

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
Vāta (dry, thin, flaky)	Heavy • Unctuous • Warm	Oat, almond, milk, bala	Strong clay, citrus juice in winter
Pitta (hot, red, pigmented)	Cool • Sweet • Astringent	Sandal, vetiver, lotus, manjishtha	Mustard, high-EO turmeric
Kapha (oily, dull, congested)	Light • Sharp • Rough	Neem, tulsi, lodhra, horse-gram	Thick ghṛita, dairy activator
Combination	Dual—T-zone Kapha, cheeks Vāta	Chick-pea, licorice, rice	Single-note heavy oils
Sensitive / Reactive	Soft • Mild • Cooling	Lotus, aloe, liquorice, marsh-mallow root	Strong scrubs, essential oils > 0.5 %
Ageing / Atrophic	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	1 Tbsp ≈ 8 g
Blanched almond meal	1 tsp ≈ 5 g
Shatavari root (fine)	1 tsp ≈ 3 g
Bala root (fine)	½ tsp ≈ 1.5 g
Activator	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
Activator	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
Activator	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
Activator	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
Activator	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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