

A top-down view of a wooden surface. In the upper left, a metal bowl contains a mixture of brown powder and pink rose petals. Scattered across the wood are more rose petals and a small metal bowl filled with almond slices in the lower right.

*Your Ayurvedic Beauty Guide*

# LUMINOUS SKINCARE

DIY recipes and ancient wisdom for vibrant skin and timeless beauty in every season of womanhood.

SOPHIE DUNCAN

Founder of AAOKA®

## With Gratitude

To my teacher and mentor, Corrine Brown,  
Founder and educator at *The Institute of Holistic Therapies* - thank you for sharing your  
wisdom and guidance. This guide would not have been possible without your ongoing  
support and inspiration.

I acknowledge and pay my deep respects to the traditional lineages of Ayurveda and to  
Mother India, as well as to the traditional custodians of the unceded land on which I live and  
create. I honour the wisdom and enduring presence of Indigenous peoples - past, present and  
emerging.

While this work is written with women in mind and uses gendered language throughout, I  
warmly acknowledge and welcome all readers who resonate with its message, regardless of  
gender identity. If you feel seen, supported or inspired by the words in these pages, then this  
book is for you.

# Important Information

## *Disclaimer*

The information and recipes provided in this book are for general informational and educational purposes only and do not take into account individual skin types, sensitivities, allergies or personal circumstances. The information and skincare recipes in this book are intended for personal and external use only and are not a substitute for professional medical, dermatological, or cosmetic advice, diagnosis, or treatment. While the information and formulations may support healthy skin, they have not been evaluated by any regulatory body such as Food Standards Australia New Zealand (FSANZ) or the Therapeutic Goods Administration (TGA).

Always consult with a qualified healthcare professional, dermatologist, or skincare specialist before using new products or ingredients - especially if you have sensitive skin, known allergies, underlying skin conditions, or other health concerns. If you are pregnant, breastfeeding, trying to conceive, or have a medical condition, use only under the supervision of your GP or healthcare provider. Perform a patch test before using any new product to check for possible allergic reactions or irritation. Avoid applying recipes to open wounds, broken, or inflamed skin. Discontinue use immediately if irritation, redness, itching, or burning occurs.

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# Introduction

It is commonly understood that what we choose to consume in the way of foods and beverages has a direct impact on how we look and feel. What isn't as commonly understood is that the same principle can apply to what we absorb through our skin.

From an Ayurvedic perspective, everything we take in through the indriyas (the senses) will either be transformed into consciousness or into toxins. This traditional view includes what we absorb through the skin in the form of potions, lotions, perfumes and treatments.

In my approach to skincare, I choose not to use synthetic products containing ingredients like petroleum in my beauty cabinet. In my experience, these products can sometimes create a cycle where we seek more products to address new concerns. I experienced this personally in my early 30s when I began breaking out. I turned to a popular acne skincare range that seemed to temporarily clear my skin, but it quickly left me with dry, irritated patches. Instead of listening to my skin's messages and getting to the root cause, I went in search of another quick fix to address the dryness. Now, in my 40s, I've learned to respond differently. I listen, nourish and care for my skin. Most of my skincare now comes from my kitchen, and my complexion is naturally clear, healthy and glowing.

Much of this journey is about shifting perspective - moving away from the "more is better" approach and instead returning to a nature-based, less-is-more way of caring for the skin. In today's fast-paced world, synthetic products may offer quick solutions for unwanted symptoms, but I believe a holistic approach that includes natural ingredients can provide deeper, more sustainable nourishment for lasting beauty. Every time we apply a product, we have the opportunity to truly nourish our skin and connect with nature - a gift available when we pause and make space for it.

When we care for our skin with high-quality, natural ingredients suitable for our unique constitution or current state, I see it as similar to nourishing our bodies with a freshly cooked, organic meal - wholesome, alive, and deeply supportive. In my view, synthetic and heavily processed products are more like convenience foods. Beginning to view our skincare through this lens is one of the most simple yet powerful steps we can take towards cultivating radiance while also honouring the Earth.

I chose the word "luminous" in this book's title because it reflects a kind of beauty that is gentle, natural, and deeply rooted in inner harmony. This is a beauty that glows softly from within - it is the energy we put out into the world. A timeless beauty that goes beyond surface appearance and is available to us at every stage of womanhood.

May this book inspire you to explore simple, sustainable, and kitchen-based skincare as a way to connect with nature and honour your inner radiance. Take what resonates, and leave what doesn't. This journey is about discovering what truly nourishes you and makes you feel most peaceful, vibrant and radiant.

A close-up photograph of human skin, likely a shoulder or upper arm, with several small, clear water droplets scattered across its surface. The lighting is soft and directional, creating a gentle gradient from a darker brown on the left to a lighter, more golden-brown on the right. The skin's texture is visible, showing fine pores and a natural sheen.

A HOLISTIC APPROACH  
TO SKINCARE

*Cultivating Radiant Skin & Graceful Ageing*

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# How Digestion Shapes Your Beauty

From an Ayurvedic perspective, skincare is not separate from health - it is an extension of it. In this traditional system, the skin, digestion, and overall wellbeing are viewed as deeply interconnected.

At the heart of this connection is the concept of agni (digestion). In Ayurveda, agni is believed to be responsible for processing everything we take in through the five senses - not only what we eat and drink, but also what we watch, listen to, smell and apply to our skin. From this holistic perspective, supporting healthy digestion is considered foundational to radiant skin. According to Ayurvedic principles, when digestion is functioning well, the body may be better able to nourish its tissues - and the skin can reflect that inner harmony.

In Ayurvedic thought, much of what we apply to our skin may be absorbed and, in a sense, must also be processed by the body. When what we put on the skin is wholesome and aligned with natural rhythms, it is believed to support vitality. When it contains synthetic ingredients, some Ayurvedic practitioners suggest it may challenge the body's natural balance.

According to Ayurvedic tradition, agni responds best to pure and simple ingredients derived from the same five elements that are said to make up our bodies - earth, water, fire, air and ether. Natural skincare ingredients, drawn from the earth, are thought to resonate with the skin and support balance. In my personal practice, I choose to minimize synthetic products and stay close to natural ingredients. I've found that a simpler approach works beautifully for my skin.

In the same way that wholesome, fresh, organic foods can nourish us from within, I believe high-quality cold-pressed oils and skincare preparations made with care and intention can truly nourish us - from the outside in and the inside out.

Because caring for digestion is considered an important part of a holistic approach to wellness in Ayurveda, I've included a short bonus video presentation with simple traditional practices for supporting digestive health. [Please click here.](#)

# Before You Begin...

## *A Note on Hygiene*

It goes without saying, but it is important to practice good hygiene when creating and applying skincare preparations. Always practice common sense by using clean hands and utensils, and ensure you wash any produce thoroughly before use.

## *A Note on Water*

It is advisable to avoid tap water containing drying chemicals such as chlorine when preparing your skincare recipes. Instead, opt for filtered or spring water. For optimal results, consider installing a filter in your home or shower to reduce exposure to chemicals during bathing.

Some sources suggest that bathing in untreated town water may expose the body to chemicals through open pores, especially in warm conditions. While drinking pure, chemical-free water supports overall health, it may also be beneficial to consider the quality of water used in bathing. Ultimately, making mindful choices about water quality is a personal decision and part of caring for yourself and your skin.

