

Chapter 20. Herbal Nail & Hand Care Treatments

1 ► Why We Focus on Hands & Nails

Everyday Observation	Ayurvedic Angle	Beauty/Health Reason
Brittle nails split easily	Vāta dryness in <i>Asthi-dhātu</i>	Need oil-rich nutrition & gentle filing
Yellow nails or cuticle fungus	Kapha-Āma stagnation & dampness	Keep nails dry after wash; use anti-fungal herbs
Rough, dark knuckles	Pitta-heat / friction	Brightening, 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 Plate	The hard part we see	Oil & buff, don't scrape
Cuticle (skin seal)	Blocks germs going inside	Massage 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 oil	High ricinoleic acid → mega-thick cuticles
Sesame oil	Warm, 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 ₂ extract	Anti-fungus	0.3 ml (1 %)
Vitamin E	Anti-oxidant	0.3 ml
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



Chick-pea flour 2 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)

Day	AM Routine	PM Routine
Mon	Neem-Rose warm soak 5 min	Ghee cuticle dab
Wed	Chick-pea lemon scrub	Castor-Henna oil
Fri	Bright pack 10 min	Kokum butter massage
Daily	SPF on back of hands	8-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.

8 ▶ Mini-Quiz

1. Which oil is “thicker”: castor or sesame?
2. Why do we need acid (lemon) in the scrub?
3. Name the doṣa 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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