DIY Ayurvedic beauty mask ingredients



With Dr. Asmi Berry



Thank you for joining my roundtable on the Ayurvedic Perspective on Aesthetics. To help you get the most out of our session, I've put together this preparation sheet. At the end of the lecture, I'll be demonstrating how to make a customized face mask at home using ingredients you likely already have in your kitchen.

This sheet will guide you in selecting the right ingredients based on your skin type and specific needs. Each ingredient is chosen for its unique benefits and its ability to balance your doshas—Vata, Pitta, and Kapha. **Please take a moment to review the list, and have at least one ingredient from each category (Dry, Wet, and Active) ready for our hands-on demonstration.**

Let’s prepare to create a nourishing, Ayurvedic face mask that will leave your skin glowing and healthy!



Choose at lease one ingredient from each category:	
Dry Ingredients 	**Besan (Chickpea Flour)** – 2 tablespoons (Balances Kapha) **Oat Flour** – 2 tablespoons (Balances Vata and Pitta) **Almond Meal** – 2 tablespoons (Balances Vata and Pitta)
Wet Ingredients 	**Yogurt** – 2-3 tablespoons: Cooling, calming, lightly exfoliating. (Balances Pitta) **Honey** – 2-3 teaspoons: Antibacterial, moisturizing, and soothing. (Balances Vata, Pitta) **Aloe Vera** – 2-3 tablespoons: Cooling, anti-inflammatory. (Balances Pitta) **Olive Oil** – 1 teaspoon: Moisturizing, rich in antioxidants. (Balances Vata) **Coconut Oil** – 1-2 teaspoons: Moisturizing, antioxidant. (Balances Vata, Pitta) **Mashed Pineapple** – ¼ cup (Balances Kapha, Pitta) **Pumpkin Puree** – ¼ cup (Balances Vata, Pitta) **Mashed Banana** – ½ banana (Balances Vata, Pitta) **Avocado** – 1/4 avocado (Balances Vata, Pitta)
Active Ingredients 	**Rose Water** – 1-3 teaspoon: Softens and hydrates. (Balances Pitta, Vata) **Turmeric** – 1/4 teaspoon: Anti-inflammatory, brightening. (Balances Pitta, Kapha) **Cucumber** – ¼ cup: Cooling, soothing. (Balances Pitta) **Matcha Tea** – 1 teaspoon (Balances Pitta) **Fresh Grated Ginger** – 1 tablespoon (Balances Kapha, Vata) **Tea Tree Oil** – A few drops (Balances Kapha, Pitta)

Ingredients and Their Benefits

Hydrating and Moisturizing

- Honey: Antibacterial, moisturizing, and soothing. (Balances Vata and Pitta)
- Aloe Vera: Cooling, anti-inflammatory. (Balances Pitta)
- Olive Oil: Moisturizing, rich in antioxidants. (Balances Vata)
- Coconut Oil: Moisturizing, antioxidant. (Balances Vata and Pitta)

Anti-Inflammatory and Soothing

- Turmeric: Anti-inflammatory, brightening. (Balances Pitta and Kapha)
- Cucumber Juice: Cooling, soothing. (Balances Pitta)
- Yogurt: Cooling, calming, lightly exfoliating. (Balances Pitta)
- Rose Water: Softens and hydrates. (Balances Pitta and Vata)

Exfoliating and Brightening

- Pumpkin Puree: Rich in vitamins A and C, hydrating. (Balances Vata and Pitta)
- Mashed Pineapple: Exfoliating (contains bromelain), brightening. (Balances Kapha and Pitta)
- Almond Meal: Exfoliating, nourishing. (Balances Vata and Pitta)
- Oat Flour: Hydrates and softens skin. (Balances Vata and Pitta)
- Besan (Chickpea Flour): Absorbs excess oil. (Balances Kapha)

Anti-Acne and Astringent

- Tea Tree Oil: Antimicrobial, astringent. (Balances Kapha and Pitta)
- Matcha Tea: Improves circulation, calms redness. (Balances Pitta)
- Ginger: Anti-inflammatory, improves circulation. (Balances Kapha and Vata)

Nourishing and Rejuvenating

- Avocado: Hydrating, rich in healthy fats and vitamins. (Balances Vata and Pitta)
- Mashed Banana: Hydrating, rich in vitamins. (Balances Vata and Pitta)

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DRASMISANGHVI