

HOLISTIC  HIGHWAY



HOLISTIC HIGHWAY'S  
**AYURVEDA GUIDE**  
to

ANTI-AGING  
SKIN CARE  
TREATMENT

Rejuvenating Skin Care for Beautiful Skin  
According to your Metabolic Type

# Healthy Glowing Skin

**Healthy, glowing skin is a natural condition when mind and body are balanced.**

But, Ayurveda shows us that the formula to achieve balance is different for each person, depending upon his or her innate metabolic body type. As a result, there is no single type of treatment—not a soap, moisturizer, age cream, doctor's prescription, natural remedy, fitness program, diet or lifestyle change—that can work for everyone, because not everyone is born with the same metabolic type. To find the right beauty program to reduce the signs of aging and enhance your skin, you must know what your Ayurvedic metabolic type is.

There are three basic constitutions. If you were a new client coming to see me, the first thing we would do is have a personal consultation to determine your metabolic type. Because we are not meeting face to face—I have designed a fun and easy quiz —so that we can determine your metabolic type.

Go to [www.Moderndosha.com](http://www.Moderndosha.com).

I have included personalized daily anti-aging skin care routines for each body type. The Quiz will tell you your dominant metabolic type. Follow your metabolic type for the best skin care regimen for you.

## **THE EXTERNAL ANTI-AGING SKIN CARE ROUTINE**

The first rule of Ayurveda skin care is: cleanse, nourish and moisturize. No matter your metabolic type or what kind of skin you have, this routine is essential to counteract the daily effects of stress, environment and the skin's natural cell degeneration. It is the very minimum you must do to maintain a normal, healthy, youthful complexion.

Take a look at the daily cleansing, nourishing, and moisturizing routine that is right for your metabolic type, and special rejuvenating treatments for every part of the body from head to toe. This total anti-aging routine—which features exfoliating face masks, Ayurvedic health care, rejuvenating body baths, and seasonal skin care tips is ideal for your metabolic type, no matter your skin condition at this time.

These treatments are external. They are vital to achieving a flawless complexion and an all-over healthy appearance. However, you can have the greatest skin care in the world, that is right for your metabolic type, but it won't make that much difference in the long run if you drink, smoke and live on caffeine and junk food while being subjected to constant stress. This anti-aging skin care regimen alleviates only the manifestation of disease and aging, not the cause! For that you must also cleanse the mind and body internally, where all health problems begin.







## THE DAILY ANTI-AGING SKIN CARE ROUTINE

The basic guidelines here are the same for all of us. What is different are the oils used in your anti-aging skin care regimen as well as the methods of application. Let's take a look at the basic guidelines: which have been recommended by one of my great teachers Pratimer Raichur who runs the Tej Ayurveda Skin Care Clinic in Manhattan.

Do the three step routine twice a day, once in the morning and once before bedtime. However, if you have oily skin, do the full routine three times a day in summertime. The complete routine takes five to ten minutes.

Before you begin, remove face and eye make-up. Use ghee or pure vegetable oil (not essential oils) on a cotton ball and wipe gently.

Sesame oil is good for the dry skin of Vata's; sunflower oil or safflower oil is good for sensitive and oily skin (Pitta's and Kapha's).

Cleanse the face before or during a bath or shower, and apply the nourishing oil and moisturizer afterward.

Always massage on wet skin.

Always massage the face and neck using a gentle stroke in an upwards and outwards direction. Do not scrub, or rub up and down, to avoid stretching the skin.

Always massage around eyes in a circular direction from the outside corner of eye to the inside using the ring finger to ensure the gentlest touch.

After you complete the final step, wait at least 2-3 minutes before applying makeup.

For deeper exfoliation and added nourishment, do a weekly fruit face mask.

# Skin Health for Pitta



## Description

Slightly oily skin, large pores, blackheads, subject to break-outs when stressed has a tendency towards scars.

