



## Chapter 23. Crafting Different Lepa (Face Packs) & Natural Scrubs - Ayurvedic Formulations

Welcome to Day 46 of your Ayurveda Cosmetology course! Today, we explore **Lepa** (face packs or pastes) and **natural scrubs**—two crucial elements for **cleansing, nourishing, and revitalizing** the skin. These formulations draw from simple, **dosha-tailored** ingredients, blending them into targeted treatments that stand apart from chemical-laden masks and exfoliants.

### 1. Overview: Lepa & Scrubs in Ayurvedic Practice

- **Lepa** refers to **herbal pastes** applied to the face or body, typically left for a certain period to **soften, cool, or absorb** impurities.
- **Scrubs** (or mild exfoliants) help **remove dead cells**, unclog pores, and refine texture—essential for Kapha or congested skin, but also helpful in moderate use for Vata or Pitta if adapted gently.

#### Why They're Beneficial

1. **Natural & Minimal:** You control exactly which herbs, grains, or fruits go into each formulation.
2. **Dosha Specificity:** Cooling herbs for Pitta, hydrating bases for Vata, and clarifying or stimulating blends for Kapha.
3. **Holistic:** Many lepas also carry subtle **aromatic** or **energetic** benefits—complementing the mind-body synergy central to Ayurveda.

### 2. Core Components & Ingredient Selection

#### A. Bases

1. **Flours / Powders**
  - **Chickpea Flour (Besan):** Mild exfoliation, suitable for normal to oily (Kapha or Pitta) or combination.
  - **Rice Flour:** Finer texture, can be gentle enough for slightly sensitive or Vata if mixed with a moisturizing agent.
  - **Oat Powder:** Softening effect, good for dryness or sensitive Pitta skin.
2. **Clays**
  - **Multani Mitti (Fuller's Earth):** Absorbs oil, beneficial for Kapha or Pitta with breakouts, may be too drying for Vata.
  - **Kaolin or Bentonite:** Additional cleansing, but watch dryness level.
3. **Fruits / Veggies** (often used fresh)
  - **Papaya, banana, or avocado** for hydration and mild enzyme action—Vata or dryness.
  - **Cucumber or watermelon** juice for cooling Pitta.

#### B. Herbal & Spice Add-Ons

1. **Turmeric** (Haridra): Anti-inflammatory, mild brightening—but caution with possible staining and dryness for Vata.
2. **Neem** (Nimba): Antibacterial, clarifying for oily or acneic conditions (Kapha/Pitta).
3. **Sandalwood** (Chandan): Cooling, soothing for Pitta or inflamed areas.
4. **Licorice** (Yashtimadhu): Gentle brightening, can calm mild dryness or hyperpigmentation.
5. **Fenugreek** (Methi) seeds/powder: mild moisturizing, helpful for Vata dryness if used sparingly.

#### C. Liquid Medium

- **Rose Water:** Mild astringent, suitable for Pitta or general.
- **Milk / Yogurt:** Adds lactic moisture, often recommended for Vata dryness or mild exfoliation.

- **Plain Water** or **Herbal Decoction**\*\*: For simpler, less complicated application.
- **Aloe Vera Gel**: Soothing, can also replace or reduce water for better Pitta cooling.

### 3. Formulating Lepa (Face Packs)

#### A. Basic Steps

1. **Choose a Base**: e.g., chickpea flour for mild exfoliation, or a fruit pulp for moisturizing.
2. **Add Herbal Powders**: e.g., a pinch of turmeric for brightening, sandalwood for cooling.
3. **Adjust Consistency**: Mix with water, rose water, or milk to form a smooth, spreadable paste—neither too runny nor overly thick.
4. **Apply Evenly**: Avoid the delicate eye area or lips.
5. **Duration**: Usually **10-15 minutes**—remove when it's half-dry, preventing undue dryness.

