

## Chapter 10. Practical Doshic Regimens for Skin & Hair

Today, we'll explore **Practical Doshic Regimens**—how to structure daily and weekly **skin** and **hair** care routines based on **Vata**, **Pitta**, or **Kapha** needs, using the **herbs** and **formulations** we've studied so far.

### 1. Overview and Objectives

Now, we'll see how to put these elements together into **structured regimens** for **daily** (morning/evening) and **weekly** (deep treatments) care—tailored to **Vata**, **Pitta**, or **Kapha** constitutions.

#### Key Objectives for Today:

1. **Understand** the importance of **routine** (Dinacharya) in Ayurvedic beauty.
2. **Learn** sample **morning** and **evening** skincare/haircare protocols for each **dosha**.
3. **Identify** weekly or bi-weekly **special treatments** (like masks, oil massages) that address doshic imbalances.
4. **Gain** confidence in **adapting** these regimens to personal or client-specific needs.

### 2. Ayurvedic Routine Principles (Dinacharya)

Ayurveda emphasizes **consistency** and **rhythm**. A well-structured daily routine **prevents** doshic imbalances and supports **holistic health**. In cosmetology, this translates to **regular** cleansing, **nourishing**, and **rejuvenating** practices for skin and hair.

#### 1. Timing Matters

- **Morning:** Cleansing and revitalizing treatments help remove toxins accumulated overnight (like mild sweat, sebum).
- **Evening:** Soothing, restorative steps help the body wind down and aid overnight repair.

#### 2. Dosha-Specific Adjustments

- If you're **Vata-dominant**, dryness typically intensifies if the routine is too infrequent or harsh.
- **Pitta-dominant** individuals need to stay vigilant about **heat** and **inflammation**, especially mid-day or after sun exposure.
- **Kapha-dominant** types benefit from regular **stimulation** (exfoliation, movement) to avoid stagnation.

#### 3. Weekly or Bi-Weekly Deep Care

- Ayurvedic texts often recommend a **weekly** or **fortnightly** cycle for more **intensive** treatments—like specialized masks, deep oil massages, or herbal steams—to maintain balance.

### 3. Morning Regimens: Vata, Pitta, Kapha

Below are **sample** morning routines for **face** and **hair**. You can tweak steps (skip or add) based on individual preference and time constraints.

#### 3.1 Vata Morning Routine

##### 1. Gentle Cleanse

- **Product:** Lukewarm water or a mild **chickpea flour + oat** mix.
- **Why:** Avoid stripping natural oils; dryness exacerbates Vata issues.

##### 2. Toning / Hydration

- **Product:** Light spritz of **rose water** or **lavender** hydrosol.
- **Why:** Helps lock in moisture and calm any mild irritation.

##### 3. Moisturizing

- **Product:** A cream or oil-based moisturizer (could be almond or sesame oil with 1-2 drops of essential oil

like geranium).

- **Why:** Seals in hydration, crucial for combating dryness.

#### 4. Hair Care

- **Approach:** If hair is very dry, lightly apply a few drops of **Bhringraj** or **Brahmi**-infused oil to the ends.
- **Why:** Prevents split ends, adds subtle shine.

#### 5. Optional: Light Self-Massage (Abhyanga)

- **Why:** Stimulates circulation and soothes anxious Vata tendencies.

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### 3.2 Pitta Morning Routine

#### 1. Cooling Cleanse

- **Product:** A gentle face wash or a homemade mixture of **chickpea flour + sandalwood** in **cool** or **room-temperature** water.
- **Why:** Removes overnight oil buildup, reduces potential irritation or redness.

#### 2. Soothing Toner

- **Product:** **Rose water** or **cucumber** hydrosol.
- **Why:** Calms skin and helps maintain a cool complexion.

#### 3. Moisturizer with SPF (If Sun-Exposed)

- **Product:** Light aloe-based gel or a mild cream with **cooling** herbs (sandalwood, licorice).
- **Why:** Protects from sun damage, addresses Pitta's heat sensitivity.

#### 4. Hair Care

- **Approach:** If scalp is prone to heat or irritation, a mild rinse with **hibiscus** or **amla** decoction can be done 2-3 times a week.
- **Why:** Minimizes scalp inflammation, cools.

#### 5. Optional: Calming Scalp Massage

- **Product:** Very light coconut oil on the scalp (if dryness is present).
- **Why:** Helps settle Pitta's excessive heat, but be mindful if hair is already oily.