## Prone to

Acne, rosacea, rashes, coldsores, allergic reactions, burning sensations, ulcers, bleeding, liver disorders, hypertension.

## Aggravated by

Overconsumption of sweets, fats, oils, red meat, seafood, coffee, alcohol, tobacco, emotional stress, inactivity, feelings of possessiveness, depression and feelings of having no purpose.

## Treatment

Exfoliate skin with a banana or pineapple pulp mask once a week.

Take facial steam baths using rosemary or sandalwood essential oils.

Take a weekly detoxifying bath using Epsom salts and ginger.

Exercise vigorously for ½ hour 3 times a week to achieve sweating.

Massage body with coconut oil before showering. Add essential oils such as rose, sandalwood, or vetiver to your bath.

Do a pimple mask twice a week.

Do a soothing weekly facial mask using sandalwood and neem powders. Equal parts with a few teaspoons water.

For stubborn, large cysts, apply a piece of warm onion 2-3 times a day to break it – but do not squeeze.



## TREATMENTS

**Banana or Pineapple Pulp Mask:** Apply pulp to face and neck, and lie down for 10-15 minutes with legs raised to increase blood supply to the face. Rinse with water, and then finish with regular nourishing and moisturizing routine.

**Pimple Mask:** Mix ½ tsp crushed cumin seed and 1 tsp coriander powder and a few drops of water. Apply paste over pimples. Leave on for 20-30 minutes, then rinse.

**Cleanser:** Mix 1 tsp almond meal, ½ tsp ground orange peel and ½ tsp dry milk. Store in a spice jar. In your palm, make a paste using ¼ tsp of the mixture with a few drops rosewater. Apply paste all over face and neck and gently massage into the skin for one minute. Do not scrub. Rinse well with cool water. Do not dry. If your skin is very sensitive, use this cleanser only once a day at bedtime.

**Nourish:** Mix 1 oz almond oil and 10 drops each rose and sandalwood oils. Store in a dark glass bottle with a dropper. In the palm of your hand, mix 2-3 drops of the nourishing oil plus 4-6 drops water. While your skin is still wet, gently massage mixture all over face and neck for about one minute.

**Moisturize:** Melt 1 oz cocoa butter in a double boiler. Add 3 oz sunflower oil. Remove from heat. Using a dropper, add 2oz rose tea one drop at a time while stirring the mixture. When it is cool, add 5-6 drops sandalwood oil. Gently apply moisturizer over surface of face and neck.

## NUTRITION FOR SKIN HEALTH

### Supplements

Take daily 10,000 units beta carotene  
1,000 mg Vitamin C  
15-20 mg Zinc

### Diet

Increase dietary fiber, including bran, fresh fruit, and produce. Drink fresh carrot, beet, or apple juice. Drink detoxifying teas of burdock, goldenseal, echinacea, neem, or turmeric. Drink ½ glass warm water every hour. In the morning take 1 tsp aloe vera gel.

### MOOD MIST

Cooling, sedating aromatic mists balance flaring tempers so common to Pittas.

Make an aromatic mist by putting four ounces distilled water plus four to five drops of essential oil in a purse size spray bottle. Carry it with you and spray on your face as desired. To freshen up on a hot day or balance Pitta, use a cooling, soothing scent like vetiver or sandalwood. To counter the drying effects of air travel, use a warming, soothing scent like rose geranium or orange. To lift your spirits and balance Kapha, use a warming, spicy scent like clove or juniper.

### Calming and Cooling:

Relieves Anger - Balances Pitta  
5 drops sandalwood  
5 drops vetiver  
1 drop jasmine  
4 oz distilled water



# Skin Health for Kapha



## Description

Very oily skin, large pores, blackheads, cystic acne, cysts, scars, and puffiness under the eyes.

## Prone to

Cystic acne, edema, swelling, sinus headaches, sore throats, respiratory problems, asthma, diabetes, cysts, tumors.