#### B. Sample Lepa Recipes

1. **Cooling Pitta Lepa**
  - **Base**: 1 tablespoon sandalwood powder + 1 tablespoon chickpea flour.
  - **Liquid**: Rose water to make a paste.
  - **Optional**: A pinch of licorice or aloe pulp for extra calming effect.
2. **Vata Nourishing Lepa**
  - **Base**: Mashed banana or avocado (1-2 tablespoons).
  - **Add-On**: A spoonful of oat powder or almond meal.
  - **Liquid**: Milk or yogurt if needed to adjust texture.
3. **Kapha Clarifying Lepa**
  - **Base**: 1 tablespoon multani mitti + 1 teaspoon neem powder.
  - **Liquid**: Warm water or tulsi decoction.
  - **Optional**: A pinch of turmeric or ginger powder for increased stimulation (patch test recommended).

### 4. Creating Natural Scrubs

Scrubs typically incorporate **grainy** textures to gently buff away dead cells. In Ayurveda, scrubs should be **mild**—aggressive friction can disturb Vata or irritate Pitta.

#### A. Common Scrub Bases

- **Masoor Dal (Red Lentil) Powder**: Fine granules, gentle enough for normal to slightly oily skin.
- **Ground Oatmeal**: Softer, apt for dryness or sensitivity.
- **Chickpea Flour + Rice Flour**: Good for moderate exfoliation, especially in Kapha or combination zones.

#### B. Liquid or Binding Agents

- For **dry skin**: Add a few drops of oil (sesame or sweet almond) plus warm water.
- For **oily skin**: Just water or rose water. A minimal pinch of lemon juice can help reduce oil, but avoid overuse that might irritate Pitta.

#### C. Application Tips

1. **Damp Skin**: Apply scrub on a moist face, lightly massaging in **circular** motions.
2. **Short Duration**: 1-2 minutes is enough for gentle exfoliation; over-scrubbing can lead to micro-abrasions.
3. **Rinse Thoroughly**: Use lukewarm water, then lightly pat dry.
4. **Frequency**: 1-2 times weekly to avoid stripping natural oils.

## 5. Indications & Contraindications

### Indications

- **Dull Complexion:** Gentle scrubbing and lepa can help restore brightness.
- **Mild Acne or Oiliness:** Neem-based lepa or chickpea-lentil scrubs address congestion.
- **Dry Skin / Vata:** Mashed fruit, honey, or dairy-based lepa can hydrate well.
- **Sun-Stressed Skin:** Cooling lepas (sandalwood, cucumber) soothe mild redness.

### Contraindications

- **Severe Acne** or weeping eczema: Avoid strong scrubs or potent spices.
- **Highly Sensitive** or inflamed skin: Keep to the gentlest ingredients, minimal friction, or skip altogether if highly reactive.
- **Allergy** to certain pulses, fruits, or herbs—always patch test.

## 6. Practical Tips for Spa or Home Use

1. **Fresh is Best**
  - For fruit-based lepas or fresh herbal pastes, mix them right before use to avoid oxidation or microbial growth.
2. **Patch Test**
  - Especially crucial for potent spices or brightening herbs like turmeric—some clients are hypersensitive or dislike staining.
3. **Storage & Shelf Life**
  - Dry powders (chickpea, lentil, clay) can keep for months if stored in airtight containers.
  - Mixed pastes with fresh ingredients should be used immediately—no more than a few hours.
4. **Combine with Gentle Steam**
  - A short steam session prior to lepa helps open pores, improving penetration and results.

## Conclusion

Creating **Lepa (face packs)** and **natural scrubs** using Ayurvedic herbs is a straightforward, **dosha-focused** way to handle a range of skin conditions—whether dryness, excessive oil, or mild inflammation. By carefully choosing **bases**, **herbs**, and **liquids**, you can craft **custom** treatments for your clients or personal routine. This integrative approach fosters **holistic** skin nourishment, reflecting the Ayurvedic ethos of matching each remedy to the individual's unique constitution.

**End of Day 46:** You've now discovered how to prepare **various Lepa and natural scrubs**, reinforcing your ability to deliver **tailored** Ayurvedic skincare solutions. Tomorrow (Day 47), we'll see how **Mukhabhyanga (Face Massage)** and **Mukhalepanam (Face Packs)** can combine into a single seamless therapy—amplifying each other's effects. Keep innovating and refining these herbal techniques for a balanced, radiant complexion!