

# Gentle Dinner Guidelines for Soothing Dry Mama Skin

*For wellness-minded mums who are eating "well" but still struggling with dry,  
prematurely ageing skin*

---

## **DISCLAIMER:**

*This guide contains general information about Ayurvedic principles for educational purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always consult your healthcare provider before making significant dietary changes, especially if you have health concerns, are trying to conceive, pregnant, breastfeeding, or have medical conditions or concerns. [For the complete AAOKA® T&C please see here.](#)*

---

Ayurvedic wisdom teaches that dinner should be light and nourishing. The reason being that your body and skin rejuvenate most when digestion isn't working overtime at night.

A light, nourishing dinner can help to:

- Hydrate and nourish your skin naturally
- Support glowing, plump skin overnight
- Give your body a gentle reset before bedtime
- Support you to wake feeling more refreshed and rested

How to apply this principle to your dinners:

- Favour light, hydrating vegetables such as zucchini

- Favour lighter grains such as basmati and pearl barley over heartier options such as brown rice
- Favour lighter legumes such as split moong over larger lentils such as adzuki beans
- Consume other heartier foods such as meat and eggs at lunch when digestion is strongest
- Eat an early dinner (digestion weakens when the sun sets), allowing 2-3 hours before bed to digest properly
- Consider hydrating soups, stews, dosas, dahls that leave you feeling satisfied and nourished - freshly cooked, warm and moist is optimal from this perspective
- Cook with ghee and gentle spices such as cumin, coriander, fennel and ginger to support digestion and satisfaction

This isn't about restriction or perfection. It's a manageable baby-step that supports your beauty from the inside out. Consistent small choices have an accumulative effect - adding up to radiant skin and a renewed sense of hydrated vitality.

There is no one-size-fits all and these principles can be applied to almost any food preference or cuisine. Notice how you feel and find what works for you!

**Here are 3 of my favourite evening recipes:**

[Golden Garden Soup](#) (*switch out the veg and spices to suit your taste buds and individual needs*)

[Dosas](#) (*these can make a lovely side to vegetable soup or light, juicy veg such as zucchini*)

[Ojas Spiced Milk](#) (*In Ayurveda, spiced milk is traditionally sipped before bed to help promote good sleep and build ojas. This recipe can make a soothing night cap and curb late night hunger before sleeping*)