## Aggravated by

Overconsumption of sweets, fats, oils, red meat, seafood, coffee, alcohol, tobacco, emotional stress and attachments (inability to “let go”), inactivity, feelings of possessiveness, depression and feelings of having no purpose.

## Treatment

Exfoliate skin with a strawberry or papaya pulp mask once a week.

Take facial steam baths using lavender, rosemary or lemon essential oils.

Take a weekly detoxifying bath using Epsom salts, mustard powder or ginger.

Exercise vigorously for ½ hour 3 times a week to detoxify.

Massage body with coconut oil before showering. Add essential oils such as rose, sandalwood, or vetiver to your bath.

Do a pimple mask twice a week.

Do a stimulating weekly facial mask using 1/2 cup honey and 3 drops orange, lime and lemongrass oils.

For stubborn, large cysts, apply a piece of warm onion 2-3 times a day to break it – but do not squeeze.



## TREATMENTS

**Strawberry or Papaya Pulp Mask:** Apply pulp to face and neck, and lie down for 10-15 minutes with legs raised to increase blood supply to the face. Rinse with water, and then finish with regular nourishing and moisturizing routine.

**Pimple Mask:** Mix 1-2 tablespoons cornstarch with 1-2 tablespoons fresh apple juice, and 2 drops lavender essential oil. Apply paste over pimples. Leave on for 20-30 minutes, then rinse.

**Cleanser:** Mix 1 tsp barley meal, 1 tsp lemon peel and  $\frac{1}{2}$  tsp dry milk. Store in a spice jar. In your palm, make a paste using  $\frac{1}{4}$  tsp of the mixture and warm water. Apply paste all over face and neck and gently massage into the skin for about one minute. Do not scrub. Rinse well with warm (not hot) water. Do not dry. Do not use soaps or astringents containing alcohol to reduce oils. If you have whiteheads, wash first with a paste made of  $\frac{1}{4}$  tsp neem powder and 1 pinch sugar and water. Then follow the steps as above.

**Nourish:** Mix 1 oz sunflower oil, 10 drops lavender oil and 5 drops each bergamot and clary sage oils. Store in a dark glass bottle with a dropper. In the palm of your hand, mix 2 drops of the nourishing oil (above) plus 4 drops water. While your skin is still wet, gently massage mixture all over face and neck for about one minute.

**Moisturize:** Melt 1 oz cocoa butter in a double boiler. Add 3 oz almond, safflower, or canola oil. Remove from heat. Using a dropper, add 2oz rosemary or basil tea one drop at a time while stirring the mixture. When it is cool, add 1 drop camphor oil and 2 drops bergamot oil and 3 drops lavender oil. Gently apply moisturizer to face and neck. Use morning and evening.

## NUTRITION FOR SKIN HEALTH

### Supplements

Take daily 10,000 units beta carotene  
1,000 mg Vitamin C  
15-20 mg Zinc

### Diet

Your meals should be in the proportion of 30-40% whole grains, 20% protein and 40-50% fresh vegetables and fruit.

Eat warm, light foods with lots of spices.

Drink detoxifying teas of ginger, burdock, goldenseal, Echinacea, neem, or turmeric.

In the morning drink warm herbal teas such as ginger or cinnamon.

No dairy, heavy foods, fried foods, iced foods & drinks, sweets.

### MOOD MIST

Stimulating and warming aromatic mists balance sluggishness so common to Kaphas.

Make an aromatic mist by putting four ounces distilled water plus four to five drops of essential oil in a purse size spray bottle. Carry it with you and spray on your face as desired. To lift your spirits and balance Kapha, use a warming, spicy scent like clove or juniper. To counter the drying effects of air travel, use a warming, soothing scent like rose geranium or orange. To freshen up on a hot day or balance Pitta, use a cooling, soothing scent like vetiver or sandalwood.

### Calming and Cooling:

Relieves Depression - Balances Kapha

4 drops bergamot  
3 drops lavender  
3 drops basil  
4 oz distilled water

# Skin Health for Vata



## Description

Slightly dry skin, dry lips, excessively dry skin, cracked feet, brittle nails, dry scalp, split ends, dandruff, skin discoloration, dark circles under eyes.

