

# Three homemade ayurvedic recipes that will easily beat store-bought products in your home

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Ayurvedic skincare remedies are the most natural way to get a healthy and glowing skin (Source: Freepik)

As consumers we want products that **do not harm us or the environment in any way.** However, in the age of genius marketing tactics by some of the biggest brands, we are bombarded with choices especially when it comes to skincare products. In addition to that, the market is being flooded with newly launched skincare products for people to try.

The best way to tackle such confusion is to **integrate natural ayurvedic skincare practices** into your daily routine. We bring to you expert-approved DIY hacks to create ayurvedic face wash, face moisturiser, and body wash in the comfort of your home.

## Face Wash

A face wash helps in getting rid of all the dirt, oil, and impurities from the pores in your face. An effective method to do so is to make a face cleanser that is **best suited for your skin type.**

Rajni Ohri, founder of Ohria Ayurveda, shares the following recipes-

**For Oily Skin:** Blend multani mitti, mulethi (licorice) powder and aloe vera gel for a deep cleansing and oil-balancing effect. “This blend helps control excess oil, removes dirt, maintains pH balance, and improves skin texture,” said Ohri.

**For Combination Skin:** Mix chickpea powder with curd to cleanse and balance both oily and dry areas of the skin. This mixture cleanses, exfoliates, and moisturises the skin, providing balance to different skin areas.

**For Dry Skin:** Combine mashed banana with honey for a moisturising and nourishing cleanse. This provides deep hydration, nourishment, and softening of the skin.

## Face moisturiser

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After deep cleansing the skin, the next step is to **provide deep hydration** so that the skin feels healthy and retains moisture. To achieve this, use this balanced recipe suitable for all skin types by Dr R. Govindarajan, head of R&D, Kapiva:

\*Mix aloe vera gel, coconut oil, and turmeric powder in a bowl until well combined. Apply the mixture to your face and neck, gently massaging it into the skin. Leave it on your face for some time for deep hydration and skin repair.

## Body Wash

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A shower is incomplete without a body wash. It keeps skin odour at bay and **helps you feel fresh every day**. Dr Hansaji Yogendra, director of the Yoga Institute, suggests that you incorporate the following recipe into your shower routine:

Prepare an invigorating body wash by combining 2 tbsp of gram flour (besan) and 2 tbsp of yogurt with a few drops of lemon juice.

Gram flour gently cleanses the skin, removing dirt and impurities without stripping away natural oils. Yogurt moisturises and softens the skin, while lemon juice brightens and revitalises, leaving you feeling refreshed and rejuvenated.

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