

BEAUTY SLEEP & AYURVEDIC REMEDIES CAN WORK WONDERS FOR YOUR SKIN

Taking good care of your skin is important for
more than just your appearance



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Dr. Harpreet Arora (B.A.M.S., M.D.) is a general physician and an Ayurvedic consultant. A founder of Aahar Vihar, Amritsar, she has been spreading good health by prescribing comprehensive changes in diet, exercises and lifestyle to her clients across the globe in India, United States, United Kingdom, Singapore, Germany and UAE for over 20 years. Aahar Vihar, a culmination of hundreds of years of knowledge in Ayurveda, focuses mainly on debunking the existing dietary myths and creating a bespoke diet plan for its clients, serving their body and mind and still not depriving their tongue.



When it comes to the skin we all want healthy even-toned & bright complexion. It's a known fact that we feel better when we look better.

Having beautiful skin as you get older means making smart choices throughout your life. Just as doing the right things now can help you down the road, bad skin care choices can have lifelong impacts.

Taking good care of your skin is important for more than just your appearance. As the largest organ you have, your skin is essential to your general health.

Ayurveda is ancient science that began in Ayurveda 3000 years ago.

Ayurveda means knowledge of life: The system is based on the idea that there are 5 elements that make up 3 key doshas & disease occurs when there is an imbalance in these doshas.

Some skin conditions may be genetic, while most of them these days are caused by factors like - Poor lifestyle, Bad eating habits, Pollution, Use of drugs, Sleeping disorders, Stress, Lack of exercise.

As an Ayurveda practitioner, I strongly believe that you need to make adjustments to your lifestyle, diet, stress, and exercise in order to have great skin.



But as I always say You need to know the root cause, Before visiting doctor you need to check the following factors:

At first you need to check your diet. A research review from 2021 found that chocolate, foods high in fat, and foods with a high glycemic index



(carbohydrates and sugar) were associated with acne, itchy & dull skin.

Second hydration, If the outermost layer of the epidermis doesn't contain enough water, skin will lose elasticity and feel rough.



Third major factor stress, Have you ever noticed that you break out more when you're stressed? Intense emotions, such as stress, anger, fear, or pressure, can trigger acne and eczema.

The most important lack of sleep, A good night sleep is very important for our overall health, sleep has dozens of anti-aging benefits for skin, including production of collagen, which prevents sagging skin and wrinkles. Inadequate sleep can raise your cortisol levels. This hormone triggers inflammation ultimately leading to rough & dull skin Acne & obesity.

Ancient ayurvedic skin care includes Ayurvedic facials, treatments for skin diseases, and herbal formulations for the skin.

So here are few herbal & traditional formulations for various skin ailments.

First, Basic cleansing, encourages proper skin hydration and prevents the production of excess oils. I personally believe in double cleansing.

Take two spoons of milk + a spoon of honey + cucumber juice. Cleanse your face & neck with this cleanser.

Second step, A spoon of besan(gram flour + curd + a pinch of turmeric) apply this on your face Keep this for 10 mins a rinse with water. Your canvas is clear Simply by using this remedy for 10 days you can feel the radiance.

Improve your overall diet

Have an aloe vera juice, 2 spoons of aloe vera juice in 1/4 th glass of water every day (empty stomach). Use aloe vera gel on acne-prone skin regularly . Avoid stale & packed food.

Apply coconut oil + olive oil on dull & flaky skin At night after cleansing (add bit of honey while massaging) Keep this on your face for about 20 mins & wipe it off with damp cloth.

Research has shown that coconut oil has positive antioxidants that can help slow down the appearance of wrinkles and delay the aging process.

Use manjistha for acne-prone skin. Manjistha helps in the management of various skin diseases like acne, infections, wounds, etc. due to its anti-inflammatory, antibacterial and antioxidant properties.

Kunkukadi telum

It's an ayurvedic fascial oil. It works as a natural skin illuminator by lightening the skin tone and improving skin texture, Take (2-3 drops) of Kumkumadi Night Serum on your palm, apply over the face with fingertips and gently massage onto the skin until fully absorbed.

Regular care good diet

Beauty sleep & ayurvedic remedies can work wonders for your skin.