## Prone to

Excessive dryness, psoriasis, dandruff, wrinkles, constipation, sharp pain, backache, arthritis, nervous disorders, insomnia.

## Aggravated by

Dryness (less oil), dehydration (less water), stress, sun, wind, extreme temperatures, excessive exercise, travel, alcohol, coffee, tobacco, sweets, spicy foods, hot or cold water, sudden weight loss, water pills, hormone medication, lack of purpose, lack of loving relationships.

## Treatment

Apply a nourishing facial mask twice a week.

Take facial steam baths using lavender or neroli essential oils.

Massage the face daily using sesame oil or avocado oil.

Before bed, gently massage around the eyes with almond oil.

Add a mixture of 10 drops sandalwood oil & 1 oz castor oil to any dry spots.

Apply the rehydrating wash daily.

Avoid chemical make-up removers.



## TREATMENTS

**Nourishing Facial Mask:** Twice weekly, do a facial mask using a paste of 1 Tbsp sandalwood powder, 1 drop camphor oil, 3-4 drops lotus oil and 2 tsp water. With ring finger, gently massage a few drops of face oil made with sandalwood & rose oil directly under the eyes for protection, then apply paste to rest of the face. Cover eyes with wet cotton pads dipped in rosewater and lie down for 10-15 minutes. Rinse with water, and then finish with regular nourishing and moisturizing routine.

**Rehydrating Wash:** Make a concoction of 1 Tbsp dry geranium in 1/2 cup water, then apply to face using a cotton ball. Leave on the face to dry.

**Cleanser:** Mix 1 tsp almond meal, ½ tsp dry milk and a pinch sugar. Store in a spice jar. In your palm, make a paste using ¼ tsp of the mixture with a few drops warm water. Apply paste all over face and neck and gently massage into the skin for about one minute. Do not scrub. Rinse well with warm (not hot) water. If your skin is very dry, do not follow the cleansing routine above. Instead, wash with a Tbsp heavy cream (the dairy product) and 2 drops lemon juice.

**Nourish:** Mix 1 oz sesame oil, 10 drops geranium oil and 5 drops each of neroli and lemon oils. Store in a dark glass bottle with a dropper. In the palm of your hand, mix 3 drops of the nourishing oil (above) plus 6 drops water. While your skin is still wet, gently massage mixture all over face and neck for about one minute or until the skin absorbs all the essential oils.

**Moisturize:** Melt 1 ½ oz cocoa butter in a double boiler. Add 4 oz avocado oil. Remove from heat. Using a dropper, add 1 oz orange tea one drop at a time while stirring the mixture. When it is cool, add 3-4 drops each geranium and rose oil. Gently apply moisturizer over surface of face and neck. Do not massage it into the skin. Apply as needed during the day.

## NUTRITION FOR SKIN HEALTH

### Supplements

Take daily 400 units vitamin E  
Primrose oil capsule daily  
1,000 mg Vitamin C  
15-20 mg Zinc daily

### Diet

Eat warm, heavy and cooked foods.  
Keep a regular meal routine.  
Drink 6-7 glasses of water daily.  
No cold foods, salads, raw foods, soda, ice-cream.

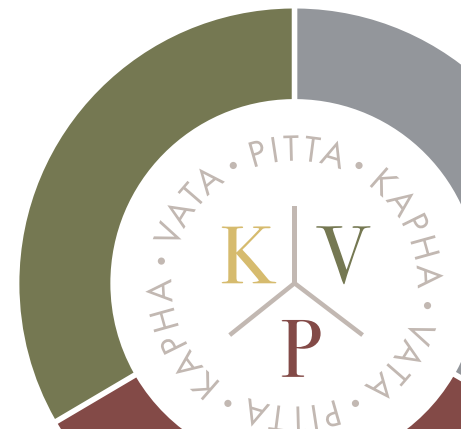
### MOOD MIST

Calming and warming aromatic mists relieve anxiety so common to Vatas.

