

# 30+ Рецептов для кожи

Большая часть не переведена на русский, буду благодарен, если кто-то поможет.

## Чандан (Сандаловое дерево):

Чандан используется в качестве средства для отбеливания кожи. Это - одно из самых важных средств ухода за кожей.

Эффективно при лечении прыщей, пятен, царапин, сыпи и других общих проблем кожи.

Порошок сандалового дерева оказывает охлаждающий и успокаивающий эффект. Хорош после загара.

Порошок Чандана может использоваться в форме пасты, лосьона или мыла.

Свойства:

Качество: легкий и грубый

Вкус: горький

Постпищеварительный эффект: сладкий и горький

Потенция: холод

Воздействует на доши: успокаивает питту и капху

Использование:

Лечение прыщей

Приготовьте пасту смешав одну чайную ложку порошка Чандана, смешанного с одной чайной ложкой порошка куркумы.

Нанесите ее перед сном на прыщи.

Лечение зуда:

Для лечения зуда, также надо смешать сандаловое дерево и куркуму. Добавьте чайную ложку сока лайма в нем и нанесите на 20-30 минут. После ополосните холодной водой.

Увлажнение

Масло сандалового дерева используется в качестве увлажняющего крема для массажа.

Для отбеливания кожи:

Вы можете использовать сандал для осветления кожи. Смешайте две чайных ложки миндального масла и пять чайных ложек кокосового масла. Добавьте пять чайных ложек порошка сандалового дерева. Нанесите на участки кожи, которые хотите высветлить.

## **Turmeric (Haldi):**

Turmeric is long known as a blood purifier and is known for its properties of giving a natural glow and radiance to the skin.

It has antibacterial and anti-ageing properties. It is used as ayurvedic herbs for skin diseases.

It helps reduce blemishes, acne, inflammation of the skin, pigmentation and helps prevent many skin ailments. It also slows down the skin ageing process and acts as a healer of the skin.

Ayurvedic Properties:

Quality (Guna): Rough and Light

Taste (Rasa): Pungent and Bitter

Post-digestive Effect (Vipaka): Bitter

Potency (Virya): Warm

Effect on Doshas: It pacifies Kapha, Vata and Pitta

Usage:

To brighten skin, you can form a paste by mixing turmeric powder and rice powder together using raw milk and tomato juice.

Apply this paste on face and neck for 30 minutes. After that rinse off with lukewarm water.

You can use also turmeric in the form of night cream. Prepare a paste of turmeric and milk or

yoghurt. Apply this mixture on face and allow it to dry. Leave it overnight. In the morning wash off the mask using a gentle cleanser.

It can also help remove tanning if mixed with lime juice and applied to exposed areas.

## **Aloe Vera (Ghritkumari):**

Aloe Vera is one of the most used products in beauty products. It is well known for its anti-fungal, healing, anti-inflammatory and cooling properties since ages. It is used as ayurvedic herbs for skin care.

It can be used to treat many skin problems like acne, pimples, burns, infections, allergies, rashes, skin wound, blisters, insect bites or dry skin. The gel from this plant helps protect the skin and gives a cooling effect. It is also used to get rid of redness on the face around the nose. This cooling effect helps in reducing inflammation.

Ayurvedic Properties:

Quality: Heavy and Oily

Taste: Bitter

Post-digestive Effect: Pungent

Potency: Cold

Effect on Doshas: It pacifies Pitta and Kapha

Usage:

Aloe Vera Gel can be used directly on the skin like a cream. It helps prevent skin from drying. It can work as a moisturiser when applied on skin before makeup. It can be mixed with fruit pulp and used as a face pack.

It can also be mixed with almond oil and used as a pack. It is very useful in treating pigmentation. A fresh leaf of the plant can be split and the gel obtained can be directly applied to the skin for around 20 minutes. It reduces pigmentation if used daily.

It can also be used to treat sunburns.

## **Kesar (Saffron):**

Kesar is considered as a most effective agent for skin whitening since ages. Kesar can be used with olive oil for skin lightening.

Usage:

Place the strands of Kesar in the water. Soak them for some time. When the water turns yellowish golden mix it with olive oil and raw milk.

Stir it and apply onto your face using a cotton ball. The mixture should cover the entire face evenly.

Wash off with fresh cold water after 15 minutes. Do this 3-4 times every week. It will bring an excellent golden glow to your skin.

5. Kumkumadi Oil (Pharma Copeia):

This is a highly beneficial treatment to get fairer skin. This oil is a mixture of 16 Ayurvedic ingredients. It is known to remove marks and tanning from the skin.

Usage:

This oil can be applied directly on the skin. You should apply it all over the face and neck in such a manner that it forms a light yet even coat.

After using it use the upper parts of your fingers to massage it gently onto your skin for 5 minutes. Leave it and let the oil sit for 20 minutes.

After that wash your face and neck with lukewarm water. It should be done once in a day for effective results.

Some other useful herbs for skin care are

## **Carrot:**

It nourishes the skin. It is known for its moisturising properties.

It act as a reliever for dry and itchy skin chapped lips and minor infections. It makes the skin smooth and younger looking.

## **Quince Seed:**

It is also known for its properties of making the skin look young.

Quince

Quince

8. Cucumber Or Seeds Of Cucumber:

It acts as a coolant for the skin. It also works as an antiseptic and nourishes the skin.

It also helps the skin to look younger due to its anti-ageing properties. It also covers wrinkles and fine lines.

## **Tulsi (Holy Basil):**

It is also known for its antiseptic properties. It acts as a natural astringent and gives freshness to the skin. You can also try drinking holy basil tea.

