



07. Ayurvedic Cosmetics to Intensify Skin Glow (Varnya-Deepa Formulations for Instant & Lasting Radiance)

“Glow” in Ayurveda is called **kānti / varṇa** and depends on well-nourished **Rasa-Rakta**, balanced **Agni**, and ample **Ojas**. Topically, we use classical **varṇya** dravyas - *saffron, padmaka, chandana, manjishtha, lodhra, vetiver, yashtimadhu, amala-ki* - delivered through modern, barrier-friendly bases.

Below are **8 preparations** (≈ 50 g / ml retail unless noted) that boost luminosity within minutes **and** build deeper radiance over weeks.

#	Formulation	Immediate Effect	Long-Term Benefit	Classical Roots*
1	“Tejas” Flash-Glow Essence Mist	Dewy sheen	Antioxidant tone-up	<i>Padma-usheera varṇya jalas</i>
2	Saffron-Rose Gold Oil Drops	Soft golden filter	Collagen support	Kumkumādi taila
3	Pearl-Vetiver Micro-Polish (Ubtan)	Silky polish	Fades dull keratin	<i>Mukta pishti</i> + Usheera snāna
4	Radiance Revival Sleep Soufflé	Overnight bounce	Rebuild lipids, calm Pitta	Śata-dhauta ghṛita + varṇya gana
5	Amla-Triphala Glow Tea (Internal)	Morning flush	Rasāyana antioxidant	<i>Triphala rasāyana</i>
6	Padmakādi Eye-Cheek Bright Balm	Instant light-catch	Softens fine lines	Padmakādi varṇya yoga
7	Lotus-Sandal Illuminating Sheet Mask (single)	15-min plump	Hydrates, cools heat	Padma-chandana lepa
8	Ojas-Rise Collagen Latte Mix (15 serves)	Subtle post-drink glow	Builds ojas, gut Agni	<i>Shatavari-guduchi ghṛita</i> concept

*Shows textual lineage; every recipe is GMP-compliant & preservative safe.

1. “Tejas” Flash-Glow Essence Mist (100 ml glass mister)

Ingredient	Botanical	Qty
Rose hydrosol (HP)	-	45 ml
Vetiver hydrosol	<i>Vetiveria zizanioides</i>	25 ml
Lotus (pink) cold infusion 2 %	<i>Nelumbo nucifera</i>	20 ml
Sodium PCA 1 %	-	1 g
Niacinamide 2 %	-	2 g
Panthenol 1 %	-	1 g
Potassium sorbate 0.8 %	-	0.8 g
Mica-free natural pearl shimmer (≤0.1 %)	-	0.1 g
pH adjust 5.3	citric acid	q.s.

Method

- Combine hydrosols + infusion under laminar flow.
- Dissolve humectants & niacinamide; add preservative.
- Whisk in pearl powder until uniformly suspended; bottle.
Shake before each spritz.

Indications : Pre-event makeup prep, mid-day dullness.

Contra-indications : Very reactive rosacea (test niacinamide).



2. Saffron-Rose Gold Oil Drops (30 ml dropper)

Ingredient	Qty
Moringa seed oil (clear, fast)	14 ml
Fractionated coconut oil	10 ml
Saffron filaments (solar-infused)	0.25 g
Rose CO ₂ extract 0.2 %	0.06 ml
Tocotrienol concentrate 0.6 %	0.18 ml
24 k cosmetic micro-gold flakes	15 mg

Method

Macerate saffron in moringa + coconut 14 days (40 °C cabinet) → filter; dissolve rose CO₂ & tocotrienols; fold gold flakes; amber dropper.

Indications : Last skincare step AM/PM for glass-skin glow.

Contra-indications : Active cystic acne (may occlude).

