



SUMMER
AYURVEDA
BODY RITUAL
RECIPES

*The DIY
Goddess Beauty
Lab*

W I T H
T H E S H A K T I S C H O O L

Vata Scrubs

Vanilla Chai Sugar Cozy Scrub

- 1 cup brown sugar
- ½ cup sesame oil
- 1 tsp cinnamon
- ½ tsp cardamom
- 1 tsp vanilla extract



Vata Scrubs

Pumpkin Spice Scrub

- 1 cup brown sugar
- ½ cup sesame oil
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 1 tsp ginger
- ¼ tsp clove



Vata Scrubs

Golden Hour Orange Cardamom Scrub

- 1 cup brown sugar
- ½ cup almond oil
- 1-2 tsp orange zest
- 1 tsp cardamom



Pitta Scrubs

Lavender Aloe Chill Out Scrub

- 1 cup cane sugar
- 2 tbsp aloe gel
- ¼ cup fractionated coconut oil
- 10-15 drops lavender essential oil
- Optional: 2 tsp dried lavender flowers



Pitta Scrubs

Island Goddess Rose Monoi Scrub

- 1 cup cane sugar
- ½ cup monoi oil
- ½ tsp cardamom
- 1 tbsp rose petals
- Optional: 1 tsp Anima Mundi
rose powder



Pitta Scrubs

Key Lime Coconut Sugar Scrub

- 1 cup cane sugar
- ½ cup fractionated coconut oil
- 2 tsp lime zest
- 2 tsp cardamom
- Optional: 10-15 drops lime essential oil



Kapha Scrubs

Wake Me Up Coffee Ginger Scrub

- 1 cup fresh coffee grounds
- ¼ cup brown sugar
- ½ cup almond oil
- 1 tbsp ground ginger
- 2 tsp cinnamon
- 1 tsp vanilla extract



Kapha Scrubs

Rise & Shine Coffee Sea Salt Scrub

- 1 cup fresh coffee grounds
- ¼ cup fine sea salt
- ½ cup sunflower oil
- 1 tbsp ginger
- Optional: 8-12 drops nutmeg essential oil



Kapha Scrubs

Get Up & Glow Citrus Ginger Scrub

- ½ cup fine sea salt
- ½ cup cane sugar
- ½ cup sunflower oil
- 1 tbsp ginger
- 1 tsp cardamom
- 2 tsp grapefruit zest



Additional Notes on DIY Scrubs

1. You can adjust the consistency as desired - if you want it more gentle and less abrasive, add more oil. if you want it more exfoliating, add more salt/sugar/coffee.
2. You can add more essential oil or citrus zest if you want more fragrance.
3. DIY scrubs with fresh citrus zest and aloe gel should be refrigerated and used within about 1 week. The other scrubs without fresh ingredients can last 3-4 weeks.



Oil Pulling

Oil pulling is best first thing in the morning on an empty stomach, after brushing your teeth.

Use pure, unprocessed sesame or coconut oil. We also love Banyan Botanicals Daily Swish for a refreshing taste.

How-To:

- Swish 2-3 tsp in the mouth as if you're using mouthwash. The oil will become more liquidy and take on a whitish color as you go, this is how you can tell you're getting to the end!
- It's ideal to oil pull for about 15-20 minutes. This can feel long at first, so try to either work up to the full amount of time with practice or do this while doing your morning routine, showering, or multitasking.
- Don't spit down the drain—avoid clogging by disposing of the oil in the garbage.



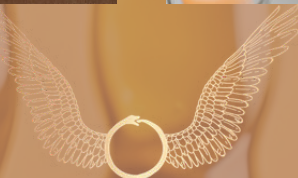
How to Dry Brush

It's best to dry brush on dry skin before you take a bath or shower.

- Start at your feet and work your way upwards.
- Brush in a circular motion always in the direction of your heart. This will help increase blood flow throughout the body.
- Try to brush for at least 3 minutes working your way up to 5 minutes.
- After showering make sure to lather yourself in some kind of amazing moisturizer or use your dry brush right before Abhyanga.

Recommended Products: [Garshana Gloves](#) or [Dry Brush](#)

Learn more about [dry brushing here](#).



Abhyanga (Self-Massage with Oil)

Make sure to use chemical-free, organic, cold-pressed oils. Do not use any mineral oils, such as baby oils. (VATA: Sesame, Almond PITTA: Coconut, Sunflower KAPHA: Sunflower, Calendula-infused). We love Banyan's [Vata Massage Oil](#), [Pitta Massage Oil](#), or [Kapha Massage Oil](#) depending on your dosha.

How to Oil Your Bodacious Body:

1. Start by warming up your oil. We warm the oil because it cures it, allowing the oil to be more easily absorbed by the skin and tissues.
2. Remove all clothing and jewelry. Sit on an old towel so as not to make a mess.
3. For the full bliss treatment, we would start at the top of the head and pour the oil directly onto the crown. If you are doing this before work and do not want an oily head for the rest of the day, you can skip this part and save it for a day when you do not need to be presentable.
4. Continue onto the face (gently) and the rest of the body.
5. On the arms and legs, use back-and-forth strokes.
6. On the joints, use circular strokes.



