

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

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(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	2 tsp ≈ 6 g
Vetiver (ultra-fine)	1 tsp ≈ 3 g
Manjishtha powder	½ tsp ≈ 1.5 g
Aloe-vera powder (freeze-dry)	½ tsp ≈ 1.5 g
<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
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.

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

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