Make an aromatic mist by putting four ounces distilled water plus four to five drops of essential oil in a purse size spray bottle. Carry it with you and spray on your face as desired. To lift your spirits and balance Kapha, use a warming, spicy scent like clove or juniper. To counter the drying effects of air travel, use a warming, sothing scent like rose geranium or orange. To freshen up on a hot day or balance Pitta, use a cooling, soothing scent like vetiver or sandalwood.

### Calming and Cooling:

Relieves Anxiety - Balances Vata  
3 drops neroli  
3 drops lemon  
2 drops jasmine



# Most Common Skin Care Problems

## LINES ON FOREHEAD

**Imbalance:** Vata & Pitta.

**Aggravated by:** Anxiety, worry, excessive dehydration, too much sugar or protein, alcohol based astringents, excessive use of lemons, tomatoes or cucumber juice.

**Treatment:** Make a hydrating massage oil using almond and add 2 drops of sandalwood, and geranium and 1 drop of lemon and cardamom, With your fingers, massage the oil on your forehead using a horizontal stroke.

Do daily facial exercises. Alternately stretch and tighten the forehead muscles. Hold and release several times.

Twice a week, make a firming herbal mask using a paste of 1 tsp cornstarch and 2 tsp aloe vera juice. Apply the mask and lie down for 30-40 minutes. It helps to elevate the legs, too.

## DARK CIRCLES UNDER EYES

**Imbalance:** Brown circles is Vata, Green-grey circles is Pitta.

**Aggravated by:** Anemia, ill health, lack of sleep, poor circulation, anxiety, hormonal imbalance, menstrual disorders, too many fried, frozen and processed foods, beans, peanuts, salads.

**Treatment:** Lie down and raise feet above hips for 5-10 minutes.

Soak cotton pads in rosewater and place over closed eyes for 5-10 minutes.

Apply crushed mint leaves around eyes for 5-10 minutes.  
Before bed, gently massage around the eyes with saffron and almond oil.

## PSORIASIS

**Description:** Silvery flakes mostly on the scalp but it may appear on any body part. Characterized by chronic and excessive dryness and irritation.

**Imbalance:** Vata & Pitta

**Aggravated by:** Liver dysfunction, anxiety, stress, not being grounded

**Treatment:** After showering or bathing apply a mixture of neem oil and ghee twice a day. Mix 1 tsp neem oil with 1 tsp ghee.

Do yoga or another non-aerobic exercise till you sweat—good for detoxification, and stress reduction.

Take primrose oil supplements, 1 tsp cod-liver oil daily, vitamin E and zinc.

## BLACKHEADS

**Imbalance:** Kapha

**Aggravated by:** Excessive oil secretions

**Treatment:** To loosen the oil, add a pinch Epsom salts to a cup water. Dip a cotton ball into the mixture and wash your face with it. Apply a mask of ground fresh parsley on the oily areas. Lie down and raise feet above hips for 10-15 minutes.



## OTHER ISSUES & TREATMENTS

### Natural Cortisone

Take a soothing bath with licorice tea added to the water. Helps heal eczema and psoriasis.

### Dry Patches

Mix 10 drops sandalwood oil with 1 oz castor oil and apply to dry area.