## *A Note on Personal Responsibility*

Everyone's skin is unique, and what works wonderfully for one person may not suit another. It is important to listen to your own skin's needs and responses, especially when trying new ingredients or products. Always perform a patch test by applying a small amount of the product on your wrist or the inside of your elbow to check for potential allergic reactions or irritation. If you experience redness, itching, burning, or any discomfort, discontinue use immediately and seek appropriate advice if needed. Some natural ingredients can cause the skin to become more sensitive to the sun, so always practice good sun safety. Taking personal responsibility for your skincare routine helps ensure the best results and supports healthy, radiant skin.



HOW TO ASSESS YOUR  
SKIN TYPE

*Personalised Skincare for Timeless Beauty*

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# How to Assess Your Skin Type

There is no one-size-fits-all when it comes to skincare. Ayurveda teaches us that each individual is unique - shaped by their constitution (dosha), environment, lifestyle and the ever-changing rhythms of nature.

What works for one person may not work for another, which is why it's essential to become familiar with your skin type, listen to its messages and choose ingredients that are appropriate for your unique complexion, environment and needs.

Our skin is a living, breathing organ - constantly responding to the seasons, our diet, stress levels and internal health. Just as we adjust our clothing and routines with the seasons, our skincare rituals and ingredients should also evolve to harmonise with the climate and the current condition of our skin.

To select suitable beauty ingredients, it helps to understand some basic Ayurvedic principles. Ayurveda recognises five great elements that make up all of nature, including our bodies: space/ether, air, fire, water, and earth. These elements combine to form the three doshas - the vital energies that shape our physical and mental constitution:

- Vata: air + ether
- Pitta: fire + water
- Kapha: earth + water

We hold all three doshas within us, though in different proportions, and this is what makes us unique. The doshas help us understand how the elements are playing out within us, and in turn, which ingredients will best support our skin.

Two key Ayurvedic concepts guide this:

*Prakriti* - our base nature, determined at conception, which stays with us throughout life. It influences our appearance (including our skin), personality, and tendencies towards balance and imbalance.

*Vikriti* - our current state of imbalance, created when we live misaligned with nature and our prakriti. (Remember, we are not our vikriti.)

The purpose of Ayurveda is to bring us back into alignment with nature - both external and internal. The closer we live to our true nature, the more our skin and overall wellbeing will flourish. From this perspective, our natural beauty will wax and wane like the moon, yet it is natural for us to feel and look well through all stages of womanhood.

# How to Assess Your Skin Type

On the pages to follow, you'll find a list of tendencies for each doshic skin type: vata, pitta and kapha.

As you read through each list, keep these questions in mind:

- How has my skin always been? - This reflects your prakriti (base nature).
- How is my skin currently? - This may reflect prakriti if your doshas are balanced, or vikriti if there is an imbalance.

Take your time to carefully read the tendencies and imbalances associated with each dosha.

## ***Assessing Your Skin Prakriti***

Start by checking the points that describe how your skin has been most of your life. For example:

- *"I have always had sensitive skin with freckles."*

This will give you an idea of your prakriti (base skin type). In this example, it would indicate a pitta prakriti skin type.

Remember, we all have all three doshas. Your skin may show a combination of two predominant doshas, and in rare cases, all three. Prakriti is determined by the doshas that are most dominant. For example: If you relate mostly to pitta tendencies but also check several vata tendencies, this indicates a pitta/vata prakriti.

## ***Assessing Your Skin Vikriti***

Once you have an idea of your prakriti, read through the dosha tendencies again and check the points that describe how your skin is currently. For example:

- *"I have always had sensitive skin with freckles. It used to be oily, but recently I have been experiencing excessive dryness."*

This shows your vikriti (current imbalance). In this example, it would indicate pitta prakriti with vata vikriti.

Note:

- If your current skin shows no imbalance, it may simply reflect your prakriti.
- If symptoms of imbalance are present, your current skin type indicates vikriti.
- You can also have more than one vikriti showing up at one time.

A close-up photograph of several fresh aloe vera leaves resting on a dark, textured wooden surface. The leaves are vibrant green and show their characteristic serrated edges. The lighting is soft, highlighting the texture of the leaves and the wood.

HOW TO SELECT  
INGREDIENTS FOR YOUR  
SKIN TYPE

*Personalised Skincare for Timeless Beauty*

# How to Select Ingredients for Your Skin Type

To select suitable beauty ingredients, we need to consider three key factors:

1. Vikriti - your current skin imbalance
2. Prakriti - your base skin nature
3. The climate

When choosing ingredients, the primary objective is to bring balance to the current skin imbalance (vikriti). At the same time, we need to remain mindful of our prakriti, so as not to aggravate the elements that are already dominant in our body and skin. The climate also influences the elements within us, which in turn affects the skin. It's important to remember that we carry all three doshas, and we need to care for them all. This is why moderation is key in Ayurvedic skincare - too much of anything can create imbalance.

## *Example:*

- Prakriti (base skin type): Pitta - sensitive, freckles, redness
- Vikriti (current imbalance): Vata - excessive dryness appearing recently
- Climate: Cold

## *How to choose an ingredient:*

- The priority is to bring balance to the dryness (vata imbalance).
- At the same time, we need to be mindful of pitta tendencies, particularly sensitivity, and the cold climate.

For instance, sesame oil has warming qualities and can help nourish and hydrate dry skin. In a cold climate, this oil could work well. If the climate were very hot, sesame oil might aggravate pitta's heat. To balance vata dryness without overheating the skin, a cooling oil such as coconut could be more supportive.

## *Learning What Works for Your Skin*

- Approach this process with awareness, noticing how your skin responds to different ingredients and becoming familiar with the qualities of various oils and edible ingredients.
- The recipes that follow indicate suitability for each skin type in the top right corner, helping you explore and discover what best supports your unique skin. V = Vata | P = Pitta | K = Kapha
- Over time, you'll develop a natural intuition for what nourishes your skin, supporting balance in both your prakriti and vikriti, regardless of the climate.



THE DOSHIC  
SKIN TYPES

*Vata, Pitta & Kapha*

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# VATA SKIN

## NEEDS WARMTH, NOURISHMENT & HYDRATION

Vata dosha is made up of the elements air and ether (space). Its associated qualities are cold, dry and irregular. Qualities that bring balance include; warmth, nourishment and hydration

### *Vata skin tendencies include:*

- Dry or flaky areas, often worsened by travel or windy conditions
- Skin feels cool to the touch
- Thin, delicate skin with visible veins
- Tans deeply and easily
- Lips may become dry and easily chapped
- Lines and wrinkles, especially around the eyes
- Skin tone may be uneven
- Stress can cause complexion to look dull, grey or lacklustre
- Breakouts are uncommon

### *Natural products that may bring balance to vata skin include:*

- Sesame oil (non-toasted)
- Black sesame oil (non-toasted)
- Wheatgerm oil (50/50 with another oil)
- Avocado oil
- Rose hip seed oil (50/50 with another oil)
- Jojoba oil
- Apricot kernel oil
- Almond meal
- Chamomile tea/hydrosol
- Rose water/hydrosol

These ingredients are most suitable for cold, dry climates due to their warming, hydrating and nourishing qualities.

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# PITTA SKIN

## NEEDS SOOTHING & COOLING

Pitta dosha is made up of the elements fire and water. Its associated qualities are hot, oily and irritable.

Qualities that bring balance include; soothing and cooling.

