



## Chapter 2. Face Cleansers & Scrubs (Ubtan, Lepas) - Ingredients & Formulation

### 1 - Why Ubtan & Lepa Still Reign

- **Soap-free cleansing** preserves the acid mantle and skin microbiome.
- **Powder-to-paste** format = zero preservatives; fresh actives each use.
- Customisable: swap 1-2 herbs and you pivot from oily-acne care to bridal glow.

#### Definitions

**Ubtan** = dry herbal-grain blend activated with water/milk/hydrosol, used for cleansing or gentle daily polish.

**Lepa** = wetter, finer paste with higher herb load, left on 10-20 min as a treatment mask.

### 2 - Ingredient Toolbox by Function

Function	Ayurvedic Ingredients (Latin)	Modern Parallel
<b>Base Flours</b>	Chick-pea ( <i>Cicer arietinum</i> ), Red lentil ( <i>Lens culinaris</i> ), Oat	Mild surfactant & bulk
<b>Keratolytic / Lekhana</b>	Horse-gram ( <i>Macrotyloma uniflorum</i> ), Rice husk, Walnut shell	Micro-exfoliant beads
<b>Antimicrobial</b>	Neem ( <i>Azadirachta indica</i> ), Tulsi ( <i>Ocimum sanctum</i> ), Turmeric ( <i>Curcuma aromatica</i> )	AHA/BHA cleansers
<b>Brightening / Varṇya</b>	Manjishtha ( <i>Rubia cordifolia</i> ), Licorice ( <i>Glycyrrhiza glabra</i> ), Sandal ( <i>Santalum album</i> )	Niacinamide, arbutin
<b>Soothing / Vāta-Pacifying</b>	Oat beta-glucan, Bala ( <i>Sida cordifolia</i> ), Shatavari ( <i>Asparagus racemosus</i> )	Colloidal oatmeal
<b>Cooling / Pitta-Pacifying</b>	Vetiver ( <i>Vetiveria zizanioides</i> ), Lotus petal ( <i>Nelumbo nucifera</i> ), Aloe powder	Calamine, aloe gel
<b>Kapha-Scraping</b>	Lodhra ( <i>Symplocos racemosa</i> ), Trikatu blend, Mustard seed	Clay, charcoal

### 3 - Skin-Type Matrix: Choose Your Ratio

Skin State	Flour (%)	Herbal Actives (%)	Booster (%)	Liquid Activator
<b>Vāta (dry)</b>	55	30 soothing	15 milk powder / almond meal	Warm milk + ½ tsp ghee
<b>Pitta (sensitive/brt)</b>	45	35 cooling/bright	20 aloe or sandal	Rose/vetiver hydrosol
<b>Kapha (oily/acne)</b>	35	45 antimicrobial	20 rice husk / clay	Warm water + 2 drops lemon
<b>Combo / Normal</b>	50	35 mixed	15 oat or rice	Plain water / yogurt

### 4 - Formulation Blueprints (100 g Batch)

#### 4.1 Gentle Daily Ubtan - "Rosy Oat Glow" (All Skins)

- 40 g oat flour
- 25 g chick-pea flour
- 15 g rose-petal powder
- 10 g licorice powder
- 8 g manjishtha powder
- 2 g sandalwood powder



**Use:** 1 tsp + water, massage 30 s, rinse.

#### 4.2 Kapha-Crush Scrub - “Neem-Lodhra Detox” (Acne/Oily)

- 30 g rice husk micro-grit
- 20 g chick-pea flour
- 20 g neem leaf powder
- 15 g lodhra bark powder
- 10 g tulsi leaf powder
- 5 g turmeric (kasturi)

**Use:** Alt-days; circular 60 s; leave 1 min; rinse cool.

#### 4.3 Pitta-Calm Lepa - “Sandal-Vetiver Bright Mask”

- 30 g sandalwood powder
- 25 g vetiver root powder (ultra-fine)
- 20 g lotus petal powder
- 15 g manjishtha
- 10 g aloe freeze-dry

Mix 2 tsp with cucumber-rose hydrosol; apply 15 min; mist to keep moist.

#### 4.4 Vāta-Nourish Ubtan - “Almond-Milk Velvet”

- 35 g oat flour
- 20 g almond meal (blanched fine)
- 20 g shatavari root powder
- 15 g bala root powder
- 10 g milk powder

Activate with warm whole milk + 3 drops sesame oil; slow massage; rinse lukewarm.

## 5 · Advanced Boosters (Optional 2-5 %)

Goal	Booster	Compatibility
Extra Bright	Vitamin-C (sodium ascorbyl phosphate)	Pitta/Combo; ≤2 %
Anti-Pollution	Activated charcoal	Kapha; ≤3 %
Aging-Grace	Centella extract	Vāta/Pitta; ≤1 %

*Add only to retail lines with preservative system.*

## 6 · Quality & Safety Essentials

- **Mesh Size:** 120–200 for face; 60–80 for body.
- **Microbial Load:** Keep moisture < 5 %; add 0.3 % sodium benzoate if fruit powders present.
- **Patch-Test:** Turmeric & mustard may stain or irritate fair Pitta skins—advise 24 h test.
- **Shelf-Life:** 9 months in amber jar; label “Keep Dry / Use Dry Spoon”.



## 7 · Regulatory Snapshot (India & EU)

- **Herbal powders** classed as **category 2 cosmetics**—no heavy metal > 1 ppm Pb/Cd.
- **Essential-oil limits:** sandal ≤ 1 %, turmeric ≤ 0.5 % (IFRA).
- **Claims:** stick to “brightens complexion” / “reduces excess oil”; avoid drug-like language (“cures acne”).

### Key Take-Aways

1. **Ratio = magic.** Adjust flour : herb : booster based on doṣa & season.
2. **Fresh activation** means potent actives and low preservative need.
3. **Texture determines use:** gritty for Kapha scrub, silk-fine for Pitta lepa.
4. Pair every ubtan/lepa with **matching toner & moisturiser** for full regimen synergy.

**Lab mantra:** “Grain grounds, herb heals, booster polishes—blend wisely for bespoke beauty.”