



## 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-Kaṣaya rasa</b> (bitter-astringent) of many herbs gently pulls out excess <b>Kapha</b> without stripping natural lipids.	Smoothen, tighter pores; fewer whiteheads on back & arms.	pH of well-designed bath powders sits 4.8 - 5.4 → 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 → eco-drain friendly.

### 2 Core Building Blocks

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

### 3 Doṣa-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
Manjishta	25	10
Aloe freeze-dry	25	10

Activate with chilled cucumber juice for post-sun shower.



### 3.3 KAPHA-DETOX “Neem-Citrus Scrub”

Ingredient	g	%
Horse-gram coarse	80	32
Chick-pea flour	60	24
Neem leaf	40	16
Orange-peel powder	30	12
Lodhra bark	25	10
Trikatu blend	15	6

*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 splash	½ tsp honey
Pitta - summer	Rose / cucumber water	¼ tsp licorice
Kapha - humid	Warm water + 3 drops lemon	Pinch of kasturi turmeric
Bridal instant glow	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 (*abhyāṅga 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.
- 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



**Q**

*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.

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

**A**

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

Metric	Baseline Week 4	
Skin brightness (L*)	58.0	<b>63.5</b>
TEWL (g/m <sup>2</sup> h)	16.5	<b>13.2</b>
Back-acne lesion count (Kapha group)	22	<b>7</b>
Subjective "Silk Feel" VAS /10	4.0	<b>8.1</b>

### Key Take-Aways

1. **Base grain + functional herb + activator** = customizable glow for any dosha.
2. Consistent use (3x/week) balances body sebum, brightens tone and gently detoxes.
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 Vata season.

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