### *Pitta skin tendencies include:*

- Sensitive skin that becomes easily irritated with redness, rashes or inflammation
- Warm and soft to the touch
- Medium-thickness skin
- Fair, freckled complexion that burns easily
- Lips prone to sores with bleeding
- Easy to blush
- Skin may appear flushed or sallow during stress
- Breakouts tend to be inflamed and yellow

### *Natural products that may bring balance to pitta skin include:*

- Coconut oil (avoid in cold weather)
- Sunflower oil (avoid when congestion present)
- Olive oil
- Jojoba oil
- Shea butter
- Cucumber hydrosol
- Sandalwood hydrosol
- Chamomile hydrosol
- Rose water/hydrosol
- Fresh mint leaves
- Chamomile tea
- Cucumber
- Pear
- Fresh pomegranate juice
- Crushed rose petals
- Maple syrup
- Organic non-homogenised cow's milk/cream
- Aloe vera (fresh)

These ingredients are most suitable for warm - hot climates due to their cooling and soothing qualities

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# KAPHA SKIN

## NEEDS WARMING, PURIFYING & REJUVENATING

Kapha dosha is made up of the elements earth and water. Its associated qualities are cold, wet and stable.

Qualities that bring balance include; warming, rejuvenating and purifying.

### *Kapha skin tendencies include:*

- Tendency toward congestion
- Skin feels cool and clammy
- Firm, thick, resilient texture
- Fair complexion that tans slowly
- Naturally ages with grace
- Face may look pale or puffy under stress
- Susceptible to blemishes and larger pores

### *Natural products that may bring balance to kapha skin include:*

- Flaxseed oil
- Sesame oil
- Olive oil
- Jojoba oil
- Tulsi tea
- Yoghurt
- Bentonite clay (with oil/honey for congested areas)
- Rose water/hydrosol
- Fresh mint leaves
- Ground turmeric (pinch)
- Almond meal
- Strawberry
- Banana
- Papaya
- Honey
- Aloe vera (fresh)

These ingredients are most suitable for cold, damp and wet climates due to their warming, light and stimulating qualities.

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# TRIDOSHIC SKIN CARE

## HARMONY FOR EVERY SKIN TYPE

When you're just beginning this journey ~ or if you're unsure of your skin type ~ tridoshic ingredients can help simplify things, as they're generally suitable for all skin types and climates. Still, there's no true one-size-fits-all; even a tridoshic ingredient may not align perfectly with your skin. That's why it's always important to patch test new ingredients and pay close attention to how your skin responds.

*Natural products that may support all skin types include:*

- Jojoba oil
- Olive oil
- Kumkumadi oil
- Rose water / hydrosol
- Ghee
- Oat flour
- Besan (chickpea flour)

These ingredients are generally suitable for all climates due to their more neutral qualities.



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# CLEANSERS

*How often: daily AM & PM*

The most important step in a good skincare regime is cleansing. Cleansing in the evening is essential to wash away the accumulated dirt from the day, which supports the skin to naturally detox overnight. Gentle cleansing performed in the morning washes away impurities from the nightly detox, nourishes the skin and creates a clean canvas for products to penetrate deeply.

The following cleansers are generally gentle enough for daily use, morning and evening; however, it's important to listen to your skin and adjust the frequency or ingredients according to your individual needs and climate. The skin enjoys variety, so have fun experimenting and playing with what works best for you!

# Sweet & Simple Honey Cleanser

V P K

## WHAT YOU WILL NEED:

- 1 tsp pure honey

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Soothing, softening, hydrating, healing and antibacterial.

## HOW TO:

Dampen your décolletage, neck and face with plain water or by spritzing with rose water - this prevents the sticky honey from dragging your skin. Gently massage the honey into your skin as you would a regular cleanser, moving from the décolletage upwards and from the centre of the face outwards. Rinse with lukewarm water.

## TIPS & NOTES:

Choose pure, non-granulated honey that does not contain any additional additives. Honey is generally considered suitable for all doshic skin types; however, it is warming in nature. For pitta types who feel they need more cooling, maple syrup may make a nice substitute.



# Jojoba Oil Cleanser

V P K

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## WHAT YOU WILL NEED:

- 2 tsp jojoba oil (or substitute with suggestions in Tips & Notes)

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Oil plays an important role in Ayurvedic beauty and has been used since ancient times to cleanse the skin due to its rejuvenating and hydrating properties. Jojoba is said to be the closest oil to skin sebum, which is why it is generally suited to most skin types.

## HOW TO:

Gently massage the oil into your décolletage, neck and face using circular motions. Move from the décolletage upwards and from the centre of the face outwards. Remove with warm water (never hot!) and a soft, natural fibre cloth, being cautious not to over-scrub the skin.

## TIPS & NOTES:

A double cleanse may be required in the evening if a lot of makeup has been worn or there has been exposure to dust and dirt during the day. Cold-pressed sesame oil (V K), coconut oil (P) or olive oil (V P K) can also be used for oil cleansing. Remember to select your oils based on climate as well as skin type—for example, cooling oils like coconut are often more suitable in hot weather, while warming oils like sesame may be better in colder seasons. Follow with toner and moisturiser.



# Natural Yoghurt Cleanser

V P K

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## WHAT YOU WILL NEED:

- 1 tbsp plain, organic, full-fat yoghurt (or P skin substitute with unsweetened coconut yoghurt)
- 1 tsp pure, non-granulated honey

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Brightening and toning. Yoghurt contains probiotics with natural antibacterial properties that can support a clear complexion by helping to destroy acne-promoting bacteria.

## HOW TO:

Mix the ingredients together and gently massage the yoghurt into your décolletage, neck and face using circular motions. Move from the décolletage upwards and from the centre of the face outwards. Rinse with lukewarm water. Follow with a toner and moisturiser.

## TIPS & NOTES:

From an Ayurvedic perspective, yoghurt is considered 'sour', meaning it contains a strong fire element. This makes it potentially too heating for pitta skin types, especially in hot weather. Coconut yoghurt is a suitable alternative for a more cooling effect. For vata skin, yoghurt can be deeply nourishing and hydrating. However, it's best used at room temperature, particularly in cold weather, to avoid aggravating vata's cool and dry nature. Yoghurt may be used on its own in this recipe or combined with a little honey to bring in extra moisturising and soothing qualities.



# Cream & Rose Water Cleanser

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V

## WHAT YOU WILL NEED:

- 2 tbsp plain organic cream
- 1 tbsp rosewater

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Nourishing, hydrating and gently purifying. Cream's high fat content deeply moisturises and soothes dry, flaky skin. Rosewater is used to hydrate and balance dry, vata skin.

## HOW TO:

Mix the cream and rosewater together. Dampen your décolletage, neck and face with the mixture or apply with a cotton pad. Gently massage in circular motions, moving from the décolletage upwards and from the centre of the face outwards. Rinse with lukewarm water or gently wipe off with a soft cloth.

## TIPS & NOTES:

Cream is rich and nourishing, which can help to counteract dry, rough vata skin, especially in warm or moderate climates. However, because cream has a naturally cooling effect, it is best to avoid this cleanser in cold weather, when vata is more susceptible to feeling cool and dry. Always choose fresh, organic cream for optimal natural fats and nutrients. Follow with a hydrating toner and moisturiser suited to vata skin.



# Milk & Rose Cleanser

P

## WHAT YOU WILL NEED:

- 2 tbsp non-homogenised, organic cow's milk
- 1 tbsp rosewater

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Soothing, cooling and gently purifying for pitta skin. The lactic acid in non-homogenised cow's milk helps to very gently exfoliate and soften the skin. Rosewater helps to cool pitta's heat and may soothe inflammation.

