



08. Ayurvedic Cosmetics for Delicate Zones: Lips, Eyes & Nails

Dry chapped lips, peri-orbital dark circles, and brittle nails are classic signs of depleted **Rasa-Ojas** and aggravated **Vata** (dryness) or **Pitta-Rakta** (pigment, redness). The seven preparations below nurture these **high-sensitivity** areas with gentle varṇya / keshya herbs, light oils, and barrier-safe actives. Batch sizes ≈ **30 g / ml** retail unless noted.

#	Formulation	Target Zone	Classical Inspiration*
1	Shatavari-Ghee Lip Sleeping Mask	Cracked, peeling lips	Śata-dhauta ghṛita + śatavari
2	Kesar-Licorice Day Lip Tint SPF	Pigmented lips, sun shield	Kumkumādi + yashtimadhu
3	Padmakādi Bright-Eye Gel	Dark circles & puffiness	Padmakādi varṇya yoga
4	Brahmi-Rose Eye-Liner Serum	Lash-line nourishment	Kerala 'anjanam' herbal kajal
5	Neem-Madder Nail & Cuticle Oil	Brittle nails, hangnails	Nimba-manjishtha sneha
6	Triphala-Ashwagandha Nail Hardener Balm	Weak, peeling nails	Triphala rasāyana
7	Ojas Glow "Pitta-Calm" Lip/Eye Internal Tonic (30 caps)	Systemic dryness & pigment	Brahmi-amla ghṛita

*Shows textual lineage; all recipes comply with cosmetic preservative norms.

1. Shatavari-Ghee Lip Sleeping Mask (30 g jar)

Ingredient	Botanical	Qty
12x-washed cow ghee	-	10 g
Shatavari CO ₂ extract	<i>Asparagus racemosus</i>	0.15 g
Mango butter	-	7 g
Sesame oil (cold-pressed)	<i>Sesamum indicum</i>	5 g
Beeswax (yellow)	-	6 g
Vit E	-	0.25 g
Cardamom EO 0.3 %	<i>Elettaria cardamomum</i>	0.09 g
Strawberry natural flavour (lip grade)	-	0.5 g

Method

Melt ghee + butter + oil + beeswax 70 °C; cool ≤ 45 °C; stir in Shatavari, Vit E, flavour, EO; whip 1 min; pour.

Indications : chronic chapping, post-isotretinoin lips.

Contra-indications : dairy allergy.

2. Kesar-Licorice Day Lip Tint SPF 15 (10 g twist-up)

Ingredient	Qty
Castor oil	3 g
Kukui nut oil	1 g
Cocoa butter	2 g
Candelilla wax	1.8 g
Non-nano zinc oxide (20 %)	2 g
Saffron infusion in jojoba	0.3 g
Licorice CO ₂ 0.2 %	0.02 g
Iron-oxide red (CI 77491)	0.6 g
Vit E	0.08 g



Method melt oils/butter/wax + oxide + zinc to 75 °C; cool 50 °C; add saffron, licorice, Vit E; pour.

Indications : lip dullness, mild sun block.

Contra : nut allergy (kukui); zinc taste if licked.

3. Padmakādi Bright-Eye Gel (30 ml pump)

Ingredient	Bot. name	Qty
Rose hydrosol	-	12 g
Padmaka extract (Himalayan cherry)	<i>Prunus cerasoides</i>	0.5 g
Cucumber juice	-	10 g
Sodium hyaluronate 0.2 %	-	0.06 g
Caffeine 0.3 %	-	0.09 g
Niacinamide 2 %	-	0.6 g
Xanthan gum	-	0.25 g
Leuconostoc-radish ferment	-	0.9 g
RO water	to 30 g (pH 5.4)	

Use ½ pump pat under eyes AM/PM.

Indications : dark circles (vascular + pigment), a.m. puffiness.

Contra : niacinamide flush (patch-test).

4. Brahmi-Rose Eye-Liner Serum (8 g glass pot)

Traditional nourishing “herbal kajal”.

Ingredient	Qty
Castor oil soot (homemade from rose petals)	1 g
Brahmi taila (light)	4 g
Beeswax	2 g
Rose absolute (trace)	0.02 g
Tocopherol	0.05 g

Melt oil-wax; blend soot; set.

Indications : lash growth, subtle smoky line.

Contra : contact-lens users (test).

5. Neem-Madder Nail & Cuticle Oil (15 ml dropper)

Ingredient	Bot. name	Qty
Sesame oil	-	7 ml
Neem CO ₂ (0.5 %)	<i>Azadirachta indica</i>	0.08 ml
Manjishtha extract (oil-sol.)	<i>Rubia cordifolia</i>	0.1 g
Vitamin F (linoleic)	-	2 ml
Lavender EO 0.5 %	-	0.08 ml
Rosemary antioxidant	-	0.04 ml

Massage one drop nightly.

Indications : yellowing, ragged cuticles.



Contra : pregnancy (high neem), lavender allergy.

6. Triphala-Ashwagandha Nail Hardener Balm (25 g tin)

Ingredient	Qty
Kokum butter	8 g
Beeswax	5 g
Castor oil	4 g
Triphala macerate oil	5 g
Ashwagandha root CO ₂	0.15 g
Lemon EO 0.3 % (FCF)	0.075 g
Vit E	0.1 g

Melt-pour; rub on nail plate & matrix.

Indications : peeling, splitting nails.

Contra : citrus sensitivity (though FCF is photostable).

7. Ojas-Glow Lip / Eye Internal Tonic (30 veg-caps)

Ingredient	per cap
Brahmi (Bacopa monnieri) extract (20 % bacosides)	150 mg
Amla (Embllica officinalis) extract (50 % tannins)	100 mg
Shatavari (Asparagus racemosus) root powder	100 mg
Guduchi (Tinospora cordifolia) powder	75 mg
Yashad Bhasma (calcinated zinc) or Zinc bisglycinate	5 mg

Take 1 cap daily with warm water after breakfast and dinner.

How to use: This capsule is used internally by oral route. Recommended dosage is 1 capsule twice daily after meal.

Indications : chronic dark circles, lip pallor, stress depletion.

Contra : pregnancy (consult), active colds (Guduchi cooling).

Mini-Regimen Example

Time	Lips	Eyes	Nails
AM	SPF Tint (F-2)	Bright-Eye Gel	-
Mid-day	Tejas Mist (prev. cat.)	-	Cuticle Oil dab if dry
PM	Ghee Lip Mask	Eye-Liner Serum + Eye Gel	Nail Balm 3× wk
Daily internal	Ojas-Glow Cap	-	-

Safety & Patch Testing

- Use **clean fingertips** around eyes; discontinue with redness.
- Citrus / neem EOs kept ≤0.5 % but still contraindicated in 1st trimester.
- Always check **nut, dairy, sesame** allergies for ghee, kukui, sesame bases.