



## Chapter 29. Preparing Herbal Products for Eyes, Lips & Nails - theory

**Welcome** to Day 49 of your Ayurveda Cosmetology course! Today, we'll **demonstrate** how to create simple, **dosha-aligned** herbal products specifically for **lip care**, **eye care**, and **nail care**. These targeted formulas can elevate your spa offerings, retail line, or home regimen with **pure, tailored** solutions.

### 1. Introduction: Why DIY for Eyes, Lips & Nails?

While many store-bought items exist, crafting your own **herbal** balms, gels, or salves:

- Lets you **control ingredients**, ensuring they're pure and dosha-friendly.
- **Reduces** synthetic chemicals and preservatives, appealing to clients seeking natural, transparent formulations.
- Enables **customization**—mix or omit certain herbs/spices based on the user's dryness, sensitivity, or heat concerns.

These small but meaningful therapies demonstrate Ayurveda's emphasis on **holistic** self-care, from top to toe.

### 2. Key Ingredients & Their Benefits

#### A. Lips

1. **Beeswax**: Provides structure to lip balms, creating a natural moisture barrier.
2. **Ghee or Cocoa Butter**: Deeply moisturizing, suitable for **Vata** dryness.
3. **Almond or Coconut Oil**: Mild, lightly scented oils that suit most doshas (especially Pitta if coconut-based).
4. **Rose, Honey, or Saffron Infusions**: Add mild fragrance, gentle healing, or slight complexion benefits.

#### B. Eyes

1. **Rose Water**: Cooling, soothing—ideal for mild Pitta or dryness around eyes.
2. **Aloe Vera Gel**: Hydrates, calms mild irritation, can be used carefully near eye contours.
3. **Chamomile**: Gentle if used in small extracts for eye compress or mild cream.

#### C. Nails

1. **Sesame / Olive Oil**: Good base oils to support nails and cuticles, especially for dryness (Vata).
2. **Neem Oil**: Antibacterial/fungal elements for nail bed issues, though strong aroma—use sparingly.
3. **Beeswax or Shea Butter**: Provide a protective salve base, sealing in moisture.

### 3. Simple Herbal Formulations

Below are examples of how you can **blend** these ingredients to create easy, single or multi-ingredient products.

#### A. Lip Balm

##### 1. Ingredients (Basic Recipe)

- 1 tablespoon beeswax (grated or pellets)
- 1 tablespoon ghee, cocoa butter, or a mixture
- 2 tablespoons almond or coconut oil
- Optional: a few **rose** or **saffron** strands infused in the oil for mild fragrance/color

##### 2. Steps



- Gently **melt** beeswax + solid fats (ghee/cocoa butter) in a double boiler.
- Stir in the oil.
- Once melted, remove from heat, add any **optional** essential oil or rose infusion.
- Pour into small tins, let cool to **solidify**.
- This balm helps relieve dryness, cracking (Vata), or mild Pitta sensitivity if you choose coconut-based.

## B. Eye Soother Gel

### 1. Ingredients

- 2 tablespoons **aloe vera gel** (fresh or store-bought pure)
- 1 teaspoon rose water
- Optional pinch of **licorice** powder (for mild brightening if Pitta dryness around eyes)

### 2. Steps

- Mix aloe gel and rose water thoroughly.
- If adding licorice, whisk gently until uniform.
- Store in a **small jar** in the fridge for up to a week—cooler temperature can help with eye puffiness.
- Gently apply a **tiny** dab around the orbital bones, **not** directly into eyes.

## C. Nail & Cuticle Salve

### 1. Ingredients

- 1 tablespoon beeswax
- 2 tablespoons sesame or olive oil
- 5 drops neem oil (optional, strong aroma, beneficial for nail health)
- 1 teaspoon shea butter (optional for extra moisture)

### 2. Steps

- Melt beeswax + shea butter in a double boiler.
- Stir in sesame/olive oil, then add neem oil last.
- Pour into a small container.
- Apply sparingly to nails/cuticles—great for **Vata** dryness or mild fungal concerns with the addition of neem.

## 4. Application & Usage

### 1. Lip Balm

- Apply **2-3 times** daily or whenever lips feel dry.
- At night, a thicker layer helps reduce overnight chapping.

### 2. Eye Soother Gel

- Dab lightly around the eyes, especially before bed if dryness or mild puffiness is an issue.
- Avoid getting into the eyes—just around the orbital bone.

### 3. Nail & Cuticle Salve

- Massage a pea-size amount into nails and cuticles once or twice daily.
- Soaking nails in warm water first can enhance absorption.

## Shelf Life Considerations

- Lip balm or nail salve with beeswax typically keeps for a few months if stored in a cool, dry spot.
- Fresh aloe or rose-based eye gel might last only **5-7 days** in the refrigerator—make small batches.

## 5. Indications & Contraindications

### Indications

- **Dry, chapped lips** (Vata)



- **Tired or slightly puffy eyes** (Kapha or mild Pitta redness)
- **Brittle nails** or cuticles needing nourishment (Vata dryness)
- Generally mild dryness or minor external issues—no major infections or weeping lesions.

### Contraindications

- **Active infections**, severe eye conditions—must seek specialized care.
- **Allergies** to beeswax, coconut oil, or herbs. Always do a small patch test, especially near sensitive areas like eyes.
- **Fungal or severe bacterial nail bed infections**—these salves might be supportive but not a sole cure.

## 6. Additional Tips

### 1. Patch Test

- Do a quick test on the inside of the wrist or behind the ear before applying near lips or eyes.
- Watch for redness or itching.

### 2. Dosha Tailoring

- For **Pitta**: use more cooling base (coconut oil, saffron in mild measure, rose water).
- For **Vata**: richer oils (sesame, almond), ghee, heavier butters.
- For **Kapha**: minimal greasy textures, maybe lighter carriers like grapeseed or mild essential oils for stimulation.

### 3. Client Education

- Provide instructions on frequency, shelf life, and storage.
- Emphasize that these are **gentle**, supportive measures, not replacements for medical treatments if major issues persist.

## Conclusion

**Crafting your own lip balms, eye soothers, and nail salves** from Ayurvedic single or multi-ingredient blends showcases the **simplicity** and **effectiveness** of herbal formulations. By combining base ingredients (like beeswax, oils, or aloe) with carefully selected herbs (neem, licorice, rose), you can directly target **Vata dryness, Pitta inflammation, or Kapha** stagnation. This approach not only meets basic self-care needs but also aligns with Ayurveda's holistic ethos of **personalized, pure** solutions.

**End of Day 49:** You've now gained hands-on experience in **preparing herbal products** for delicate areas—tomorrow (Day 50), we'll explore **Ayurvedic manicure-pedicure** (Hasta-Paada Prasadhanam) techniques, further expanding your skillset for holistic beauty. Enjoy sharing these simple yet potent formulas with clients or in your personal regimen!