## HOW TO:

Combine the cow's milk and rosewater in a clean bowl. Dampen your décolletage, neck and face with the mixture or apply with a cotton pad. Gently massage in circular motions, moving from the décolletage upwards and from the centre of the face outwards. Rinse with lukewarm water or gently wipe off with a soft cloth.

## TIPS & NOTES:

In Ayurveda, non-homogenised milk is favoured because it retains more nutrients and fats to nourish the skin. This simple cleanser is especially suited to pitta skin types, as both ingredients have cooling and calming properties.



# Honey & Rose Cleanser

---

K

## WHAT YOU WILL NEED:

- 1 tsp pure honey
- 1 tsp rosewater

## ASSOCIATED BEAUTY BENEFITS:

Balancing, clarifying and gently hydrating. Honey gently draws out impurities to naturally purify kapha skin. Rosewater tones and hydrates.

## HOW TO:

- In a small bowl mix the honey and rosewater. Gently massage onto your damp décolletage, neck and face using circular motions, moving from the décolletage upwards and from the centre of the face outwards. Rinse with lukewarm water and gently pat the skin dry.

## TIPS & NOTES:

- If congestion is present, consider adding a small pinch (1/8 tsp) of pink clay to this cleanser no more than 1-2 times per week.
- The clay helps to draw out impurities, while the honey and rosewater counteract its drying effects.



# STEAMERS

*How often: as a general guideline 1 x fortnight*

Facial steaming involves placing hot water, along with specific herbs and essential oils, in a heatproof bowl. Once the water has cooled slightly, a towel is draped over the head and shoulders, and the face is positioned above the bowl for 3-5 minutes. The face should be held at a comfortable distance to avoid burning or overheating the skin. This distance varies depending on an individual's skin type and heat tolerance. The steaming process should feel gentle - warm and moist, never hot and sweaty.

This gentle steam helps open the pores, removing deep-seated dirt and accumulated waste. The warmth also boosts circulation, leaving the skin feeling revitalised, purified, hydrated and renewed.

# CONTRAINDICATIONS

## *for facial steaming*

Avoid using herbs and essential oils during pregnancy, while trying to conceive or when breastfeeding.

Facial steaming should be avoided on skin with redness or inflammation, such as rosacea, sunburn, broken capillaries or any highly vascular skin conditions.

For sensitive skin, limit steaming to no more than 3 minutes. Removing the towel can also help reduce the intensity of the steam.

Always listen to your skin and steam only to a level that feels comfortable for you.

# Rose & Bay Leaf Facial Steam

V P K

## WHAT YOU WILL NEED:

- 1 bay leaf
- 1 drop lavender essential oil (optional)
- 1 tsp rose petals (or a splash of rose water)
- Approximately 8 cups filtered water

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Bay leaf: boosts circulation
- Lavender: calms the nervous system
- Rose: soothing, softening, supportive for mature skin

## HOW TO:

Place all ingredients into a large heatproof bowl. Pour in the boiling water and allow it to cool slightly. Place a towel over your head and shoulders, positioning your face comfortably above the bowl. Steam for 3-5 minutes, ensuring the skin feels warm and moist - not hot or sweaty (move further back if it does). Keep your breath soft and steady, consciously relaxing your facial muscles as you invite warmth and hydration into your skin while inhaling the gentle aromas.

## TIPS & NOTES:

- Essential oils are optional - do not exceed more than 1 drop in total.
- Always choose high-grade essential oils formulated for skincare use.
- Avoid essential oils if you are pregnant, trying to conceive, breastfeeding or have very sensitive skin.



# EXFOLIANTS

*How often: 1 × weekly or 1 × fortnightly in the evening,  
depending on the product and your skin type.*

Gentle exfoliation removes accumulated dead skin cells, toxins and dirt while stimulating the skin for a fresh and healthy glow. Over-exfoliation and aggressive scrubbing can disrupt the natural cycle of skin cell production and loss. When skin cell loss exceeds production, the top layer of skin becomes compromised, leaving the underlying layers vulnerable to irritation, environmental pollutants and dehydration. Less is best when it comes to exfoliation - please use a soft and nurturing touch. It is always recommended to exfoliate as part of your evening ritual to allow the skin to recover overnight before sun exposure, which can otherwise increase sensitivity. Always practice good sun safety.

# Besan & Turmeric Brightener

V P K

## WHAT YOU WILL NEED:

- 1 tbsp besan (chickpea) flour
- 1/8 pinch turmeric (very small amount)
- 1/4 tsp coconut sugar (optional, adds extra exfoliation)
- 1/8 tsp aluminium-free bicarb soda (optional, adds coarseness + brightening)
- Enough rose water to form a smooth paste

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Besan flour: gently exfoliating, removes dead skin cells, softens and brightens skin
- Turmeric: ignites the skin's natural radiance, calming, glow-enhancing
- Coconut sugar: adds mild coarseness for a deeper scrub, softens skin
- Bicarb soda: lightly brightening, evens tone, increases exfoliating effect
- Rose water: cooling, hydrating, balancing

## HOW TO:

Add all dry ingredients to a clean bowl. Gradually stir in rose water, a few drops at a time, until you form a smooth paste. Gently massage the paste into damp skin using circular motions, then rinse off with lukewarm water. Avoid the eye area.

## TIPS & NOTES:

- Turmeric may stain clothes and skin if used in excess - keep the amount minimal.
- If using coconut sugar, ensure it is soft in texture so it doesn't scratch the skin.
- Use once (VP) or twice (K) per week for best results.



# Oat & Honey Skin Softener

V P K

## WHAT YOU WILL NEED:

- 1 tbsp ground oats (or more if needed, see Tips & Notes)
- 1 tbsp organic, plain, full-fat yoghurt
- 1 tsp honey
- 1/4 tsp fine coconut sugar (optional, adds gentle exfoliation)

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Oats: softening, exfoliating, purifying, soothing, plumping
- Yoghurt: brightening, gentle exfoliation, balancing
- Honey: moisturising, healing, calming

## HOW TO:

Blend the oats into a fine powder (not too coarse). In a clean bowl, combine the ground oats with yoghurt, honey and coconut sugar (if using). Mix until smooth. If the paste is too thick, add a few drops of filtered water or rose water. Gently massage onto damp skin using circular motions, then rinse with lukewarm water. Avoid the eye area.

## TIPS & NOTES:

Depending on your blender, you may need slightly more than 1 tbsp of oats - store any leftover ground oats in an airtight container in the fridge and use within 2-3 days. You can use oat flour instead of blending whole oats. If desired, add a little coconut sugar for extra gentle exfoliation.



