

#1221 Dosha Body Mask Powder

An Ayurvedic body treatment combining a traditional and medical philosophy dating back 5000 years. This powdered mixture of herbs opens the Dosha system (Vata, Kapa & Pita) which allows for cleansing, balancing, and emotional release. Detoxifies, revitalizes and brightens the skin.

Tumeric, *Curcuma longa* in Sanskrit known as *Haridra* is the primary constituent in this product. It is known to purify the blood, muscular tissue and skin, removing toxins and atmospheric pathogens and chemicals. It is also known for it's anti-oxidant properties and immune stimulating action.

Directions: Quantity used will depend on the application. For an entire body wrap - in a small dish mix 3 tablespoons of powder with 2 cups of plain yogurt. Smooth over body areas, avoiding the nipples and groin area. Wrap client in disposable wrap sheets, and allow to set for 20—30 minutes.

Rinse thoroughly in shower and complete treatment with an aromatherapy massage.

You can experiment with a thicker more concentrated blend using more powder and less yogurt to create more of a paste. You can also mix the dry powder with buttermilk or soy milk and add a little carrier oil such as sesame or apricot. Powdered milk will work as well adding warm water to achieve a desired consistency.

An example of a complimentary massage blend could be:

40 ml of Sesame Oil combined with 20 ml of Hemp or Apricot Oil
10 drops of Coriander or Cardamon (or both 5 drops of each)
10 drops of Rosewood
10 drops of Ylang Ylang
6 drops of Sandalwood

Traditionally this treatment mask is used before special occasions such as weddings and other ceremonial events.

Ingredients: Powdered Tumeric, Cypress, Basil, Spiked Ginger, *Davana Artemisia persica* and Vetiver.