

## Chapter 3. Face Masks & Packs for Different Skin Types

(All recipes make one **single-use** face/neck application; multiply x 10 for retail jars. Powders are ultra-fine 120-mesh unless noted.)

### 1 | Matching Mask Energies to Doṣa-Dominant Skins

| Doṣa / Skin State                    | Desired Energies               | Go-To Bases                               | Stop-List Ingredients                 |
|--------------------------------------|--------------------------------|---|---------------------------------------|
| <b>Vāta</b> (dry, thin, flaky)       | Heavy • Unctuous • Warm        | Oat, almond, milk, bala                   | Strong clay, citrus juice in winter   |
| <b>Pitta</b> (hot, red, pigmented)   | Cool • Sweet • Astringent      | Sandal, vetiver, lotus, manjishtha        | Mustard, high-EO turmeric             |
| <b>Kapha</b> (oily, dull, congested) | Light • Sharp • Rough          | Neem, tulsi, lodhra, horse-gram           | Thick ghṛita, dairy activator         |
| <b>Combination</b>                   | Dual—T-zone Kapha, cheeks Vāta | Chick-pea, licorice, rice                 | Single-note heavy oils                |
| <b>Sensitive / Reactive</b>          | Soft • Mild • Cooling          | Lotus, aloe, liquorice, marsh-mallow root | Strong scrubs, essential oils > 0.5 % |
| <b>Ageing / Atrophic</b>             | Rebuilding • Warm-moist        | Gotu kola, amla, ashwagandha, pearl       | Over-drying clays                     |

### 2 | Signature Lepa / Mask Formulas

#### A. VĀTA-NOURISH “Almond-Milk Velvet”

| Ingredient            | Quantity                             |
|-----------------------|--------------------------------------|
| Oat flour             | <b>1 Tbsp ≈ 8 g</b>                  |
| Blanched almond meal  | <b>1 tsp ≈ 5 g</b>                   |
| Shatavari root (fine) | <b>1 tsp ≈ 3 g</b>                   |
| Bala root (fine)      | <b>½ tsp ≈ 1.5 g</b>                 |
| <b>Activator</b>      | Warm whole milk + 3 drops sesame oil |

*Method:* Make smooth paste; massage 30 s; keep 15 min; mist if dries; rinse lukewarm.

#### B. PITTA-CALM “Sandal-Vetiver Soother”

| Ingredient                    | Quantity                             |
|-------------------------------|--------------------------------------|
| Red sandalwood powder         | <b>2 tsp ≈ 6 g</b>                   |
| Vetiver (ultra-fine)          | <b>1 tsp ≈ 3 g</b>                   |
| Manjishtha powder             | <b>½ tsp ≈ 1.5 g</b>                 |
| Aloe-vera powder (freeze-dry) | <b>½ tsp ≈ 1.5 g</b>                 |
| <b>Activator</b>              | Fridge-cold rose + cucumber hydrosol |

*Method:* Apply 12 min; keep moist; rinse cool; follow with vetiver mist.



### C. KAPHA-DETOX “Neem-Lodhra Clarity”

| Ingredient           | Quantity                               |
|----------------------|--|
| Rice-husk micro-grit | 2 tsp ≈ 6 g                            |
| Chick-pea flour      | 1 Tbsp ≈ 8 g                           |
| Neem leaf powder     | 1 tsp ≈ 3 g                            |
| Lodhra bark powder   | 1 tsp ≈ 3 g                            |
| Tulsi leaf powder    | ½ tsp ≈ 1.5 g                          |
| <b>Activator</b>     | Warm water + 3 drops fresh lemon juice |

*Method:* Scrub circles 60 s; leave 1 min; rinse cool.