# Papaya Exfoliant

V P K

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## WHAT YOU WILL NEED:

- 2 tbsp fresh, ripe papaya

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

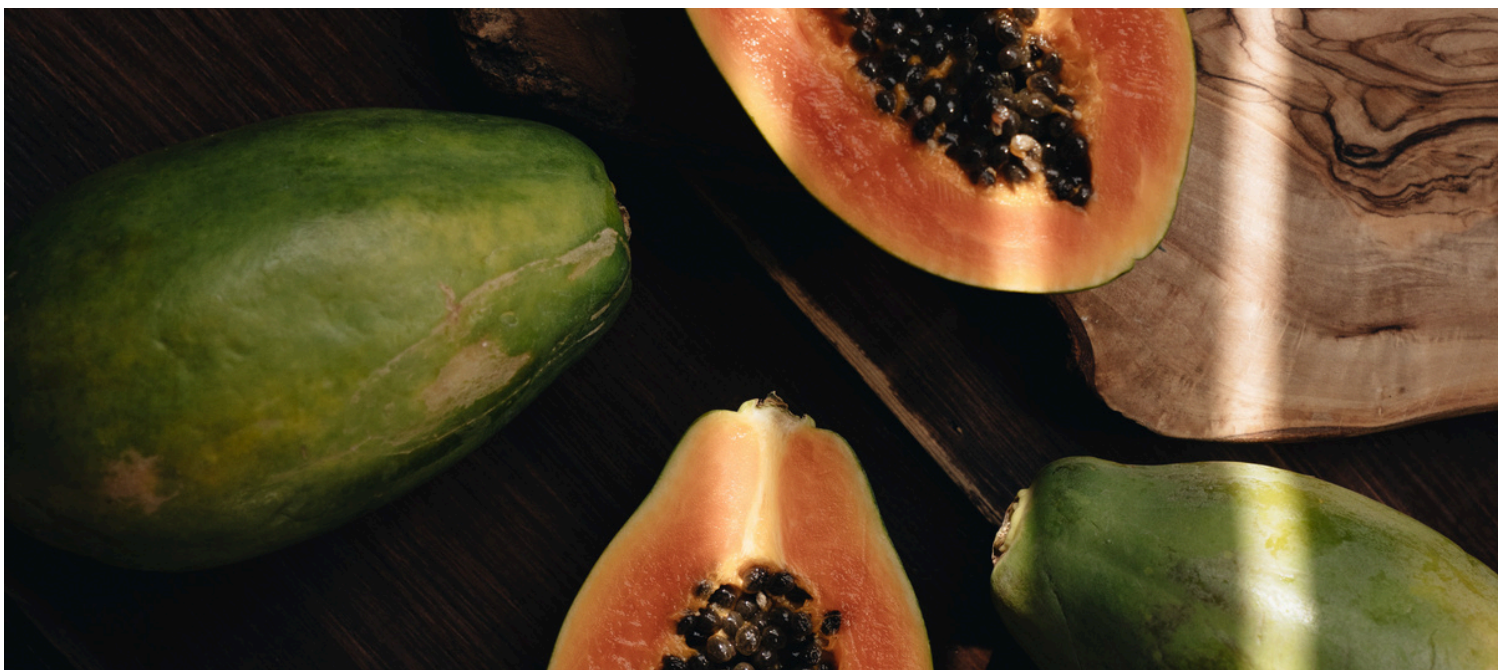
Papaya contains a peptide called Papain that works to gently brighten and exfoliate the skin, removing dirt and dissolving dead cells. Rich in antioxidants, papaya can help to brighten, tone and smooth the skin for a more youthful complexion.

## HOW TO:

Remove the seeds and mash the papaya pulp in a clean bowl. Apply the mashed pulp to a clean face for 5-10 minutes. For extra benefits, use this time to be still and focus on consciously relaxing your face muscles. Rinse with lukewarm water and use a soft, natural fibre cloth to remove any excess - avoid scrubbing the skin.

## TIPS & NOTES:

Short on time but want to boost your skin's glow? Simply rub the fleshy side of papaya skins onto your clean face before tossing them in the compost (make sure the skin is clean). Allow to sit for 5-10 minutes before rinsing with lukewarm water. Papaya may create mild photosensitivity, so it's best used in the evening or when sun exposure is limited.



# Calming Coconut Exfoliant

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## WHAT YOU WILL NEED:

- 1 tbsp coconut oil or fresh aloe vera gel
- 1/2 tsp very fine desiccated coconut
- 1/8 tsp coriander powder

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

These ingredients contain cooling qualities which may help to calm and soothe red and inflamed skin. Aloe vera gel is considered tridoshic, which means it is generally considered suitable for most skin types and climates. This makes aloe vera gel a preferred choice over coconut oil during cooler months or when dryness is present (because coconut oil is very cooling).

## HOW TO:

Add all ingredients to a clean bowl and mix well. Gently massage the mixture into clean, damp skin and rinse with lukewarm water. Follow with a toner and moisturiser of your choice.

## TIPS & NOTES:

For easy and convenient storage, you may like to try mixing a larger quantity of the dry ingredients in a clean, airtight jar. When it comes time to exfoliate, use a clean teaspoon to place some of the dry mix into your hand, then add some water, chamomile hydrosol or rose water to form a paste that can be easily massaged into your skin.



# Radiant Skin Exfoliant

VPK

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## WHAT YOU WILL NEED:

- 1 tbsp besan flour (or substitute with oat flour)
- 1/2 tsp honey
- 1-2 tsp pure aloe vera gel (See *Aloe Vera Toner* under chapter *Toners* regarding how to use fresh aloe)
- 1-2 tsp hibiscus or rosehip tea (cooled, just enough to form a paste)

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Besan flour gently exfoliates to remove dead skin and impurities. Honey soothes and hydrates, balancing the drying effects of besan. Aloe vera provides calming and brightening qualities. Hibiscus and rosehips contribute antioxidant and vitamin C content, helping to brighten and rejuvenate the skin.


## HOW TO:

Add all ingredients to a clean bowl and mix well. Gently massage the mixture into clean skin and rinse with lukewarm water. Follow with a toner, serum and moisturiser of your choice.

## TIPS & NOTES:

If hibiscus or rose hip tea are not an option, you may use rose water or chamomile hydrosol. This recipe can also be used as an evening face mask - apply to clean skin and leave to penetrate for no more than 10 minutes.





# FACE PACKS & MASKS

*How often: 1-2 x per week*

A face pack is made from fruits and vegetables to deliver a burst of nutrients and hydration to the skin. Face packs of this type can be left on for up to 15 minutes while you go about your daily chores, or for deeper benefits, take the time to fully relax your body, mind and face.

A face mask includes flours to penetrate the skin more deeply. Face masks are a stronger version of a face pack and should be left on for no longer than 10 minutes.

# Banana & Flaxseed Face Pack

V P K

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## WHAT YOU WILL NEED:

- 2 tbsp mashed banana
- 1 tsp pure honey
- 1/2 tsp ground flaxseeds

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Honey: soothing, softening, hydrating, healing and antibacterial
- Banana: may stimulate the production of collagen
- Flaxseed: hydrating, smoothing, tightening and firming

## HOW TO:

Mash the banana in a clean bowl. Add the honey and flaxseeds and mix well. Apply to the face for 10 minutes before removing with lukewarm water. Follow with a toner and moisturiser.

## TIPS & NOTES:

Make sure the flaxseeds are ground to a fine powder so they are gentle on the skin.



# Mango & Honey Face Pack

V P K

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## WHAT YOU WILL NEED:

- 1-2 tbsp mashed mango
- 1 tsp pure honey
- 1 tsp finely ground oats or oat flour

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Mango: rich in vitamins A and C, plus antioxidants to help soothe signs of premature ageing
- Honey: soothing, softening, hydrating, healing and antibacterial
- Oats: smoothing, purifying, gently exfoliating and known to boost collagen

## HOW TO:

Mash the mango in a clean bowl. Grind the oats to create a very fine and soft flour. Add all ingredients to the same bowl and mix well. Apply to the face for 10 minutes before removing with lukewarm water. Follow with a toner and serum/ balm.

## TIPS & NOTES:

If you're short on time, you can simply rub the inside of leftover (clean) mango skins on your clean face. This is a great way to get more out of your mango before tossing the skins in the compost.



