

Ayurveda skincare taking the world by storm

You may have heard a lot of talk lately about Ayurvedic medicine within the world of beauty and skincare – and this is for good reason. The principles of Ayurveda originated thousands of years prior to modern medicine and science, which later proved a connection between the body and mind for overall wellbeing.

It's true that Ayurvedic treatment for skin can be extremely beneficial for those who have struggled with a vast array of skin conditions previously, but before we delve deeper into some Ayurvedic skincare tips – lets first understand what exactly Ayurveda is, and why this is a way of life which can also benefit your diet and sleeping patterns.

What is Ayurveda?



Ayurveda was developed by the sages of India as a means for treating illness, while offering a body of wisdom to help people lead happy, healthy lives. 'Ayur' translates to 'life' and 'veda' means 'science' – therefore it is unsurprising that [Ayurveda is the 'science of life.'](#) There are two main principles which help guide the Ayurvedic way of life. The first recognises that the mind and body are closely connected. The second, is that the mind is the most powerful tool we have to heal and transform our bodies.

Meditation is a perfect example of these principles in action. When we meditate, we enter a state of inner quietness and awareness which refreshes or minds and corrects any imbalances which may be present. This balance can then be extended to the rest of our bodies, by slowing our heart rate, reducing stress related hormones such as adrenaline and cortisol and enhancing 'feel good' neurotransmitters such as serotonin and endorphins.

Ayurvedic Diet



Meditation and breath work is just one of the techniques used to bring a state of self-awareness, with eating being another important function. Skittles were really onto something when they told us all to 'taste the rainbow' because 'eating the rainbow' is exactly what Ayurveda promotes. A [bountiful diet full food](#) which is colourful and flavourful is paramount.

There are 'six tastes' which make up Ayurvedic medicine and theory and it is important to include each of these tastes within your meals.

They are:

- Sweet
- Salty
- Sour
- Pungent / Spicy
- Bitter
- Astringent

Incorporating all these elements within each meal ensures that you are receiving all nutrients from each of the food groups.

It is also important to strengthen your digestive system as per Ayurvedic teachings by limiting raw foods, eating at a moderate pace, drinking hot water with ginger throughout the day, eating when you're happy – not when you're upset and eating whilst sitting down.

Sleep Soundly

As humans, we generally need between six to eight hours of sleep each night. A lack of restful sleep can cause the body to weaken and cause imbalances to form. This is because when we sleep, our body is able to repair itself, so if this is interrupted, so too is our body's ability to heal.

Ayurvedic Body Type: What's Your Dosha?

Dosha's form an integral part of the Ayurvedic way of life and they are known as the foundation for Ayurveda. Put simply, Dosha's are categories which outline various 'mind-body' types. Each Dosha expresses a unique makeup of emotional, physical and mental characteristics. By identifying your Dosha type, you will be better equipped to deal with the imbalances prevalent for this Dosha. This may include certain skin conditions.

There are three types of Dosha:

- Vata
- Pitta
- Kapha

The Dosha's have derived from the five elements of nature; Air (vayu), Fire (tejas), Water (jala), Earth (orprithvi), and Space (akasha).

Want to find out what body type you are? Take this [body type quiz](#) by John Douillard's LifeSpa. It is interesting to note that you may be a combination of each of these types so take a couple of online tests to determine a result in which you feel fits you best.

Ayurvedic Skincare Tips According to Your Dosha:

Vata

Characteristics:

Thin, delicate skin, which is almost transparent. Skin is prone to dryness, flakiness, dark spots, and premature fine lines and wrinkles. Usually does not have clogged pores. You may also have dark under eye circles. Can be described as 'Normal to Dry.'

Tips:

- Use gentle cleansers and moisturise immediately after cleansing to rehydrate.
- Look for warming, deeply moisturising products that will provide your skin with essential fatty acids.
- Make sure you're eating lots of healthy fats such as avocados and salmon. Avoid too many raw veggies as they contribute to dryness and slow down digestion.
- Don't over exercise – stick to yoga or light walks.
- Go to bed at the same time each night if possible, to establish a relaxing routine.

We recommend:

[AIKA WELLNESS – Vata Skin Polish](#) and [AIKA WELLNESS – Tri Dosha Eye Elixir](#).



Pitta

Characteristics:

Clear and radiant skin, but can occasionally become irritated and red or easily sunburned. May have freckles and moles. At risk for sensitive and oily skin. May have congested pores in the T-zone. Can be described as 'Combination / Sensitive.'

Tips:

- Choose natural and pure products which are made from plant extracts to avoid reactions caused by chemicals. Make sure products are fragrance free.
- Choose skincare that calms and balances hydration.
- Sunscreen is especially a must for Pitta's.
- Eat cooling foods, like cucumber and zucchini, as well as cooling fruits like watermelon, cantaloupe and pears. Avoid acidic foods like tomatoes and vinegar, as well as spicy foods as they create too much heat and can lead to flushing.
- Exercise moderately and avoid burnout.

We recommend:

[AIKA WELLNESS – Pitta Skin Polish](#)

Kapha

Characteristics:

Few to no wrinkles, with smooth, moist skin, but that means you may also have large pores and oiliness. Prone to oily skin, blocked pores, and dull or pale skin. You may also have puffy eyes, and suffer from rashes. Can be described as 'Normal to Oily.'

Tips:

- Thoroughly clean your skin, especially at night before bed and never go to bed with your makeup on. Resist the temptation to dry your skin too much, as that will cause the skin to become even more oily.
- Choose gentle cleansers and alternate for deep cleaning and exfoliation and pick moisturisers which are light but nourishing.

- Avoid fried foods and rich desserts, limit red meat and other fatty foods. You can enjoy spicy foods so be sure to energise yourself and your skin with more garlic, turmeric, ginger, chili and apple cider vinegar.
- 30 minutes of exercise every day is ideal. Look for [energetic activities](#) like running, swimming, or competitive sports.

We recommend:

[AIKA WELLNESS – Kapha Skin Polish](#) and [AIKA WELLNESS – Tri Dosha Eye Elixir](#).

Ayurvedic treatment for skin conditions doesn't have to be complex or confusing. Once you have discovered your Dosha type, you can do some more research as to how to incorporate Ayurvedic principles into your daily life, to enhance the mind, and in turn – your body and skin. Knowledge is power after all, so congratulations on taking the first step to learn more about Ayurveda and its potential benefits to your overall wellbeing.

From the team at Wellness Beauty Rituals – we hope you enjoy your Ayurvedic journey!