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### 3.3 Kapha Morning Routine

#### 1. Stimulating Cleanse

- **Product:** **Ubtan** with chickpea flour, pinch of **turmeric**, or a mild herbal soap (like **shikakai** for face, in smaller amounts).
- **Why:** Deep cleans to remove sebum, prevents congestion which Kapha is prone to.

#### 2. Light Toner

- **Product:** **Witch hazel** or diluted lemon juice + water (test for sensitivity).
- **Why:** Tightens pores, controls excess oil.

#### 3. Lightweight Moisturizer

- **Product:** Water-based lotion or a small amount of aloe gel.
- **Why:** Avoid heavy, oily creams that can lead to breakouts or dullness.

#### 4. Hair Care

- **Approach:** If scalp is oily, consider a mild rinse or **herbal dry shampoo** (shikakai-based) to absorb oil.
- **Why:** Keeps scalp clean and fresh without overburdening.

#### 5. Optional: Dry Brushing (before shower)

- **Why:** Stimulates lymphatic drainage and circulation, helping reduce Kapha sluggishness.

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### 4. Evening Regimens: Vata, Pitta, Kapha

Evening routines focus on **removing daily grime**, **relaxing** the mind, and prepping for the body's **natural repair** cycle.



#### 4.1 Vata Evening Routine

##### 1. Mild Cleanser

- **Product:** Oat- or milk-based wash, or a gentle oil cleanser if wearing makeup.
- **Why:** Preserves skin's natural oils.

##### 2. Toning

- **Product:** Rose water spritz again or a mild hydrosol.
- **Why:** Helps skin absorb moisturizer better.

##### 3. Deep Moisturization

- **Product:** Rich cream or an oil blend (sesame + a drop of frankincense EO, for example).
- **Why:** Overnourishment helps prevent dryness, flaking, fine lines.

##### 4. Hair/Scalp Care

- If scalp is extremely dry, a **overnight** scalp massage with a few drops of warmed **Bhringraj** oil (optional).
- **Why:** Soothes tension, improves sleep, nourishes roots.

##### 5. Optional: Foot Massage

- **Why:** Grounds Vata, improves circulation, promotes restful sleep.

#### 4.2 Pitta Evening Routine

##### 1. Cooling Cleanser

- **Product:** Sandalwood or neem-based face wash, or a mild store-bought gentle cleanser.
- **Why:** Removes buildup while reducing redness or inflammation from the day.

##### 2. Toner or Floral Mist

- **Product:** Rose or chamomile spritz.
- **Why:** Continues cooling, calming effect.

##### 3. Serum / Light Cream

- **Product:** Aloe-based or saffron-infused serum that is **non-comedogenic**.
- **Why:** Pitta skin can be prone to breakouts, so keep it light but soothing.

##### 4. Hair/Scalp Care

- **Approach:** If scalp is irritated, apply a small amount of **cooling** oil (coconut + amla infusion) on scalp and leave overnight.
- **Why:** Supports scalp health, eases dryness or redness.

##### 5. Optional: Face Mask (2x/week)

- **Product:** Sandalwood + rose water for 10 minutes.
- **Why:** Extra measure to calm Pitta-related heat or any budding inflammations.

#### 4.3 Kapha Evening Routine

##### 1. Deep Cleansing

- **Product:** Warm water rinse with a **mild exfoliant** (chickpea flour + a pinch of cinnamon or ginger powder).
- **Why:** Helps remove excess oil, prevents pore blockage.

##### 2. Astringent Toner

- **Product:** Witch hazel or diluted apple cider vinegar solution (test sensitivity).
- **Why:** Tones, helps keep skin fresh and non-greasy overnight.

##### 3. Light or No Moisturizer

- **Product:** If dryness occurs in patches, apply a **small** dab of aloe gel or water-based lotion.
- **Why:** Avoid heavy layering to prevent oiliness or breakouts.

##### 4. Hair/Scalp

- **Approach:** If scalp is oily, consider a quick herbal rinse (shikakai or reetha) or apply a very small amount of lightly warming oil (like rosemary-infused).
- **Why:** Stimulates circulation without causing buildup.

## 5. Optional: Facial Steam (once a week)

- **Product:** Add a pinch of ginger or eucalyptus leaves to the steaming water.
- **Why:** Opens pores, loosens congestion, especially beneficial for Kapha's tendency to accumulate toxins.