# Avocado & Maple Face Pack

V P K

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## WHAT YOU WILL NEED:

- 2 tbsp mashed avocado
- 1 tsp maple syrup

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Avocado: hydrating and full of skin-loving vitamins A, C and E
- Maple syrup: hydrating, soothing and smoothing

## HOW TO:

Mash the avocado in a clean bowl. Add the maple syrup and mix well. Apply to the face for 10 minutes before removing with lukewarm water. Follow with a toner and serum/ balm.

## TIPS & NOTES:

Honey can be used as a substitute for the maple syrup. The avocado can also be used on its own.



# Egg White Face-Lift Pack

V P K

## WHAT YOU WILL NEED:

- 1 egg white

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Egg Whites are a traditional beauty remedy used for generations to naturally tighten and tone the skin, reduce the appearance of pores and balance oiliness - leaving the complexion taut and refreshed without the need for processed, synthetic ingredients.

## HOW TO:

Simply separate the egg white from the yolk and whisk lightly for about 30 seconds, until slightly frothy. Apply the egg white to clean skin and leave on for 10 minutes until fully dry. You will feel the mask tightening as it dries, helping to gently tone and lift the skin. Rinse off with lukewarm water and follow with a toner and oil/ balm.

## TIPS & NOTES:

Be careful to avoid getting egg white in your eyes, and always use fresh eggs. Whenever possible, choose eggs from happy hens - because true beauty should never come at the expense of another creature's wellbeing.



# Radiance Revival Face Pack

V P K

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## WHAT YOU WILL NEED:

- A small pinch (3-5 strands) of saffron
- 1-2 tsp warm water or organic milk (for soaking)
- 1 tbsp honey or yoghurt

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Saffron: helps brighten the complexion and even skin tone
- Honey: hydrating and soothing
- Yogurt: moisturising and gentle exfoliating

## HOW TO:

Soak the saffron strands in warm water or milk for 10-15 minutes to activate its skin-loving properties. Mix the saffron infused liquid with honey or yogurt to form a smooth paste. Apply the mixture evenly to your clean face and leave it on for 10 minutes. Rinse off with lukewarm water.

## TIPS & NOTES:

Saffron is revered in Ayurveda for its ability to promote radiant, glowing skin and balance complexions naturally. Soaking the saffron helps to release its antioxidants and brightening agents, making them more readily available.



# Rose Firming Face Mask

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V P K

## WHAT YOU WILL NEED:

- 1-2 tsp rose petal powder
- 1 tsp fine oatmeal or chickpea flour
- 1 tsp plain yoghurt or aloe vera gel
- 1-2 drops rosehip oil

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Rose petal powder: soothing, brightening and firming
- Oatmeal or chickpea flour: gentle exfoliation
- Yoghurt or aloe vera gel: hydrating and calming
- Rosehip oil: promotes firmness and skin regeneration

## HOW TO:

Mix all ingredients in a clean bowl until you form a smooth paste. Apply to clean skin and leave on for 10 minutes maximum. Rinse off with lukewarm water and follow with a toner and serum/ balm.

## TIPS & NOTES:

Adjust the consistency with yogurt or aloe vera gel as needed. This mask is gentle enough for sensitive skin and can be used 1-2 times a week to help promote a smooth and taut complexion.



# TONERS

*How often: daily AM & PM after cleansing*

Toning can be likened to the rinse cycle on a washing machine, removing any lingering impurities. As the name suggests, it promotes good skin tone and balances the skin's pH levels, making it a vital step in any skincare routine. Toners should be applied after cleansing and before Serums, Moisturisers and SPF's.

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# Rose Water Toner

V P K

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## WHAT YOU WILL NEED:

- 100% pure rose water

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Hydrating, balancing and softening. Rose water is especially supportive for mature skin, helping to tone and refresh the complexion.

## HOW TO:

After cleansing, apply rose water to organic cotton pads and gently wipe over the skin. Alternatively, spritz directly onto the face for a refreshing mist.

## TIPS & NOTES:

Ensure your rose water is 100% pure and free from additives. Keep a small bottle in your handbag to spritz during the day for an instant lift and hydration boost. Rose water can also serve as a gentle morning cleanser.



# Chamomile Toner

V P K

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## WHAT YOU WILL NEED:

- 100% chamomile hydrosol

or

- 1-2 tsp dried chamomile flowers + ½ cup pure water (to make tea)

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Soothing, calming and relaxing. Chamomile can be especially supportive for sensitive, red or irritated skin.

## HOW TO:

After cleansing, apply chamomile hydrosol to organic cotton pads and gently wipe over the skin. Alternatively, spritz directly onto the face for a soothing mist. If using dried chamomile flowers, steep in ½ cup hot water for 5-10 minutes, allow to cool completely and apply with cotton pads.

## TIPS & NOTES:

Ensure your hydrosol is 100% pure and free from additives. Use only cooled tea to avoid further irritation to sensitive skin. Hydrosols offer a more concentrated effect, while chamomile tea can make a gentle, DIY alternative. Brew the tea fresh each time or, if using leftovers, do so within 24 hours and store excess liquid in a clean, airtight jar in the fridge.



# Aloe Vera Toner

V P K

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## WHAT YOU WILL NEED:

- 1 fresh aloe leaf
- or
- 1-2 tbsp of pure aloe vera juice (ensure it is free from preservatives and appropriate for skincare)

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Aloe vera's natural astringent properties help to gently tone and firm the skin, making it especially supportive for dry and mature complexions. It also functions as a humectant, drawing in and retaining moisture to promote a hydrated, refreshed and radiant appearance.

## HOW TO:

Rinse the aloe leaf under cool water then snap or cut the leaf open lengthwise to expose the gel. Scrape off any yellow sap (aloin) near the edges, as it contains latex that can cause irritation. Leave the clear gel intact. Optional: Soak the leaf (with gel exposed and skin on) in cold water for 10-15 minutes to reduce any residual latex, gently stirring occasionally.

Rinse the gel under cool running water before gently rubbing it directly onto clean skin.

Alternatively, you can also use store-bought pure aloe vera juice: dip cotton pads into the juice and gently wipe over the face. Follow with a moisturiser.

## TIPS & NOTES:

There are various types of aloe plants, so make sure any you choose to use are appropriate for skincare (Aloe barbadensis, also called Aloe vera, is the most commonly used variety).



# Cucumber Toner

V P

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## WHAT YOU WILL NEED:

- ½ cucumber, grated

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Cooling, soothing, and hydrating. Especially supportive for pitta skin or as a refreshing alternative in warm weather.

## HOW TO:

Grate the cucumber and squeeze the juice into a small bowl. Dip cotton pads into the juice and gently wipe over the face. Alternatively, thinly slice the cucumber and rub the slices directly onto the skin.

## TIPS & NOTES:

Use fresh cucumber for the best results. Store any leftover juice in a clean, airtight jar in the fridge and use within 24 hours. For an extra-refreshing effect, chill the cucumber before use. This toner is less beneficial for kapha-type skin, however it can still be used as a light toner in warm weather.



# SERUMS & BALMS

*How often: daily AM & PM after toning*

Balms have a thicker, heavier consistency compared to serums, making them ideal for sealing in moisture and promoting a plump, smooth complexion. Serums, especially those made from naturally derived ingredients, deliver a high concentration of antioxidants and nutrients to the skin. Both balms and serums are designed to moisturise and nourish, but they work best when layered correctly. Always apply the serum first, allowing it to absorb fully before following with a balm to lock in hydration.

