

AYURVEDIC FACE MASK KIT

A COMPREHENSIVE GUIDE



BRIGHT BODY

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WHAT IS AYURVEDA?

Ayurveda is India's system of traditional holistic medicine, and "sister science" to yoga. It views health as a state of balance in mind, body, and spirit and has a distinctly personalized approach, addressing each person and their unique constitution (*Prakruti*) and imbalance (*Vikruti*). Ayurveda identifies and addresses the root cause of imbalance instead of covering up symptoms.

Ayurveda conceptualizes all phenomenon through 5 elements (*pancha mahabhutas*) and qualities/energetics (*gunas*). Specific combinations of these elements and energetics give rise to the three main types (*doshas*), known as Vata, Pitta, and Kapha.

WHAT DOES AYURVEDA SAY ABOUT THE SKIN?

Ayurveda has so much to say about the skin! We'll keep it to a few high points:

- Oilation is key, it's just a matter of what oil you use (and how much), based on your type (*dosha*).
- Skin issues are reflective of issues with digestion (*agni*), and the health of your plasma (*rasa dhatu*) and blood (*rakta dhatu*).
- True, sustainable skin health requires management of digestion and stress alongside focused skincare routines that emphasize plant and herb-based formulas.

WHAT ARE THE AYURVEDIC SKIN TYPES?

For our purposes, we'll stick to describing Vata, Pitta, and Kapha in terms of how they show up in the skin. Your skin is likely a combination of a few types here.

- **Vata Dosha** (air + space). Vata skin tends to be dry (smaller pores), cold-natured (poor circulation), rough, delicate, prone to dark spots (hyperpigmentation), shows fine lines and wrinkles earlier, and typically tans quickly and easily. Most mature skin is Vata skin.
- **Pitta Dosha** (fire + water). Pitta skin tends to be combination to oily (larger pores), hot-natured (often with pink/red undertone), prone to inflammation and acne, and fairer toned Pittas typically burn easily in the sun. Eczema, psoriasis, rosacea, and acne are all classic signs of Pitta skin.
- **Kapha Dosha** (water + earth) Kapha skin tends to be the most low-maintenance of the three. Kapha skin tends to be oily (larger pores), cold-natured, thick, prone to congestion and stagnation, and typically tolerates the sun well and tan gradually. If you rarely have skin concerns or complaints, you likely have Kapha skin.

KEY DEFINITIONS: HERBAL PROPERTIES

ALTERATIVE

Cleanses and purifies the blood and lymph, and by extension, the skin.

ANTI-INFLAMMATORY

Reduces inflammation and redness.

ANTIOXIDANT

Reduces visible signs of skin aging (e.g. dark spots, wrinkles) by lowering the production of free radicals.

ANTISEPTIC/ANTIBACTERIAL

Controls the balance of bacteria on the skin; treats skin infections.

ASTRINGENT

Dries, draws, and/or shrinks tissue; reduces oil production.

EMOLLIENT

Softens and moisturizes. When taken internally these are called demulcent herbs.

REJUVENATIVE

Rebuilds tissue, prevents decay, postpones aging. Related to antioxidant herbs, but rejuvenative herbs build tissue.

VULNERARY

Heals wounds. For our purposes we also include hemostatic herbs in this category.



RAW INGREDIENTS GLOSSARY



KEY BENEFITS

FOUND IN

rejuvenative

vulnerary

alterative

antiseptic/
antibacteria

emollient

astringent

anti-
inflammatory

antioxidant

Aloe

Soothing, anti-inflammatory and rejuvenative herb for all skin types.

Base
Aloe Serum

X

X

X

X X

Amla

Rich source of Vitamin C - highly antioxidant.

Purify
Plump
Calm
Balance

X

X

X

X X X

Bala

Heals wounds and softens skin, acts as topical analgesic.

Plump
Glow

X

X

X

Bentonite Clay

Strong astringent, draws out impurities, especially for oily skin.

Balance

X

X

X

Bhringaraj

Powerful anti-inflammatory and antioxidant. Similar to gotu kola.

Calm
Glow
Smooth

X

X

X

X X

Birch Bark

Strong astringent and antiseptic, especially for acneic and oily skin.

Balance

X

X

X X

Calendula

Gentle anti-inflammatory + antiseptic. Great for persistent skin irritation.

Base

X

X

X

X



KEY BENEFITS

FOUND IN

rejuvenative

vulnerary

alterative

antiseptic/
antibacteria

emollient

astringent

anti-
inflammatory

antioxidant

Chamomile

Gentle + soothing, strong anti-inflammatory and antioxidant action.

Calm
Smooth

X

X

X

X

Colloidal Oatmeal

Moisturizes and nourishes while soothing irritation.

Base
Oat Milk

X

X

X

X

X

Frankincense

Circulation-promoting, rejuvenating and antiseptic.