### D. COMBINATION “Rice-Licorice Balance”

| Ingredient               | Quantity                                   |
|--------------------------|--|
| Rice flour               | 1 Tbsp ≈ 8 g                               |
| Chick-pea flour          | 2 tsp ≈ 6 g                                |
| Licorice powder          | 1 tsp ≈ 3 g                                |
| Kasturi turmeric (pinch) | ≈ 0.25 g                                   |
| <b>Activator</b>         | Plain yogurt (T-zone) + rosewater (cheeks) |

*Method:* Thin layer on T-zone, thicker on cheeks; rinse after 10 min.

### E. AGE-DEFY “Centella-Pearl Collagen Mask”

| Ingredient                  | Quantity  |
|-----------------------------|---|
| Gotu kola powder            | 1 tsp ≈ 3 g                                     |
| Amla powder                 | 1 tsp ≈ 3 g                                     |
| Ashwagandha powder          | ½ tsp ≈ 1.5 g                                   |
| Pearl calcium (mukta piṣṭi) | ½ tsp ≈ 1.25 g                                  |
| <b>Activator</b>            | Lukewarm goat-milk whey + 2 drops kumkumadi oil |

*Method:* Massage upward 30 s; occlude with cling film; keep 15 min; rinse tepid.

### F. SENSITIVE “Lotus-Oat Petal Calm”

| Ingredient         | Quantity      |
|--------------------|---------------|
| Lotus petal powder | 1 Tbsp ≈ 8 g  |
| Colloidal oat      | 1 tsp ≈ 4 g   |
| Licorice powder    | ½ tsp ≈ 1.5 g |
| Aloe-vera powder   | ½ tsp ≈ 1.5 g |



| Ingredient | Quantity           |
|------------|--------------------|
| Activator  | Cool coconut water |

*Method:* Apply gel-like layer 10 min (no steam); rinse cool; finish with rose mist.

### 3 | Application Protocol (Client Card)

1. **Cleanse** with doṣa-matched ubtan (see previous chapter).
2. **Steam** 30 s for Kapha / 15 s for others; skip for sensitive.
3. **Apply mask** 1 mm layer with wooden spatula; avoid orbital margin.
4. **Mist** every 3–4 min except creamy Vāta mask.
5. **Rinse:** Pitta & sensitive \* cool; Vāta & Kapha □ lukewarm.
6. **Tone & Seal:** hydrosol → serum → light oil/moisturiser matched to doṣa.

#### Frequency Guide

| Skin             | Mask Type | Use                |
|------------------|-----------|--------------------|
| Vāta             | A, E      | 2× week            |
| Pitta            | B, F      | 2–3× week          |
| Kapha            | C         | alt-day or 3× week |
| Combo            | D         | 2× week            |
| Sensitive F only |           | 1× week            |

### 4 | Shelf-Life & Retail Tips

- Keep powders < 5 % moisture; nitrogen flush for pearl/centella blends.
- Label **“Mix fresh. Use immediately. No preservatives.”**
- Provide separate **activator ampoules** (rose, coconut, hydrosol) for deluxe kits.

### 5 | Safety & Contra-Signals

| Ingredient                        | Caution                 | Alternative                 |
|-----------------------------------|-------------------------|-----------------------------|
| Turmeric (> 0.5 %)                | May stain Fitz-I/II     | Swap 0.2 % licorice         |
| Mustard / trikatu in Kapha scrubs | Hot-sting on sensitive  | Use lodhra-charcoal instead |
| Pearl (calcium)                   | Check shellfish allergy | Replace with kaolin clay    |

Patch-test inside forearm 24 h for first-time client.

#### Key Take-Aways

1. **Powder + activator format** lets you customise for season & skin.
2. Ratios: **Base grain 35–55 % → Active herbs 30–45 % → Boosters 10–20 %.**
3. Respect doṣa energetics—avoid heating agents on Pitta skins, drying clays on Vāta.
4. Even the finest mask needs **pre-cleanse & post-moisturise** for full benefit.



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**Formulator mantra:** *"Grain grounds, herb heals, activator directs."*

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