# Sattvic Skin Serum

V P K

## WHAT YOU WILL NEED:

- 25 ml argan oil
- 25 ml rose hip oil
- 3 x drops (maximum) lavender essential oil
- 3 x drops (maximum) frankincense essential oil

Essential oils are optional. Reduce the amount of drops to suit your preference but **do not exceed the recommended maximum 6 drops** of essential oils in total. Choose high grade essential oils that are suitable for skincare. **Avoid essential oils if trying to conceive/ pregnant/ breast feeding or if you have very sensitive skin.**

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Argan oil: hydrating, balances sebum, may reduce wrinkles and acne scarring
- Rosehip oil: rejuvenating, smoothing, hydrating, may help prematurely wrinkled skin
- Lavender: sattvic, calming, soothing, may reduce redness and scarring
- Frankincense: sattvic, uplifting, calming, smoothing, lovely for mature skin

## HOW TO:

Add all ingredients to a clean, dark/amber jar and store in a cool place out of direct sunlight. Gently massage 3-4 drops of oil on damp skin and avoid contact with eyes.

## TIPS & NOTES:

Depending on your skin type, this oil may be used alone, or as a serum to be followed by moisturiser.



# Skin Plumping Serum

V P K

## WHAT YOU WILL NEED:

- 50 ml jojoba oil
- 10 ml rose hip oil
- 40 ml prickly pear seed oil

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

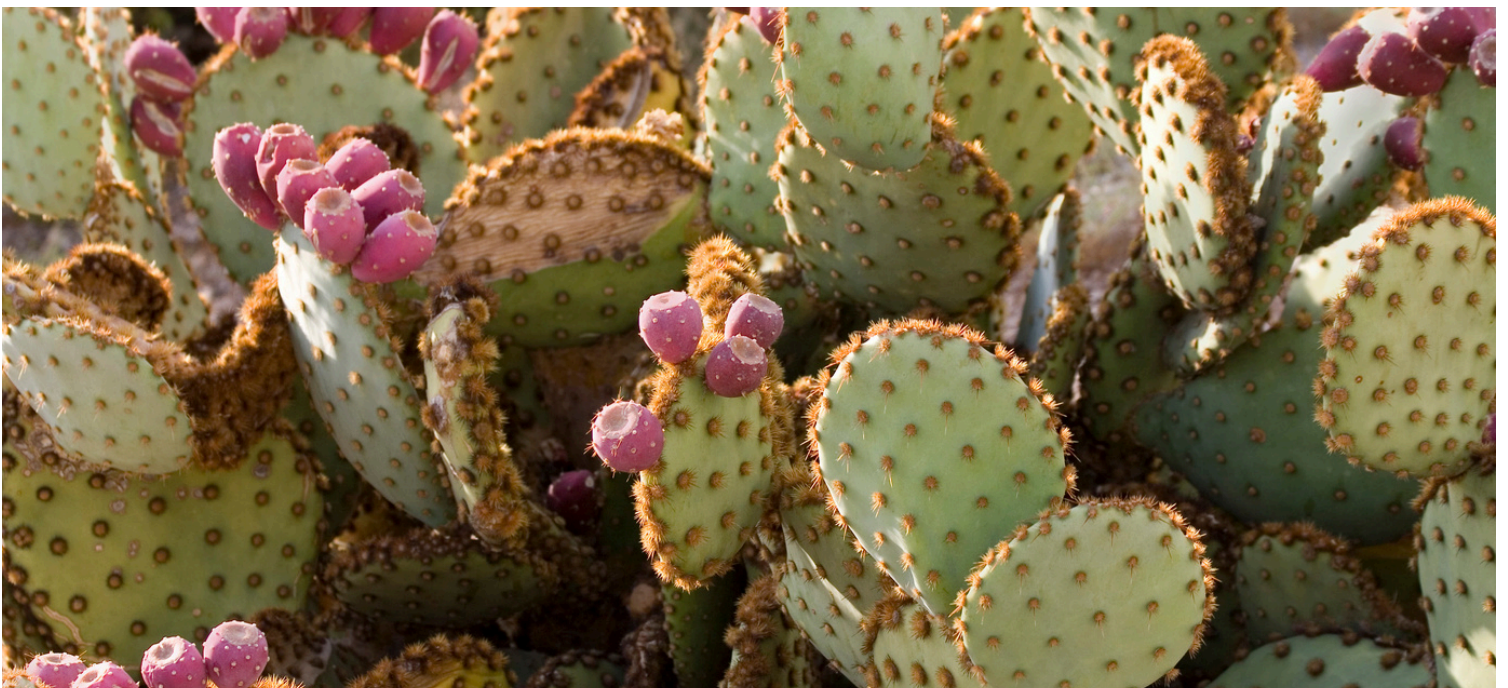
- Jojoba oil: closest oil to our skin's sebum, making it a lovely balancing and hydrating choice
- Rose hip oil: rejuvenating, smoothing, hydrating, may help ageing and prematurely wrinkled skin
- Prickly pear seed oil: antioxidants, essential fatty acids, very high in vitamin E to promote collagen production and plump skin

## HOW TO:

Add all ingredients to a clean, dark/amber jar and store in a cool place out of direct sunlight. Gently massage 3-4 drops of oil on damp skin and avoid contact with eyes.

## TIPS & NOTES:

Depending on your skin type, this oil may be used alone, or as a serum to be followed by moisturiser. It is said that Prickly Pear Seed Oil contains 150% more vitamin E than Argan Oil, making it a wonderful addition to a holistic skin care routine.



# Hydrating Night Serum

V P K

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## WHAT YOU WILL NEED:

- 50 ml castor oil
- 50 ml non-toasted black sesame oil (for VK skin and/or cold weather) **or** 50 ml coconut oil (for P skin and/or warm weather)

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Castor oil: rich in fatty acids and can offer deeply hydrating and soothing benefits for the skin. It is also said to support hair growth and can be massaged into the eyebrows and hairline to help promote healthy eyebrows and a thicker hairline.
- Sesame, coconut or jojoba oil: serve as nourishing carriers that help seal in moisture and support overall skin health.

## HOW TO:

Combine all ingredients in a clean, dark or amber glass jar. Store in a cool, dry place away from direct sunlight. Gently massage a few drops into damp skin as part of your nighttime routine. For added benefits, apply a small amount to the eyebrows and hairline to help promote healthy hair growth.

## TIPS & NOTES:

Jojoba oil may also be used in place of sesame or coconut oil.

Castor oil is very thick, and a little bit of this serum goes a long way.



# Hydrating Beauty Balm

V P K

## WHAT YOU WILL NEED:

- 4 tbsp shea butter
- 25 ml jojoba oil
- 25 ml rosehip oil
- 4 drops (maximum) rose geranium essential oil
- 4 drops (maximum) frankincense essential oil

Essential oils are optional. **Do not exceed the recommended maximum of 8 drops of essential oils in total.** Choose high-grade essential oils that are suitable for skincare. **Avoid essential oils if trying to conceive, pregnant, breastfeeding or if you have very sensitive skin.**

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Shea butter locks in moisture and smooths skin; jojoba oil balances and hydrates; rosehip oil rejuvenates and may support ageing skin; rose geranium calms and soothes mature skin; frankincense uplifts and may support cell regeneration and even tone.

## HOW TO:

Gently melt shea butter in a heat-resistant bowl over simmering water. Remove from heat and let cool to touch. Stir in jojoba and rosehip oils, then essential oils if using. Pour into an amber jar and let sit at room temperature for a few hours. Mix well with a clean spoon, chill in the fridge for 30 minutes, stirring again if needed until fully set.

## TIPS & NOTES:

A little goes a long way. Use a clean spoon to scoop balm to avoid contamination. Generally suited to most skin types, but for oily skin, it's best to use this balm sparingly.



