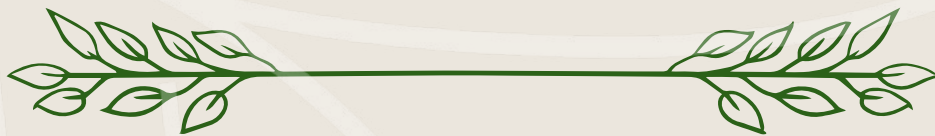


GREEN GLOW

SKINCARE

A reference guide for you on transitioning from the summer season to autumn while boosting your immunity and caring for your skin.



*It is crucial to understand that everyone's body is unique, and what works for one person may not work for another.

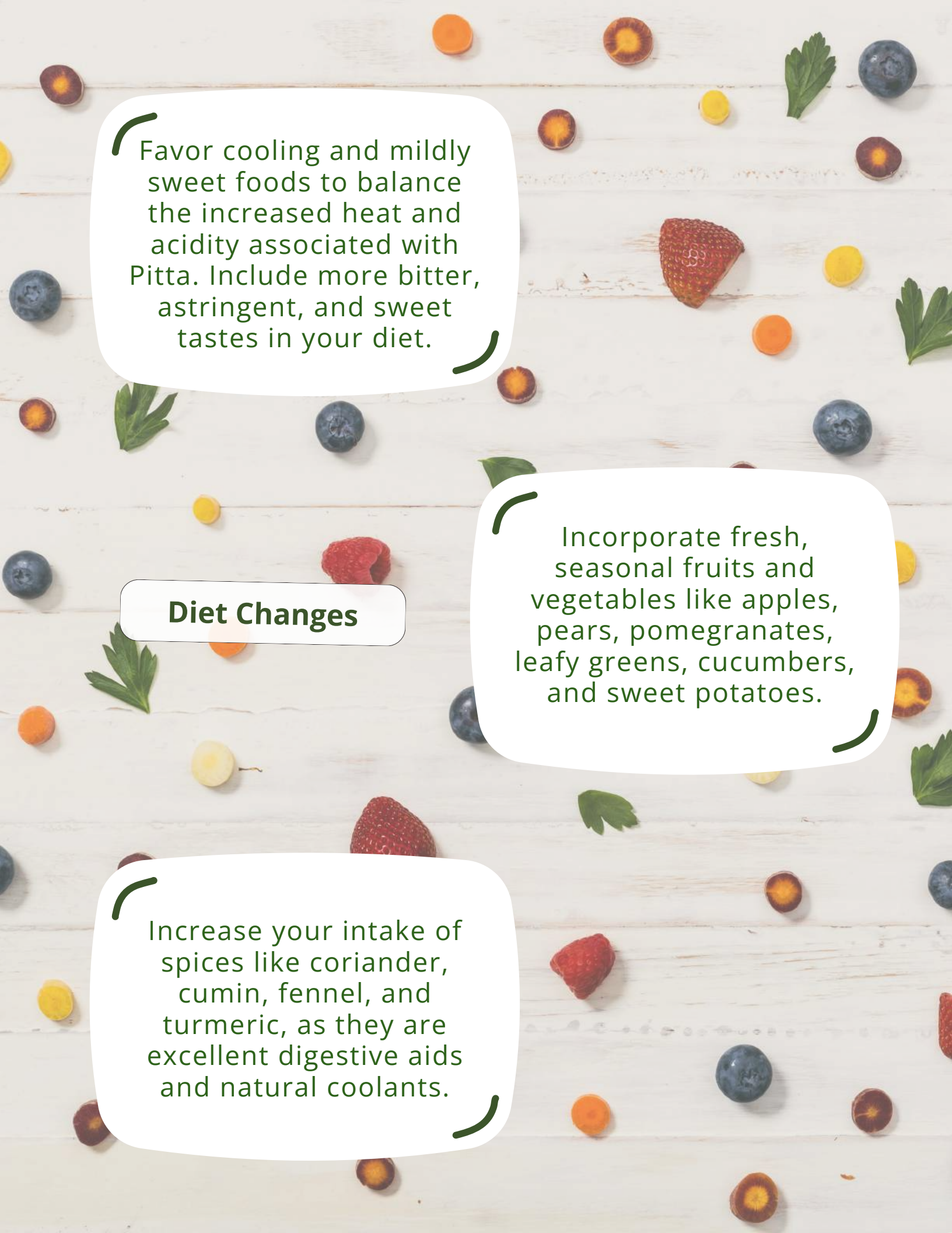
The following recommendations are general guidelines based on Ayurvedic principles, but it's essential to listen to your body and adjust them according to your individual needs and circumstances.



In Ayurveda, autumn is known as the Pitta season, characterised by the predominance of the fire and water elements.

This transitional period can cause imbalances in the body, particularly in the Pitta dosha (fire principle), if not managed properly.

To maintain balance and prevent any discomfort, it's crucial to make appropriate dietary and lifestyle adjustments.


The background of the entire page is a top-down view of various fresh fruits and vegetables scattered on a white, horizontally-grained wooden surface. The items include blueberries, raspberries, strawberries, orange slices, yellow lemon slices, and green leafy herbs like parsley. The lighting is bright and even, highlighting the natural colors and textures of the produce.

Favor cooling and mildly sweet foods to balance the increased heat and acidity associated with Pitta. Include more bitter, astringent, and sweet tastes in your diet.

Diet Changes

Incorporate fresh, seasonal fruits and vegetables like apples, pears, pomegranates, leafy greens, cucumbers, and sweet potatoes.


Increase your intake of spices like coriander, cumin, fennel, and turmeric, as they are excellent digestive aids and natural coolants.




Turmeric Golden Milk:
Simmer a cup of milk (dairy or plant-based) with a teaspoon of turmeric, a pinch of black pepper, and a few saffron strands. Sweeten with a touch of honey or maple syrup if desired.



Immunity Boosting Recipes



Ginger-Honey Elixir: Grate or juice fresh ginger and mix it with honey and a squeeze of lemon juice. This potent elixir can help fight off seasonal allergies and boost immunity.



Exfoliate regularly 2-3 times a week. This will help slough off dead skin cells and promote healthy skin, resulting in glowy skin.

Skincare Routine

Prepare a calming face mask by mixing equal parts of sandalwood powder, rose water, and aloe vera gel. Sandalwood has cooling and anti-inflammatory properties, perfect for the autumn season.

Lifestyle Choices

Practice gentle yoga asanas like Balasana (Child's Pose) and Shavasana (Corpse Pose) to calm the mind and reduce Pitta aggravation.

Start your day with an Abhyanga (self-massage) using warm sesame or coconut oil. This practice nourishes the body and mind while promoting lymphatic drainage.

Engage in rejuvenating practices like Pranayama (breathing exercises) and meditation to maintain inner balance and reduce stress levels.