3. Pearl-Vetiver Micro-Polish Ubtan (70 g dry jar)

Ingredient	Bot. name	Qty
Finely levigated pearl calcium	<i>Mukta pishti</i>	8 g
Vetiver root powder (200 mesh)	<i>V. zizanioides</i>	15 g
Chick-pea flour	-	30 g
Orange-peel powder	<i>Citrus sinensis</i>	10 g
Licorice powder	<i>G. glabra</i>	4 g
Kashmiri saffron dust	-	0.3 g
Sandalwood powder	<i>Santalum album</i>	2.7 g

Use : Mix 1 tsp powder with milk/rosewater → gentle 2-min polish; rinse.

Indications : Rough, grey complexion; weekly ritual.

Contra-indications : Very thin elderly skin (reduce pearl grit).

4. Radiance Revival Sleep Soufflé (50 g jar)

Phase	Ingredient	Qty
Oil	12× washed ghee (śata-dhauta ghr̥ita)	10 g
Oil	Sea-buckthorn pulp oil	3 g
Water	Padmakā (wild Himalayan cherry) decoction	26 g
Emulsifier	Olivem 1000	2.5 g
Humectant	Glycerin	3 g
Actives	Tetrahydrocurcuminoids 0.3 %	0.15 g
Preservative	Geogard ECO	0.85 g
pH 5.2	-	q.s.

Whip to aerated “soufflé”.

Indications : Overnight bounce, post-procedure “skin fast”.

Contra-indications : Dairy intolerance on broken barrier.

**5. Amla-Triphala Glow Tea (Internal; 20 sachets)**

Dry blend	Qty/sachet
Freeze-dried amla powder	1.5 g
Triphala extract (10:1)	0.8 g
Hibiscus petals	0.4 g
Ceylon cinnamon	0.2 g

Steep 200 ml 90 °C water 4 min.

Benefits : antioxidants, gentle bowel cleanse → clearer skin.

Contra : pregnancy (cinnamon high), active diarrhoea.

6. Padmakādi Eye-Cheek Bright Balm (15 g stick)

Ingredient	Qty
Kokum butter	4 g
Jojoba oil	6 g
Padmaka extract	0.25 g
Licorice CO ₂	0.1 g
Mica (pink pearl) 0.5 %	0.08 g
Beeswax	4.2 g
Vit E	0.12 g

Melt-pour; glide on high-points.

7. Lotus-Sandal Illuminating Sheet Mask (1 mask, 25 ml serum)

Serum: lotus hydrosol 60 %, sandalwood water 20 %, glycerin 6 %, niacinamide 3 %, licorice 2 %, panthenol 1 %, sodium hyaluronate 0.1 %, preservative 0.8 %, rest RO water.

Soak biodegradable cellulose sheet; pack; sell single-sachet kept cool.

15-min home facial → visible dew + cooling.

8. Ojas-Rise Collagen Latte Mix (150 g jar / 15 servings)

Ingredient	Qty
Hydrolysed marine collagen	60 g
Shatavari powder	25 g
Guduchi powder	15 g
Turmeric (curcumin 3 %)	5 g
Date sugar	40 g
Cardamom powder	5 g

Use 1 tbsp in warm almond milk at night.

Benefits : hormonal balance, gut-ojas → lasting glow.

Contra-indications : Seafood allergy; pregnancy (moderate turmeric, ok).



Glow Protocol at a Glance

Moment	Product
7 AM mist	Tejas Essence
7 05 AM oil	Saffron-Rose Drops (2-3)
Day	SPF (external) + Glow Mist top-ups
Eve cleanse	Pearl-Vetiver Polish (2×/week) or mild face wash
Bedtime	Sleep Soufflé + Eye-Cheek Bright Balm
Weekly	Lotus-Sandal Sheet / event day
Daily internal	Morning Glow Tea , Night Ojas Latte

Safety & Tips

- Always pair brightening routines with broad-spectrum **mineral SPF**.
- Patch-test niacinamide >2 % for flushing-prone skin.
- Discontinue if burning > 24 h; manage Pitta with coriander-fennel water.