## 5. Weekly / Bi-Weekly Special Treatments

### 5.1 Doshic Face Masks & Hair Masks

1. **Vata:** Use hydrating masks (ex: aloe gel + mashed banana + a pinch of turmeric) once a week.
2. **Pitta:** Opt for cooling face/hair masks (ex: sandalwood + rosewater or hibiscus + aloe).
3. **Kapha:** Include stimulating or cleansing packs (ex: chickpea flour + pinch of turmeric or ginger, or clay-based packs).

### 5.2 Oil Massage (Abhyanga)

- **Frequency:** 1-2 times a week.
- **Tailored Oils:** Vata (warm sesame), Pitta (cool coconut), Kapha (lighter or mustard oil with caution).
- **Benefits:** Encourages lymphatic drainage, improves circulation, aids in overall stress relief, which reflects in skin/hair.

### 5.3 Herbal Steams / Swedana

- Good for **opening pores**, helping product penetration, and relieving tension.
- **Vata:** Use mild herbs like chamomile or lavender; keep steam session short to avoid excessive dryness.
- **Pitta:** Use cooling or neutral herbs (mint, rose petals). Don't overheat.
- **Kapha:** Warming herbs (basil, eucalyptus, ginger) can help cut through excess oil or mucus.

### 5.4 Exfoliation & Scrubs

- **Vata:** Gentle, 1x/week max, with oats or soft chickpea flour.
- **Pitta:** Mild scrubs, focusing on soothing ingredients; avoid harsh friction that might inflame skin.
- **Kapha:** More frequent or vigorous scrubs, 2x/week, using slightly stimulating ingredients (turmeric, ginger) if tolerated.

## 6. Adapting for Combination or Bi-Doshic Types

Many individuals don't have a **pure** dosha type. They might be **Vata-Pitta** or **Pitta-Kapha**. In such cases:

1. **Identify Primary Concerns:** If dryness (Vata) and inflammation (Pitta) both exist, emphasize **hydrating** but **cooling** approaches (like aloe or a pitta-lowering oil blend, plus gentle moisturizing).
2. **Adjust Seasonally:** If you're Pitta-Kapha, for example, you might need a more **cooling** routine in summer but a **more stimulating** routine in damp, colder seasons.
3. **Observe & Tweak:** Consistently watch for signs (excess oil, redness, dryness) and **adjust** your regimen accordingly—reducing or increasing certain steps.

## 7. Reflection & Exercises

### Exercise 1: Design a Morning Routine (10-15 minutes)

- **Task:** Pick your (or a hypothetical client's) **primary dosha** and outline a **5-step morning** skincare/haircare routine. Briefly explain **why** each step is chosen.
- **Goal:** Solidify your understanding of **dosha-aligned** daily care.



### **Exercise 2: Weekly Treatment Plan (5-10 minutes)**

- **Task:** Propose **two** weekly or bi-weekly therapies (like a face mask and an oil massage) that address a particular **dosha imbalance** (e.g., dryness for Vata, acne for Pitta, oiliness for Kapha).
- **Goal:** Practice integrating **special treatments** into a typical schedule.

### **Exercise 3: Combination Dosha Scenario (5-10 minutes)**

- **Task:** Imagine a client who is **Vata-Pitta**. They have occasional dryness (Vata) but also breakouts under stress (Pitta). Recommend **one** modification to their daily routine that might help balance both.
- **Goal:** Learn to **combine** strategies for multi-doshic profiles.

## **8. Summary & Looking Ahead**

### **1. Today's Key Points**

- A **consistent** and **dosha-specific** daily routine (morning + evening) lays the foundation for **healthy, glowing** skin and **strong, vibrant** hair.
- **Weekly** or **bi-weekly** deeper treatments—masks, oil massages, steams—further enhance the **preventive** and **restorative** aspects of Ayurvedic cosmetology.
- Combination or **bi-doshic** types require **flexible, observational** approaches—adapting routines to current symptoms and seasons.

### **2. Preparation for Next Lessons**

- In subsequent sessions, we'll discuss **common cosmetic issues**—like acne, hyperpigmentation, dandruff, and hair fall—in more detail.
- You'll learn how to **diagnose** them from an Ayurvedic standpoint and devise **dosha-based** treatment protocols, incorporating everything we've studied (herbs, formulations, daily routines).

With these **practical regimens**, you can now **customize** daily and weekly care plans for **Vata**, **Pitta**, and **Kapha**. Remember, Ayurveda thrives on **awareness** and **adaptation**—keep observing how the skin and hair **respond** over time, and **tweak** routines accordingly for the best possible results in Ayurvedic cosmetology!