7. On the belly, use circular strokes in a clockwise motion (if you are looking down at your belly) as this is the direction in which our long intestine moves and will stimulate proper digestion.

8. Ideally, you want to spend 15-20 minutes massaging your body. If time is an issue, spend at least five minutes in total communion with your vehicle. And notice the spots of the body you avoid. The thighs? The feet? Spend the most time there, as these are your bits that need the most love.

9. Sit for some time. I recommend 20 minutes.

10. Rub off any excess oil with your oil towel, and then take a shower. Showering causes the pores to open, allowing the herbal oil to penetrate even deeper into the skin. You do not need to soap-off the oil. The body will most likely absorb it all, especially if you are quite dry. Make sure not to leave the oil on for more than 45 minutes as this can actually clog the channels we are trying to cleanse.



Hair Oiling 101

There's nothing like a weekly hair-oiling ritual to reset your system while communicating deep, loving, self-care to your own heart.

How to Prep for Oiling Your Hair:

- Use a dosha-appropriate, high quality oil like sesame oil for Vata hair, coconut oil for Pitta hair, and olive oil for Kapha hair. To simplify, use the Banyan hair oil (use code KATIES15 for a discount) which is an amazing hair formulation and the one I personally use!
- You want the oil warm, not too hot. I like to warm my oil by filling up the sink with warm water and placing the bottle of oil in the sink to warm for a few minutes.



Hair Oiling Instructions:

- Begin to massage the oil into your scalp using your hands. Make sure to cover the entire scalp while massaging your head for circulation and stimulation of marma points. End by pulling a little bit of oil through the length of your hair.
- Leave the oil on for a few hours or overnight. You may need to wrap your head in a towel you don't mind getting oil-stained or laying down a designated oiling towel over your pillow for sleep.
- Give your hair a full wash after letting the oil sit overnight. It might take a double wash to fully cleanse the oil out.

Pro tip for rinsing: Try shampooing/scrubbing your DRY (still oily) hair before getting into the shower and getting your hair wet for optimum scrubbing results!



Green Machine Skin Smoothie

When it comes to food and healthy skin the focus should be on liver detoxification. When the liver is functioning properly, your skin will glow from the inside out. Keeping a healthy balance of protein, good fats, and lots of vegetables will do wonders for your skin.

Ingredients:

- *¼ cup blueberries*
- *½ banana*
- *1-2 cups spinach*
- *1 handful fresh mint leaves*
- *1 tbsp protein powder (optional)*
- *¼ Avocado*
- *½-1 cup coconut water*
- *Optional add ins: fresh ginger, turmeric, and cardamom, Scoop of Vitamineral Greens*

Directions:

- Add all ingredients to a high powered blender and blend until smooth.



Ayurveda-Inspired Gatorade

Licorice powder is the secret ingredient in this Ayurveda-inspired gatorade, as it's a natural demulcent, which means it has a silky smooth quality that delivers deep moisture to the body. Add hibiscus, manuka honey and mineral salt and this beats Gatorade any day

Ingredients:

- 5 limes
- 1 tbsp Manuka honey (this one is bangin')
- ½ tsp black or Himalayan pink salt
- ¼ tsp fennel powder
- 1/4 tsp licorice powder
- 3 cups water
- Ice Cubes (this is an Ayurveda NO-NO, so if you wanna' be a purist, leave this one out, but I'm gonna' be honest - in the dead of muggy Virginia summer, this girl breaks the no-ice rules)
- Mint leaves
- 2 Tbs. Hibiscus flowers (dried).



Directions:

1. Steep the hibiscus flowers in boiling water for 20 minutes in 2 cups of water. Strain and let cool.
2. Squeeze the lime juice into a bowl.
3. In a Mason jar or carafe, add the lime juice, hibiscus tea, honey, salt, licorice, fennel, ice cubes (if you're naughty) and additional water.
4. Mix or shake.
5. Add more honey or spices as per your taste.
6. Garnish with the mint.



Heart-Healing Rosewater Mocktail

This cooling, goddess-worthy bev is perfect for when you wanna sip something delicious, hydrating, and emotionally soothing.

Ingredients (makes one serving):

- 2 tablespoons of rosewater (see how to make your own below or purchase rosewater already made!)
- Juice from 1/2 lemon
- 1 tablespoon good quality maple syrup
- 1 cup plain seltzer (or sub in hibiscus infusion)
- Optional garnish: cucumber, mint, orange, strawberries, etc.!

Directions:

- **Step 1.** Make the rose water: add 1 teaspoon rose powder to a jar or glass measuring cup. Pour 1 cup boiling water over it. Allow to sit for 30 minutes then strain with a fine mesh strainer.
- **Step 2.** Once cooled, add 2 tablespoons of rosewater into your mocktail glass.



- **Step 3.** Add juice from 1/2 lemon.
- **Step 4.** Add 1 tbsp good quality maple syrup. Stir up ingredients to combine.
- **Step 5.** Top with 1 cup plain seltzer (or alternatively a chilled hibiscus infusion if you want to avoid seltzer!)
- Garnish with a few cucumber slices, mint leaves, or orange slices!