### Corns and Callouses

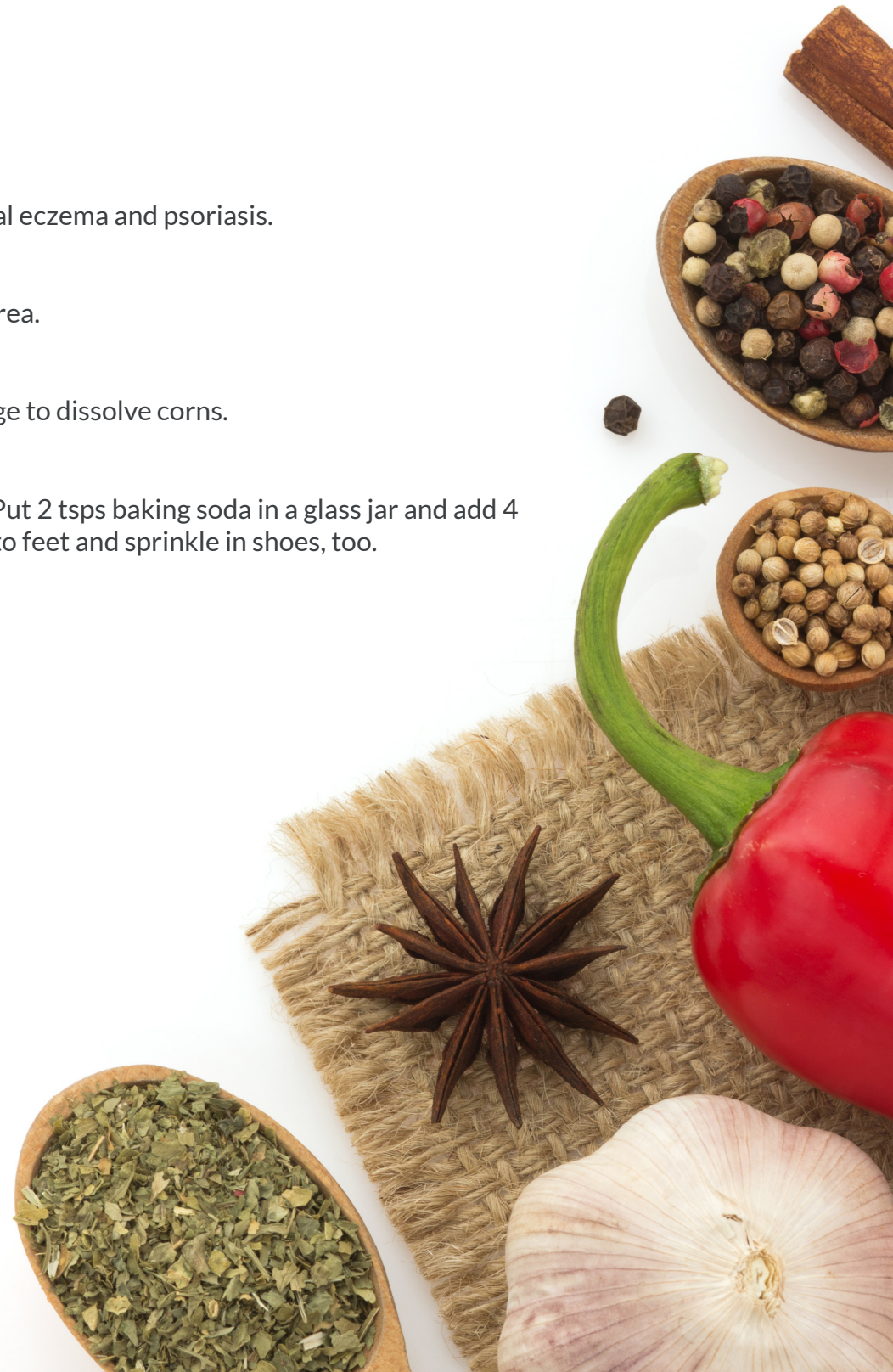
Soak cotton in fresh pineapple or lemon juice and apply as a bandage to dissolve corns.

