#### Chapter 12. Herbal Bath Powders & Ubtans for Skin Glow

## 1 Why Choose Powder Cleansers over Soap?

Ayur Principle	Traditional Benefit	Modern Skin Science
<b>Tikta-Kaṣāya rasa</b> (bitter-astringent) of many herbs gently pulls out excess <b>Kapha</b> without stripping natural lipids.		pH of well-designed bath powders sits 4.8 – $5.4 \rightarrow$ preserves acid-mantle and microbiome.
<b>Mild friction</b> of grains = daily <i>Udvartana</i> - boosts <b>Vyāna Vāta</b> micro-circulation.	Instant "polish" and even tone.	Fine physical exfoliation keeps stratum- corneum turnover regular without micro- tears.
<b>Water-free storage</b> – no preservative burden.	Safer for sensitive skins.	Zero synthetic surfactants $\rightarrow$ eco-drain friendly.

## 2 Core Building Blocks

Function	Ayurvedic Options	Suggested Mesh
Cleansing base grains	Chick-pea (Cicer arietinum), Green-gram (Vigna radiata), Red-rice bran	60-80 for body
Keratolytic exfoliants	Horse-gram (Macrotyloma), Oat bran, Orange-peel	40-60 (slightly gritty)
Glow / Varṇya herbs	Sandal ( <i>Santalum album</i> ), Manjishtha ( <i>Rubia cordifolia</i> ), Liquorice ( <i>Glycyrrhiza glabra</i> )	100-120
Soothers & humectants	Aloe-leaf powder, Rose petal, Lotus petal	80-120
Cooling agents	Vetiver root, Mint leaf, Indian sarsaparilla (Hemidesmus)	100
Warming scrapers	Trikatu blend, Dry ginger, Mustard seed	60-80

# 3 Doșa-Specific Master Formulas (250 g retail jar)

#### 3.1 VĀTA-CARE "Creamy Almond Glow"

Ingredient	g	%
Green-gram flour	90	36
Oat flour	60	24
Almond meal (blanched)	40	16
Shatavari root	25	10
Bala root	20	8
Sandalwood fine	15	6

Rose-milk activation delivers buttery cleanse; ideal for winter dryness.

#### 3.2 PITTA-COOL "Rose-Vetiver Silk"

Ingredient	g %
Chick-pea flour	80 32
Red-rice bran	50 20
Rose petal powder	40 16
Vetiver root powder	30 12
Manjishtha	25 10
Aloe freeze-dry	25 10

Activate with chilled cucumber juice for post-sun shower.

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#### 3.3 KAPHA-DETOX "Neem-Citrus Scrub"

Ingredientg%Horse-gram coarse8032Chick-pea flour6024Neem leaf4016Orange-peel powder3012Lodhra bark2510Trikatu blend156

Warm-water activation creates tingling lekhana effect; perfect for oily back-acne or cellulite zones.

#### 4 Activation Liquids & Enhancers

Skin / Season	Best Liquid	Optional Booster
Vāta - winter	Warm whole milk or sesame-oil splas	h ½ tsp honey
Pitta – summer	Rose / cucumber water	¼ tsp licorice
Kapha – humid	Warm water + 3 drops lemon	Pinch of kasturi turmeric
Bridal instant glov	v Fresh coconut water	Few strands crushed saffron

#### 5 Application Ritual (Client Card)

- 1. **Pre-Wet skin** in shower; switch water off.
- 2. Whisk powder (2-3 Tbsp body / 1 Tbsp face) with chosen liquid → yoghurt-like paste.
- 3. **Apply & Massage** circular (clockwise limbs, anticlockwise joints) 3-4 min.
- 4. Rest 1-2 min (Vāta skip rest); deep-breath aroma therapy.
- 5. Rinse lukewarm; no soap follow-up required.
- 6. **Seal** with light body oil or aloe lotion within 3 min (abhyanga lock-in).

### 6 Spa Upgrade - "Ubtan Podikizhi"

Bundle 30 g of selected powder into muslin bolus; steam lightly; pat-press over oiled body 10 min.

→ Combines exfoliation + mild swedana; great for pre-bridal glow packages.

# 7 Stability & Packaging

- Moisture ≤ 5 % (use desiccant pouch).
- Natural water activity keeps microbial load < 100 cfu/g.</li>
- Mica-lined kraft pouch or amber PET jar; label "Use dry spoon External use only".
- Shelf-life 9 12 m (sensory check aroma fading).

#### 8 Common Q & A

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Skin feels tight after Kapha scrub Follow with 5-drop coconut oil on damp skin or switch to milder rice-licorice blend two days/week.

Can pregnant clients use? Yes, if no essential oils added; avoid Trikatu heat in third trimester.

Kasturi turmeric at < 0.5 % usually rinses clean; advise lemon-water final splash if faint Will turmeric stain fair skin?

### 9 Clinical Outcomes (Pilot, n = 20, 4 weeks)

Metric	Baseline	Week 4
Skin brightness (L*)	58.0	63.5
TEWL (g/m² h)	16.5	13.2
Back-acne lesion count (Kapha group)	22	7
Subjective "Silk Feel" VAS /10	4.0	8.1

#### **Key Take-Aways**

- 1. Base grain + functional herb + activator = customizable glow for any doşa.
- 2. Consistent use (3×/week) balances body sebum, brightens tone and gently detans.
- 3. Powder-first formats align with zero-waste & clean-beauty trends—USP for your brand.
- 4. Always advise **post-wash oil or lotion** to seal moisture, especially in Vāta season.

Formulator mantra: "Scrub with grains, glow with herbs, seal with oil—ancient spa bottled for daily bath."

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