Face Masks



Vata face mask:

Mash an avocado. Add 10 drops of neroli or lemon essential oil. Slather on face. Lie down and do some deep belly breaths for 20 minutes. Rinse.

Pitta face mask:

Mash a banana. Add 10 drops of rose, sandalwood, or ylang-ylang essential oil. Slather on face. Lie down and do some deep belly breaths for 20 minutes. Rinse.

Kapha face mask:

Mash several large strawberries or papaya (this is particularly good for overly-oily skin of any type). Add 5 drops of lavender essential oil and 5 drops of clary sage oil. Slather on face. Lie down and do some deep belly breaths for 20 minutes. Rinse.

For additional masks and facial products, head to [Paavani's website here.](#)



Amalaki Face Mask



How to Make:

1. Chop up finely a sprig of washed parsley (the parsley is optional!)
2. Crush it up in a mortar and pestle until the juice is coming out (the bottom of the clean jar on a chopping board can suffice if you don't have one).
3. Add 2 teaspoons of Amalaki (Amla) powder and hot water to make a wet paste with the crushed parsley.
4. Add a teaspoon of Manuka honey to the still warm mixture and blend them all together into a paste.
5. The crushed parsley won't spread consistently but this doesn't matter as the hot water will have dispersed its compounds into the paste.
6. You want your face mask to be the consistency of yogurt, easy to spread but not too watery/runny.

Instructions:

- Apply the paste while it's still warm to freshly cleansed, damp skin.
- Lie down in your room with mask on for 20-30mins.
- Wash off with warm water and apply your favorite moisturizer!



Herbal Teas for Plump, Hydrated Skin



1. Licorice is an anti-aging, nourishment-boosting, ultimate rejuvenation herb (aka a rasayana). It's sweet, cool, and moisturizing effects help rejuvenate all 7 tissues.
2. Rose helps to balance Sadhaka Pitta (one of the Pitta subdoshas), cooling excess heat in the blood before it erupts in our skin and balancing emotions so they don't disturb our hearts.
3. Hibiscus is soothing and purifying. It's sweet, astringent and cooling properties support healthy skin and a clear complexion.
4. Rose hips are sour, astringent, and warming which helps reduce vata. Rose hips contain many vitamins that makes them beneficial for all skin types and are associated with anti-aging.
5. Marshmallow root helps store water which helps our skin remain plump and lush. It helps rebuild our body's water element and also boosts our hair's lustrousness and growth!



Happy Eyes

Most of us were taught that the skin around our eyes is so delicate that we should use only specially-formulated creams, gels, and moisturizers around the eyes. But ghee is routinely used in Ayurveda to soothe and rejuvenate both the eyes themselves and the tissues that surround them.

In a soothing base of ghee, Beauty Balm is an exceptional choice for cooling, nourishing, moisturizing, and revitalizing the delicate tissues around the eye. You can use it as an eye cream, wrinkle cream, or as nourishment for the eyebrows.

Homemade Eye Makeup Remover

Ghee can also serve as an effective, all-natural makeup remover that can double as a rejuvenating eye cream.

Recipe:

- 2 tablespoons ghee
- 3-4 drops vitamin E oil

Directions: Whip the ghee and vitamin E oil together. Place the mixture in a clean, wide-mouthed glass jar. To remove makeup, apply this mixture to the eyelids and lashes and wipe with cotton to remove.



Taking Care of Your Nose: Nasya

Nasya is an ancient practice of placing medicated herbs and decoctions into the nose. This technique offers a multitude of health benefits for the modern woman - it can be used to treat nasal dryness; neck, head, and shoulder tightness; headaches; and hoarseness in the voice, and it moistens the sinuses.

How to Do a Nasya:

- Make sure to do this practice on an empty stomach. Eating directly after this practice is also not recommended. Wait at least 30 minutes.
- Warm a little sesame oil or ghee. Banyan Botanicals has an amazing herb-infused Nasya Oil [here](#).
- Lean your head back and place 4 or 5 drops of the warm oil into each nostril.
- When you feel the oil beginning to drain into the throat, return the head to neutral and wipe any excess oil off the nose.
- Do this practice in the morning and evening for best results.
- Do not use it if you are pregnant or menstruating.



Pancha Amrit Snana: The Five Nectars Bath

A bath to help soothe anxiety, ease dryness and deeply rejuvenate

Traditionally in India, gods and goddesses are ritually bathed in the most nutritious foods and oils. As women, we can treat ourselves like a goddess by bathing in fine herbs, oils, and foods.

Combine 2 tablespoons honey, 1 cup yogurt, 1 banana (mashed), 1/4 cup sesame oil, and 2 cups whole organic milk and mix until consistent throughout. Add to a warm bath and soak for at least 20 minutes. Light candles. Play healing music. Once in the bath, feel free to anoint your body with any other essential oils (a few drops on your pulse points will do), and allow any stress from the day to peel away. Tears may come and that's a good thing! Let it out in the bath.



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Supplement Facts
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