

RADIANT BEAUTY

Ayurvedic Recipes for Natural Self-Nurturing

Clay Mask

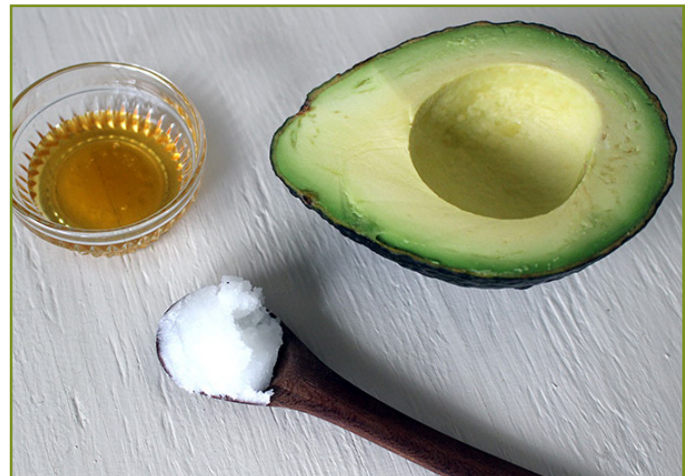
- 1 tablespoon cosmetic clay of your choice
- Pinches of brahmi, neem, and turmeric (optional)
- 1-2 tablespoons liquid (your choice of water, floral water, milk, or yogurt)
- 1 teaspoon honey or lemon juice (optional)

Mix your choice of clay with pinches of dried herbs like turmeric, brahmi, and neem (optional). Store the dry mixture in a small glass container. When you are ready to apply a mask, begin by cleansing the face. Then take about 1 tablespoon of the dry clay mixture and add 1-2 tablespoons liquid to make a paste. You can use water, floral water, milk, or yogurt, depending on your preference. You can also add a little honey for increased moisture or a little lemon juice to help clear away dead skin cells. Avoiding the eyes and lips, apply the mask to the face, gently massaging it into the skin for 1-2 minutes. Let the mask set by allowing it to dry for 10-20 minutes. Then rinse with warm water and pat dry.

Avocado Mask

- ½ avocado (soft and ripe)
- 1 tablespoon hot water
- 1 teaspoon coconut oil (optional)
- 1 teaspoon honey (optional)

Mash or puree the avocado and set aside. Dissolve the honey and coconut oil in the water and stir the liquid into the avocado base. Mix well. Cleanse the face, pat dry, and then massage or brush the mask onto your skin—being careful to avoid the eyes and lips. Let the mask dry for 10-15 minutes. Wipe clean with a warm, damp cloth, rinse with warm water, and pat dry.



Eye Makeup Remover

- 2 tablespoons ghee
- 3-4 drops vitamin E oil

Whip the ghee and vitamin E oil together. Place the mixture in a clean, wide-mouthed glass jar. To remove makeup, apply this mixture to the eyelids and lashes and wipe with cotton to remove.

Natural Tooth Powder*

- 4 tablespoons bentonite clay
- 1 tablespoon baking soda
- 1 tablespoon neem powder
- ½ teaspoon Himalayan pink salt
- 1 teaspoon ground cinnamon powder
- ½ teaspoon ground clove powder
- 1 teaspoon stevia powder (optional)

Combine all ingredients in a blender and blend until the mixture becomes a fine, light powder. Store in an airtight container. To use, add ¼ teaspoon to your wet toothbrush and brush thoroughly for 2-3 minutes.

*This recipe was reprinted with permission from Claire Ragozzino. Learn more about Claire at vidyacleanse.com.

Beauty Balm: One Balm, Many Uses

Beauty Balm is a rich and nutritive mixture of ghee, coconut oil, olive oil, beeswax, and a number of rejuvenative herbs and essential oils. It is deeply moisturizing, firming, and rejuvenating for the skin and offers a diverse array of applications:

- Day Cream
- Night Cream
- Eye Cream
- Wrinkle Cream
- Lip Balm
- Dry Skin Balm
- Elbow and Knee Moisturizer
- Hand Cream
- Nail and Cuticle Cream
- Deep Moisture for the Feet and Heels