Plump
Brighten

X

X

X

X

X

Gotu Kola

Heals chronic and obstinate skin conditions. Similar to bhringaraj.

Base

X

X

X

X

Kaolin Clay

Gently draws out impurities, purifies skin without drying.

Base

X

X

X

Manjistha

Multipurpose circulation-booster that cools inflammation.

Plump
Purify
Glow

X

X

X

X

X

X

Manuka Honey

Multipurpose antiseptic that boosts moisture and circulation.

Manuka Honey

X

X

X

X

X

X



KEY BENEFITS

FOUND IN

rejuvenative

vulnerary

alterative

antiseptic/
antibacteria

emollient

astringent

anti-
inflammatory

antioxidant

Neem

Mild astringent with powerful anti-inflammatory and anti-itch action.

Purify
Calm
Balance

X

X

X

X

Rhassoul Clay

Moderate astringent, purifies skin while boosting texture + elasticity.

Purify

X

X

X

X

Sandalwood

Multipurpose anti-inflammatory and antioxidant for all skin types.

Purify
Calm
Brighten
Glow

X

X

X

X

X

X

Sea Buckthorn

Moisturizing and softening antioxidant.

Plump
Brighten
Smooth

X

X

X

X

Shatavari

Purifies + nourishes in one, especially for dry and/or mature skin.

Plump
Glow
Smooth

X

X

X

X

Tulsi (holy basil)

Circulation-boosting anti-inflammatory.

Brighten
Glow
Balance

X

X

X

X

Turmeric

Purifies + nourishes in one, anti-inflammatory circulation-booster.

Purify
Brighten
Smooth

X

X

X

X

X



BASE

Our **universal** powder Base was formulated to be **suitable for all skin types** (*tridoshic*). **Kaolin clay** is gentle and purifies without drying. **Colloidal oatmeal** softens and soothes. **Gotu Kola** helps resolve stubborn skin concerns. **Calendula** and **aloe** are powerful anti-inflammatory agents.

The powder portion (Base + Boosters) of each mask is composed of:

30% Base + 70% Boosters (choose up to 3)

BASE

tridoshic

for all skin types

kaolin clay
colloidal oatmeal
gotu kola
calendula
aloe

astringent
antioxidant
anti-inflammatory



BOOSTERS



INGREDIENTS

BEST FOR DOSHA

KEY BENEFITS

PAIRS BEST WITH

PLUMP

for fine lines + wrinkles

amla
bala
frankincense

manjistha
sea buckthorn
shatavari

Vata
Pitta

emollient
antioxidant
rejuvenative

all activators

PURIFY

for acne + clogged pores

amla
manjistha
neem

rhassoul clay
sandalwood
turmeric

Pitta
Kapha

alterative
antiseptic
anti-inflammatory

aloe serum
manuka honey

CALM

for rosacea + redness

amla
bhringaraj
chamomile

neem
sandalwood

Pitta

anti-inflammatory
emollient
vulnerary

aloe serum
oat milk

BRIGHTEN

for dark spots + UV damage

frankincense
sandalwood
sea buckthorn

tulsi
turmeric

Vata
Pitta

antioxidant
anti-inflammatory
rejuvenative

all activators

GLOW

for dull, lackluster skin

bala
bhringaraj
manjistha

sandalwood
shatavari
tulsi

Vata
Pitta
Kapha

rejuvenative
alterative
emollient

all activators

SMOOTH

for dryness + roughness

bhringaraj
chamomile
sea buckthorn

shatavari
turmeric

Vata

emollient
vulnerary
rejuvenative

all activators

BALANCE

for excessive oiliness

amla
bentonite clay
birch bark

neem
tulsi

Pitta
Kapha

astringent
alterative
antiseptic

aloe serum
manuka honey



ACTIVATORS

mybrightbody.com



KEY BENEFITS

BEST FOR DOSHA

Manuka Honey

antioxidant
antiseptic
humectant*

Vata
Kapha

Gluten-Free Oat Milk housemade

vulnerary
emollient
rejuvenative

Vata
Pitta

Aloe Serum housemade

anti-inflammatory
alterative
vulnerary

Vata
Pitta
Kapha

**Preserves hydration (water content) in the skin. Reduces transepidermal water loss.*

PAIRING GUIDE



**Manuka
Honey**

**Gluten-Free
Oat Milk**

**Aloe
Serum**

PLUMP

fine lines + wrinkles



PURIFY

acne + clogged pores



CALM

rosacea + redness



BRIGHTEN

dark spots + UV damage



GLOW

dull, lackluster skin



SMOOTH

dry, rough skin



BALANCE

excessive oiliness



QUESTIONS OR CONCERNS?

CONTACT US

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shoot an email to gabi@mybrightbody.com
use the chat feature on our website

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