# Honey Glow Balm

V P K

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## WHAT YOU WILL NEED:

- 2 tsp beeswax
- 2 tsp cocoa butter
- 1 tsp olive oil
- 2 tsp raw honey
- 1 tsp vitamin E oil

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

Cocoa butter nourishes and softens dry skin; beeswax protects and locks in moisture; olive oil hydrates and smooths; honey soothes and supports natural radiance; vitamin E nourishes and helps protect skin from environmental stress.

## HOW TO:

1. Gently melt beeswax, cocoa butter and olive oil together in a double boiler over low heat until liquified - do not boil.
2. Remove from heat and let cool slightly (1-2 minutes so warm but not hot).
3. Stir in honey, vitamin E and essential oils. Mix gently until smooth and uniform.
4. Pour into clean, *dry* glass jars or tins.
5. Let it set at room temperature for 8-12 hours, or refrigerate to speed up setting.

## TIPS & NOTES:

To use, warm a small amount of balm between your fingers and apply lovingly to clean skin. Store in a cool, dark place where it will keep for 3 months. Always using clean, dry fingers or a spatula to avoid contamination, and refrigerate during hot weather to maintain firmness.



# DIY RECIPES

*For common skin complaints*

These recipes are lovingly crafted to support your skin's natural state of balance and radiance - but aren't a substitute for medical advice, diagnosis or treatment. If you have any concerns please take good care of yourself and consult a healthcare professional.

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# Cucumber Care for Broken Capillaries

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## WHAT YOU WILL NEED:

- ½ small cucumber (grated)
- 1 piece DIY facial gauze or cotton pads

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Cucumber: soothing, cooling and calming for red or irritated skin (including areas with broken capillaries)

## HOW TO:

Wash and grate ½ a cucumber. Place the pulp in gauze to make a pouch and gently dab over broken capillaries - without pressure - or over the whole face for toning. Alternatively, place thinly sliced cucumber on the skin for 5-10 minutes (use gauze over skin to hold in place), or squeeze out the juice and apply with cotton pads for a soothing effect.

## TIPS & NOTES:

- In Ayurveda, broken capillaries may relate to excess pitta and vata. Balancing these doshas through diet, lifestyle and good digestion helps prevent and soothe them.
- Avoid excess heat (hot water, steam, sun), which can aggravate broken capillaries.
- Always use the lightest touch - never apply pressure over affected areas.
- Choose cooling, protective ingredients such as rose water, chamomile hydrosol, aloe vera gel, coconut oil or a pinch of coriander powder in face packs/ masks.
- Adjust ingredients for your skin type and climate - e.g., coconut oil may be too cooling for dry vata skin in cold weather; in such cases, opt for tridoshic choices like aloe vera..



# Anti-Acne Face Pack

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## WHAT YOU WILL NEED:

- 2 tbsp fresh, organic, full-fat yoghurt
- Small handful fresh mint or basil leaves (cleanly grown)

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Yoghurt: rich in probiotics and natural antibacterial properties that help combat acne-causing bacteria
- Mint or basil: refreshing, toning and revitalising for the skin

## HOW TO:

Wash the leaves thoroughly, then grind into a paste using a clean mortar and pestle. In a clean bowl, mix the paste with yogurt until smooth. Apply to freshly cleansed skin for 10 minutes. Rinse with lukewarm water, spritz with rose water and finish with a few drops of dosha-appropriate oil while the skin is still damp. Applying oil to damp skin reduces the amount needed, making it suitable even for oily or blemish-prone skin.

## TIPS & NOTES:

- In Ayurveda, acne often signals compromised digestion or doshic imbalance, and may also be linked with emotions.
- The most effective long-term relief comes from strengthening digestion, calming internal imbalance, and cultivating peace through a balanced diet and lifestyle.



# Black Head Remedy

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## WHAT YOU WILL NEED:

- 1 tbsp clay (bentonite, pink clay, kaolin or calamine)
- 1 tsp honey
- Pinch of bi-carb soda (optional)
- Dash of rose water

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Clay: draws out deep-seated dirt and impurities
- Honey: balances the drying effects of clay
- Bi-carb soda: exfoliating, purifying and brightening

## HOW TO:

In a clean bowl, mix clay, honey, and bi-carb soda. Add rose water gradually to form a smooth paste. Apply to affected areas for up to 10 minutes. Rinse with lukewarm water.

## TIPS & NOTES:

In Ayurveda, blackheads reflect compromised digestion and elemental imbalance, so addressing these internally is key for supporting long-term improvement. They appear black from surface oxidation of trapped pore waste. Regular cleansing and gentle exfoliation help remove this buildup and maintain balanced skin.



# Eyebrow Growth Serum

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WHAT YOU WILL NEED:◦ 15 ML CASTOR OIL

- 15 ml coconut oil
- 15 ml castor oil

ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Castor oil and coconut oil are traditionally revered for supporting hair growth

HOW TO:

Combine the oils in a clean jar with an airtight lid. Apply a small amount to your eyebrows before bed using a clean finger, eyebrow brush, or a clean/old mascara brush. Avoid dipping fingers or brushes directly into the jar to prevent contamination.

TIPS & NOTES:

- Healthy eyebrows reflect strong digestion - well-assimilated nutrients nourish the tissues that support hair growth, so remember to care for your agni (digestive fire).
- This serum is a supportive addition to a diet and lifestyle that promote overall hair and tissue health.



# Nourishing Eye Serum

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## WHAT YOU WILL NEED:

- 25 ml jojoba oil
- 25 ml rosehip oil

## ASSOCIATED BEAUTY BENEFITS MAY INCLUDE:

- Jojoba and rosehip oil: gentle, hydrating and rejuvenating; supports delicate eye-area skin

## HOW TO:

Combine the oils in a clean jar with an airtight lid. Gently dab/press 1 drop under each eye using the pads of your first three fingers, keeping the oil slightly away from the eyes.

## TIPS & NOTES:

- Eye skin is thinner and more delicate than the rest of the face and is often the first to show signs of aging, especially in vata and pitta skin types. Always use extra gentle touch around this delicate area.
- This serum provides additional nourishment and support to maintain healthy, supple skin around the eyes.



# CONCLUSION

Thank you for taking the time to read this book and invest in your innate radiance.

The world is calling for meaningful change, and I believe that transformation begins in our kitchens - and in the way we approach skincare and beauty.

We've been sold the idea that ageing well means shelves full of synthetic creams and invasive treatments - many of which can compromise not only our wellbeing but also the health of the planet.

As conscious women, many of us long to age naturally and gracefully. This journey begins with cultivating a simple, sustainable relationship with ourselves and Mother Earth - not through more products, but by returning to nature: through the foods we choose, the rituals we honour and the way we speak to ourselves.

May our natural desire for beauty act as a catalyst for self-discovery and growth - gently inspiring us to reconnect with our true selves and the natural world around us. May this desire motivate us to reach for vitality, inner peace and compassionate living - awakening the radiance that already exists within.

In this way, beauty becomes much greater than aesthetics - because when a woman feels nourished physically, emotionally, mentally and spiritually, she is more able to show up in the world connected to her essence: peaceful, powerful, and whole. And let's face it: the world needs more peaceful, empowered women.

May this book be an ongoing inspiration for the peace and power that already lie within you. Let it be your template for gentle experimentation - so that cooking becomes an intuitive, joyful process, guided by ease and presence in your own kitchen.

Thank you, with all my heart, for being here.  
Sophie x

