

## Chapter 4. Herbal Moisturizers & Serums (Kumkumadi Taila, Aloe Vera, Sandalwood)

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### 1 Why “Moisturise” in Ayurveda?

- Classical texts call the skin’s lustre “**mṛduta kānti**” (soft radiance).
- After cleansing or Panchakarma, the **Bhrajaka Pitta** layer is thirsty; leave it un-sealed and Vāta steals water → dullness + micro-lines.
- A well-built herbal moisturiser **locks water (Jala), supplies oil (Sneha) and cools/warms according to doṣa**.

### 2 Hero Actives & Their Ayur Logic

Active	Sanskrit Name / Source	Guṇa · Vīrya (Qualities · Potency)	Star Phyto-constituents	Key Cosmetic Actions
<b>Kumkumadi Taila</b> (saffron “miracle” oil)	Base sesame ghṛita infused with <b>Kumkuma</b> (saffron, <i>Crocus sativus</i> ) + 20+ varṇya dravyas	Madhura, Tikta · <b>Uṣṇa</b>	Crocin, crocetin, manjishthin	Brightens, fades PIH*, boosts micro-circulation, repairs night barrier
<b>Aloe-vera Gel</b>	<i>Kumārī</i> (Aloe barbadensis) inner fillet	Madhura · <b>Śīta</b>	Polysaccharides (acemannan), vitamins A-C-E	Instantly hydrates, calms redness, accelerates wound closure
<b>Sandalwood Milk-Emulsion</b>	<i>Śveta Chandana</i> ( <i>Santalum album</i> ) heartwood	Madhura, Kaṣāya · <b>Śīta</b>	Santalols, sesquiterpenes	Pitta-cooling, anti-microbial, long-lasting moisture without grease

\*PIH = Post-Inflammatory Hyper-Pigmentation.

### 3 Signature Formulations (Lab-Scale Prototypes)

#### 3.1 Kumkumadi Night Facial Oil (30 ml dropper)

Phase	Ingredient	%	g
Oil	Organic sesame oil	64	19.2
Oil	Infused <i>Kumkumadi</i> herbal concentrate†	30	9.0
Active	Licorice CO <sub>2</sub>	1	0.3
Active	Manjishtha CO <sub>2</sub>	0.5	0.15
Antioxidant	Vitamin E (mixed tocopherols)	0.5	0.15
EO*	Sweet orange EO (IFRA-safe)	0.3	0.09
Preserv-free waterless blend		<b>100</b>	<b>30 g</b>



†Classical *Taila Pāka* in copper vessel; filter to 200-mesh clarity.

\*Optional fragrance; omit for ultra-sensitive users.

**Usage** – 4 drops warmed between palms; press into damp skin nightly for 6 weeks → ΔL\* + 5–7.

### 3.2 Aloe-Centella Hydro-Serum (50 g airless pump)

Phase	Ingredient	%
A (water)	Organic aloe-vera gel (decolorised)	65
	RO water	20
	Sodium hyaluronate (LMW)	0.2
B (actives)	Centella CO <sub>2</sub> (asiaticoside 50 %)	0.3
	Niacinamide (vit-B3)	4
	Panthenol (vit-B5)	1
C (functional)	Propanediol	5
	Xanthan-gellan blend	0.6
	Preservative (Geogard ECO)	0.8

**pH 5.4** (lactic acid adjust) —

**Usage** – pea-size after cleanse, before oil/cream; ideal for Pitta and sensitive skins post-laser/needling.

### 3.3 Sandal-Vetiver Day Cream (50 g glass jar)

Phase	Ingredient	%
Oil	Coconut-fractionated	8
	Almond oil	5
	Santalum seed oil	2
Water	Rose hydrosol	59
	Vetiver hydrosol	15
Emulsifier	Olivem 1000	4
Humectant	Glycerin	4
Cooling actives	Cucumber extract	1
	Licorice water-sol.	0.7
Preservative	Geogard 221	1.3

SPF booster: add 2 % non-nano zinc oxide for daytime; test for > 15 SPF.

## 4 Skin-Type Prescribing Grid

Skin / Season	Kumkumadi Oil	Aloe Hydro-Serum	Sandal Cream
<b>Vāta</b> (dry)	✓ nightly	— (use under oil in summer)	✓ day & night in winter
<b>Pitta</b> (red, hot)	Spot-only or alt-night	✓ AM & PM	✓ AM (zinc SPF)
<b>Kapha</b> (oily)	2–3 drops on damp skin alt-night	✓ light layer AM	— or gel-cream 1 × day
<b>Post-peel / laser</b>	✓ start day 3	✓ start day 1	✓ day 2 onward
<b>Sensitive / Rosacea</b>	Test patch, dilute 50 % with jojoba	Primary AM/PM	Low-fragrance, cool-room only

## 5 Stability & Regulatory Pointers

- Waterless oil needs **antioxidant**, not broad-spectrum preservative; 18 m shelf-life.
- Hydro-serum & cream: keep under **pH 5-5.5**; challenge test to meet ISO 11930.
- **Saffron** cost drives retail price—grade I Kashmiri or Iranian saffron; CoA for aflatoxin & lead.
- EU cosmetic claims: “brightens”, “improves tone” (avoid “whitens”), “supports collagen”.

## 6 Client-Friendly Routine Card (print back-of-box)

1. **Cleanse:** Herb ubtan.
2. **Hydrate:** 2 pumps Aloe-Centella Hydro-Serum.
3. **Nourish & Treat (night):** 4 drops Kumkumadi Oil warm-press.
4. **Seal & Protect (day):** Sandal-Vetiver Cream + mineral SPF.

### Key Take-Aways

1. **Layer water → gel → oil** for longest hydration tail.
2. Match **doṣa & climate**: cool sandal cream for summer Pitta, rich almond-bala for winter Vāta.
3. **Freshly infused Kumkumadi** ( $\leq 6$  m old) shows markedly better L\* improvement than shelf-stored 18 m oil—track batch dates.
4. In clinic, combine with light **micro-needling** (0.25 mm) to push actives 2× deeper—start 5 days post-detox.

**Formulator mantra:** “Hydrate, feed, seal—trees drink root to leaf; skin thrives mist to lipid.”

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