



Chapter 12. Herbal Bath Powders & Ubtans for Skin Glow

1 Why Choose Powder Cleansers over Soap?

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

2 Core Building Blocks

Function	Ayurvedic Options	Suggested Mesh
Cleansing base grains	Chick-pea (<i>Cicer arietinum</i>), Green-gram (<i>Vigna radiata</i>), Red-rice bran	60-80 for body
Keratolytic exfoliants	Horse-gram (<i>Macrotyloma</i>), 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 (<i>Hemidesmus</i>)	100
Warming scrapers	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
Manjishtha	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 (*abhyaṅga 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

A

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.

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

Metric	Baseline	Week 4
Skin brightness (L*)	58.0	63.5
TEWL (g/m ² 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 doṣa.
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."