## **Almond Oil:**

Almond oil keeps the skin young and glowing. Apart from using these natural products, it is critical to have a daily routine.

It is also important to exercise and have a balanced diet. Ayurveda gives importance to yoga and meditation. It keeps a person young from inside and acts as a source of positive energy.

Use these natural products instead of shedding your pockets on expensive synthetic products. Stay young, Stay beautiful !

## **Make Your Own Turmeric Skin Exfoliant**

Here is a simple turmeric mask recipe for different skin types. Follow the below instructions.

- Turmeric 1 tbsp.
- 2 tbsp. flour (for vata use oatmeal, for pitta use chickpea and kapha use barley flour).
- Make it into a paste by adding a little water and massage into face and neck. Rub into skin for 2 min and wash off.
- For oily skinned beauties, add in some lavender blossom, coriander powder or few drops of lime.
- For dry skin, add in some elderly blossom.
- For normal skin, rose powder can be added for that extra glow.
- Ideally do this before a shower so that you can deal with the yellow stain the turmeric mask leaves on the skin.

## **Here are some general ayurvedic remedies for all kinds of skin diseases:**

1. • Prepare a powder by mixing equal quantities of Turmeric, Amla, and Neem leaves. One teaspoonful of this powder can be taken twice a day with water. In case Amla and Neem are not available, only turmeric powder can be used in the dosage of half a teaspoonful twice a day with water.
2. • If Neem leaves are available, boil them in water every day and wash the affected area. Soaps and shampoos should not be used on the affected area.

3. • Take 50 grams of powdered yellow sulphur and mix it with 250 ml. of mustard oil or coconut oil. Apply this mixture to the affected area every day in the morning and wash after half an hour. It is better to sit in the sun or in a hot place after applying this oil.
4. • If purified sulphur (certified good for internal use) is available, it can be taken in the doses of 1-2 grams twice a day with water.
5. • Take 100 ml. of coconut oil and add 5 grams of powdered camphor to it. Put this mixture in a glass bottle and screw the cap on tightly. Put the bottle in sunlight for two hours. Applying this mixture on the affected area is helpful.
6. • Taking soft or mild laxatives to clear the bowels is also beneficial in the treatment of skin diseases.
7. • A teaspoonful of Triphala powder can be taken at bed time every night, with warm water or milk. Any other natural laxative such as prunes, figs and raisins can also be taken.
8. • Fresh juice of apricot leaves may be applied on affected parts of the body. It gives relief in eczema and scabies.
9. • Wheatgrass juice is also beneficial in skin diseases as it boosts the immune system, which helps to fight the disease.
10. • Try to get as much fresh air as possible. Restrictive and tight clothing should not be worn. You should also drink 3-4 litres of water every day.
11. • Aloe vera is also beneficial for skin diseases as it purifies the blood. Fresh aloe vera gel can be taken in the dose of two or three tablespoonful on an empty stomach every day.

## **ИСКЛЮЧИТЬ:**

Tea

Coffee

Alcohol

Hot spices

Fried foods

Acidic and sour foods

White sugar

White flour products

Preserved or tinned foods

Consumption of meat, especially red meat, should be minimized.

## **Exfoliate**

1. Use a raw silk gharshana glove or natural bristle dry brush on your body. It's key to tone and firm skin and great for places that retain fluid or form cellulite. For Vata and Pitta skin types (dry or sensitive skin), use a raw silk gharshana glove for an effective but less abrasive form of exfoliation. For Kapha skin type (thicker, oily skin), use a natural bristle brush.
2. Practice oil pulling: Swishing coconut oil before brushing your teeth is a beneficial technique not just for stronger gums and teeth but also for overall detoxification including better skin health

3. Practice abhyanga: Massage is important for boosting radiance as it is to helping manage stress. Abhyanga, an Ayurvedic massage done with warm massage oil deeply moisturizes into all the layers of the skin.
4. Use toner: Use rosewater as a toner. Roses are cooling and support soft and supple skin.
5. Spot treatments: Neem oil is great to use as a spot treatment. Use a cotton-swab to apply it directly on pimples or spots of minor inflammation. It's drying and similar to tea tree oil but more cooling and better suited for the summer.
6. Use aloe: It is not just for treating sunburns. Aloe vera can make the skin smooth, supple and younger looking. Use fresh aloe gel for best results either to apply topically or to add them in your juices.
7. Moisturize: Add coconut oil in your facial regimen as it is cooling in nature. It may be heavy for some skins, but experiment with it. Ghee or clarified butter is also great as a moisturizer. Organic castor oil can be soothing for irritated skin. If you have excessively oily skin, use chickpea flour as a mask. You can check how to make ubtans or natural skin moisturizers in our second part Ayurveda Skin Care Series here.
8. Sugar for skin: While you may be giving up on sugar because it is been linked with addiction, use it for your skin. Sugar helps boost cell turnover and retains moisture, and it's considered cooling. Combine sugar with rose petals, slippery elm, and bhringraj, for a facial scrub.
9. Swab with milk: Use full-fat raw milk as a face wash or to soothe dry and irritated skin. Due to the milk's lactic acid and natural fats it has tremendous moisturizing, softening properties. Adding milk or cream to your bath will also soothe and nourish your skin. Of course, you can use coconut, rice or almond milk too!
10. Prepare a powder by mixing equal quantities of turmeric, Amla, and Neem leaves. One teaspoonful of this powder can be taken twice a day with water. In case Amla and Neem are not available, only turmeric powder can be used in the dosage of half a teaspoonful twice a day with water.
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