

Ayurvedic Ubtan

Filters are great but great skin is better - Anonymous

Our Indian festivals always have their particular customs and rituals. Holika dahan before holi, kite flying during Makar Sankranti and this list goes on. During Diwali one of the customs is rubbing ubtan or herbal powder mixture with oil on the body before bathing. This Diwali try this Ubtan recipe which contains gram flour (besan), haldi etc ingredients beneficial for the skin.

What You Will Need:

1. Almonds : 8 -9	2. Gram flour : 1 cup
3. Oatmeal : 1 cup	4. Neem powder : 1 tbsp
5. Turmeric : 1 pinch	6. Fennel powder : ½ tbsp
7. Milk / Rose water	

Preparation Process :

1. Soak the almonds overnight, peel them and let it dry.
2. Grind the almonds to get a powder.
3. Combine them with a cup of gram flour and half a cup of oatmeal.
4. Now, add about a tablespoon of Neem powder, a pinch of Turmeric and about half a tablespoon of Fennel powder.
5. Make a sufficient amount of thick paste by adding rose water or Milk before application.

Benefits

- Ubtan has a protective effect on the skin and prevents occurrence of skin disorders.
- Helps even skin tone, complexion, boosts the skin texture and quality.
- Exfoliates the skin and removes dead skin cells.
- Gram flour, Turmeric have known benefits on the skin but fennel seeds and oatmeal help to smoothen the skin.
- These ingredients help to nourish, cleanse and alleviates skin acne.
- Once the mixture is ready it can be used by adding milk or rose water depending on your skin type.

#Sayyestoayurveda #Sandupharma #Ayurveda #diwali #glow #sanduarogyadarshika #diy

Reference: <https://bebodywise.com/blog/ubtan/>

WATCH THE VIDEO HERE:

https://youtu.be/MIBb_Y1QSFI?si=7nD8PgZnVR2Xw46w