

02. Ayurvedic Cosmetics for Dry Skin (Vata-Pacifying)

Cold, windy weather, excess screen-time, long travel, ageing, and low internal oil all aggravate **Vata** and manifest as flakiness, tightness, itching, and a dull “papery” look.

The seven preparations below (scaled for ≈50 g retail jars unless noted) rebuild the **lipid mantle**, draw water into the stratum corneum, and soothe micro-inflammation without clogging pores.

#	Formulation	Core Goal	Classical Inspiration*
1	Shatavari-Ghṛita Deep Moisture Cream	Overnight barrier re-builder	Shatavarī-ghṛita (Aṣṭāṅga Hṛdaya)
2	Almond-Sesame Vata Serum	Daily nourishing face oil	Taila paka chapter, Suśruta
3	Fenugreek-Honey Hydrating Mask	Rapid quench for parched cheeks	Mādhava Nidāna - methika lepa
4	Oat-Flax “Kṣīra-Snāna” Bath Soak	Whole-body emollient milk bath	Snāna vidhī + Kṣīra kalpanā
5	Licorice-Marshmallow Heel & Hand Butter	Treats cracking & fissures	Śārṅgadhara’s yashtimadhu sneha
6	Aloe-Triphalādi Hydro-Tonique	Water-phase humectant toner	Triphalādi gana + svarasa
7	Bala-Kṣīra Abhyanga Oil (200 ml batch)	Warm body oil for daily self-massage	Balā-aśvagandhā taila

*Citations show lineage; recipes are modernized for GMP artisan labs.

1. Shatavari-Ghṛita Deep Moisture Cream (50 g)

Quick View : Ultra-rich night cream—replaces lost lipids, relieves tightness.

Phase	Ingredient	Botanical	Qty
Oil	Clarified cow ghee	—	18 g
Oil	Cold-pressed almond oil	<i>Prunus amygdalus</i>	5 g
Water	Shatavari (2 %) decoction	<i>Asparagus racemosus</i>	23 g
Emulsifier	Beeswax (yellow)	—	3 g
Actives	Vit-E (tocopherol)	—	0.25 g
Preservative	Leuconostoc/radish ferment	—	0.75 g

Step-by-Step

- Decoction**: simmer 2 g shatavari powder in 120 ml water → reduce to ~25 ml, filter (use 23 g).
- Heat oil phase (ghee + almond + beeswax) and water phase separately to 70 °C.
- Homogenise; cool to 45 °C; stir in Vit-E, preservative. Pot and cool.

Indications : chronic facial dryness, fine dehydration lines, post-retinol flakiness.

Contra-indications : active pustular acne, dairy allergy.

2. Almond-Sesame Vata Serum (30 ml dropper)

Purpose : Light, daily nutritive oil for face/neck.

Ingredient	Botanical	Qty
Sesame oil (infused with ashwagandha root)	<i>Sesamum indicum</i>	15 ml
Sweet-almond oil (cold-pressed)	<i>Prunus amygdalus</i>	11 ml
Rosehip CO ₂ extract	<i>Rosa canina</i>	2 ml
Lavender essential oil (0.3 %)	<i>Lavandula angustifolia</i>	0.1 ml
Vit-E	—	0.4 ml



Ingredient	Botanical	Qty
Rosemary antioxidant	—	0.25 ml

Method : Combine under nitrogen; gentle roll-mix; bottle in amber dropper.

Indications : day serum under make-up, windy-weather shield.

Contra-indications : nut allergy (almond); photosensitive dermatoses (patch test).

3. Fenugreek-Honey Hydrating Mask (Single use, 25 g)

Ingredient	Botanical	Qty
Methi seeds (soaked & paste)	<i>Trigonella foenum-graecum</i>	6 g wet
Raw forest honey	—	12 g
Fresh yogurt	—	5 g
Sandalwood powder	<i>Santalum album</i>	0.5 g
Rose water (adjust)	—	q.s.

Prep & Use

1. Grind soaked methi into smooth gel.
2. Fold in honey, yogurt, sandalwood; thin with rose water.
3. Apply 15 min; keep moist; rinse with cool water.

Indications : emergency quench for flaky patches, winter facials.

Contra-indications : honey allergy, active seborrheic dermatitis (may feed yeast).

4. Oat-Flax “Kṣīra-Snāna” Bath Soak (One tub)

Ingredient	Botanical	Qty
Finely milled oats	<i>Avena sativa</i>	50 g
Flaxseed powder	<i>Linum usitatissimum</i>	20 g
Whole milk powder	—	40 g
Licorice powder	<i>Glycyrrhiza glabra</i>	4 g
Rose petal powder	<i>Rosa centifolia</i>	3 g
Vetiver EO (trace)	<i>Vetiveria zizanioides</i>	3 drops

Method: Blend dry powders; add EO; pack in muslin sachet. Hang under warm-to-lukewarm tap water; soak 15 min.

Indications : atopic winter itch, elderly xerosis, spa “milk bath.”

Contra-indications : oat or dairy allergy.

5. Licorice-Marshmallow Heel & Hand Butter (60 g)

Ingredient	Botanical	Qty
Kokum butter	<i>Garcinia indica</i>	20 g
Shea butter	<i>Vitellaria paradoxa</i>	20 g
Sesame oil infused with licorice	<i>G. glabra</i>	15 g
Marshmallow root glycerite	<i>Althaea officinalis</i>	4 g



Ingredient	Botanical	Qty
Vit-E	—	0.3 g
Benzyl alcohol-salicylic acid preservative	—	0.7 g

Method : Melt butters + oil 70 °C; cool to 40 °C; whip; add glycerite, Vit-E, preservative; whip again; fill.

Indications : cracked heels, split cuticles, elbow plaques.

Contra-indications : salicylate sensitivity.

6. Aloe-Triphalādi Hydro-Tonique (100 ml spray)

Ingredient	Botanical	Qty
Aloe vera juice (cold-pressed)	<i>Aloe barbadensis</i>	60 ml
Triphalādi kwatha filtrate	<i>Triphala + neem leaf</i>	35 ml
Veg-glycerin	—	4 ml
Sodium benzoate	—	0.5 g
Lavender hydrosol	—	q.s. to 100 ml

Method : Combine sterile liquids; dissolve preservative 0.5 %; bottle in mister.

Indications : pre-oil hydration spritz, post-cleanse toner for flaky skin.

Contra-indications : aloe allergy.

7. Bala-Kṣīra Abhyanga Oil (200 ml batch)

Ingredient	Botanical	Qty
Sesame oil	<i>Sesamum indicum</i>	120 ml
Cow's milk	—	60 ml
Bala root powder	<i>Sida cordifolia</i>	10 g
Ashwagandha root powder	<i>Withania somnifera</i>	5 g
Licorice powder	<i>Glycyrrhiza glabra</i>	3 g
Cardamom EO (0.3 %)	<i>Elettaria cardamomum</i>	0.6 ml

Sneha-pāka Procedure

1. Boil powders in milk + 240 ml water → reduce to 60 ml.
2. Add decoction to sesame oil; low-heat until water phase dissipates (no bubbling, clear froth).
3. Cool < 45 °C; add cardamom EO. Strain through muslin.

Indications : daily warm abhyanga for elderly/athletes with dry limbs, postpartum Vata care.

Contra-indications: acute skin infection; milk intolerance on broken skin.