### Athletes Foot

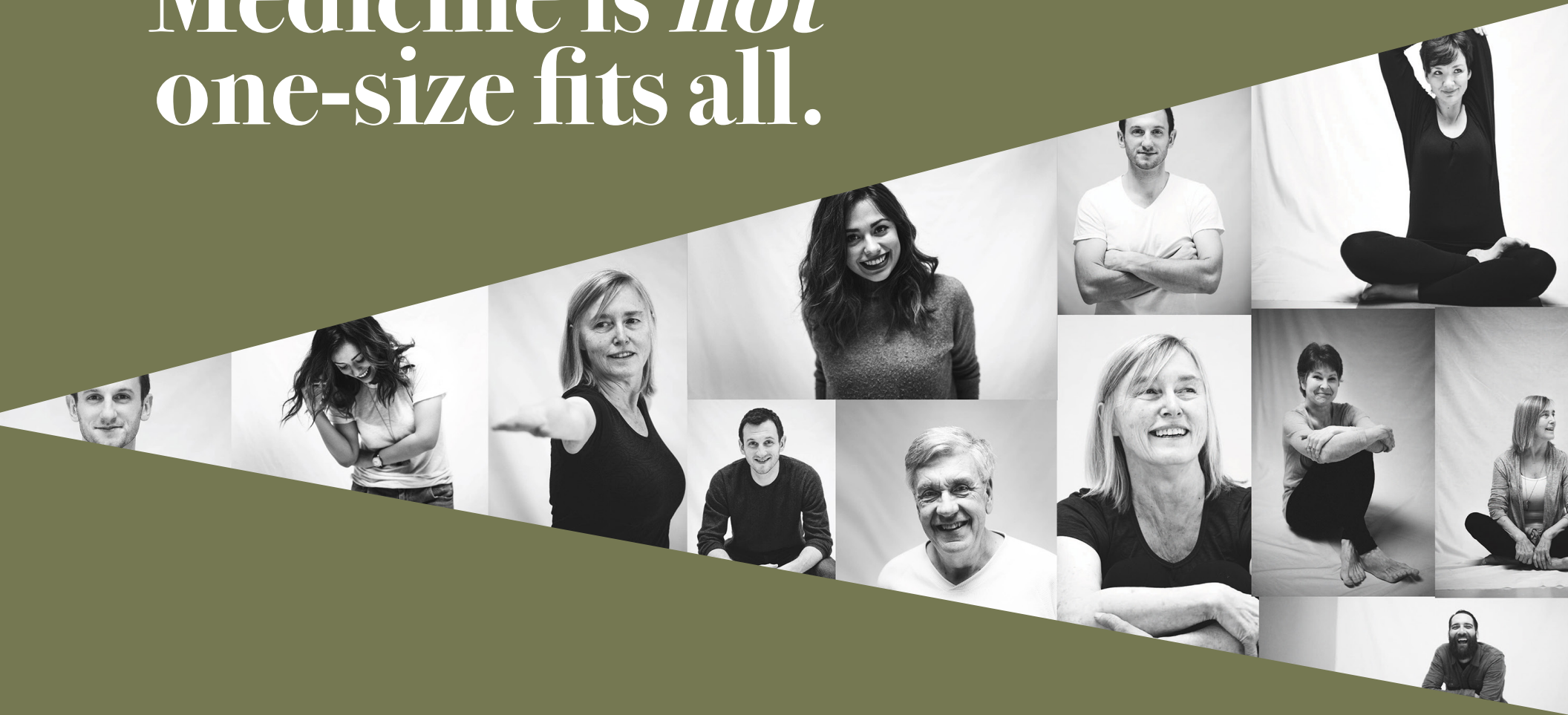
Make a refreshing, antifungal footpowder with a grapefruit scent. Put 2 tsps baking soda in a glass jar and add 4 drops grapefruit oil, 2 drops tea tree oil and stir thoroughly. Apply to feet and sprinkle in shoes, too.

### Hemorrhoid Balm

Apply neem oil after wiping a bowel movement and as needed.



Medicine is *not*  
one-size fits all.



HOLISTIC  HIGHWAY

KERRY HARLING

FOUNDER & AYURVEDA PRACTITIONER

UPMC CENTER FOR INTEGRATIVE MEDICINE

717.508.4011 | [KERRY@THEHOLISTICHIGHWAY.COM](mailto:kerry@theholistichighway.com)