

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

#### **Chapter 20. Herbal Nail & Hand Care Treatments**

<u>AD</u>



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# 1 ► Why We Focus on Hands & Nails

Everyday ObservationAyurvedic AngleBeauty/Health ReasonBrittle nails split easilyVāta dryness in Asthi-dhātuNeed oil-rich nutrition & gentle filingYellow nails or cuticle fungusKapha-Āma stagnation & dampnessKeep nails dry after wash; use anti-fungal herbsRough, dark knucklesPitta-heat / frictionBrightening, cooling packs lighten tone

# 2 ► Quick Look at Nail Anatomy (Plain English)

Layer What It Does Ayur Hack

Matrix (root) Creates new nail cells Eat calcium-rich – sesame laddus

Nail PlateThe hard part we seeOil & buff, don't scrapeCuticle (skin seal) Blocks germs going insideMassage ghee nightly

Nail Bed Tissue under plate, pink colour Keep circulation high - mini-massage

# 3 ► Ingredient Toolbox - What Each Herb Does

Herb/Oil Why We Use It

Castor oilHigh ricinoleic acid → mega-thick cuticlesSesame oilWarm, Vāta-soothing, fast absorbing

Henna leaf (lawsonia) Natural anti-fungal, faint tint strengthens keratin

**Lemon peel** Mild AHA removes yellow staining **Neem** Anti-bacterial soak for hang-nails

Sandal & Licorice Brightens dark knuckles

Kokum or Shea butter Seals moisture, non-greasy film

### 4 ► Formulas You Can Make in Class

#### 4.1 "Castor-Henna Cuticle Oil" (30 ml dropper)

Ingredient	Role	Qty
Cold-pressed castor	Base oil	15 ml
Sesame oil	Thins texture	12 ml
Henna CO <sub>2</sub> extract	Anti-fungus	0.3 ml (1 %)
Vitamin E	Anti-oxidant	0.3 ml

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Ingredient Role Qty
Lavender EO Pleasant scent 10 drops

Warm 2-3 drops, massage nail rims nightly.

#### 4.2 "Chick-Pea Lemon Hand Scrub" (Single use)

#### Chick-pea flour 2 Tbsp

Fine sugar 1 Tbsp Lemon juice 1 Tbsp Honey 1 tsp

Massage 2 min → rinse. Removes dead cells & minor stains.

## 4.3 "Sandal-Licorice Bright Pack" (Enough for both hands)

#### Sandalwood powder 2 tsp

Licorice powder 1 tsp Aloe-gel 2 tsp

Apply 10 min, keep moist; wipe off.

# 5 ► Flow-Chart - Herbal Hand & Nail Spa (Class Demo)

(5 steps: soak, scrub, cuticle oil, bright pack, moisturise.)

# 6 ► Weekly Planner (Printable for Clients)

DayAM RoutinePM RoutineMonNeem-Rose warm soak 5 minGhee cuticle dabWedChick-pea lemon scrubCastor-Henna oilFriBright pack 10 minKokum butter massageDailySPF on back of hands8-glasses water rule

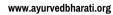
# 7 ► Safety & Hygiene Checklist

- 1. Always file one direction zig-zag causes micro-splits.
- 2. Sterilise manicure tools in hot water + 3 drops neem EO.
- 3. Diabetics: no cutting cuticles use soak + soft push only.
- 4. Allergies? Patch-test lemon & henna inside elbow 24 h.

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# 8 ► Mini-Quiz

- 1. Which oil is "thicker": castor or sesame?
- 2. Why do we need acid (lemon) in the scrub?
- 3. Name the doşa behind brittle, cold nails.

(Answers: castor; dissolves yellow stain & dead skin; Vāta.)

### **Key Take-Aways**

- Hands look young when **exfoliated**, **fed with oil**, **and sealed with butter**.
- Use warming oils for Vāta brittleness, cool packs for Pitta darkness, dry scrubs for Kapha fungal issues.
- Follow the 5-step spa flow your nails will shine plus you avoid salon chemicals.

Mantra: "Soak • Scrub • Oil • Pack • Butter - five minutes a day for forever-pretty hands."

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