm the Pittaj imbalance.
- Aloe Vera Gel: Fresh aloe vera gel applied to the face to calm inflammation and soothe the skin.
- Kesar (Saffron) Face Pack: A blend of saffron, honey, and sandalwood to reduce redness, inflammation, and soothe irritated skin.

### **Home Remedies:**

- Cucumber Juice and Aloe Vera: Apply a fresh mixture of cucumber juice and aloe vera gel to reduce inflammation.
- Rose Water and Sandalwood Powder: A face pack made from rose water and sandalwood powder to calm the skin and reduce heat.
- Mint Paste: Fresh mint leaves applied to the skin to cool and soothe the redness and inflammation.
- Tomato Paste: A paste of ripe tomato applied to the skin to reduce heat and irritation.
- Lemon and Honey Mask: A mixture of honey and lemon juice to cool down the skin, reduce inflammation, and balance the oil levels.