

# RITUALS FOR GLOWING SKIN

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Achieving and maintaining glowing skin often involves consistent skincare rituals that nourish, protect, and enhance skin health. Here are a few rituals to help keep your skin glowing:

1. **Your Ayurveda doctor can prescribe the right mix of teas, churnas, oils, ghees and rituals for keeping your skin glowing. The following are some powerful rituals when done under the guidance of an Ayurveda Expert.**
2. **Daily Cleansing:** Cleanse your face twice daily, morning and night, using a gentle cleanser suitable for your skin type. This removes dirt, oil, and impurities, allowing your skin to breathe and absorb subsequent products better.
3. **Exfoliation:** Regular exfoliation, 1-3 times per week depending on skin sensitivity, helps remove dead skin cells, unclog pores, and promote cell turnover. Use a gentle exfoliant or consider natural exfoliants like oatmeal or sugar mixed with a carrier oil.
4. **Hydration:** Keep your skin hydrated by drinking plenty of water throughout the day. Hydration from within helps maintain skin elasticity and suppleness.
5. **Moisturizing:** Apply a moisturizer suited to your skin type immediately after cleansing to lock in moisture and maintain a healthy skin barrier. Choose lightweight formulas for oily skin and richer creams for dry skin.
6. **Sun Protection:** Always apply sunscreen with at least SPF 30 daily, even on cloudy days or when indoors. UV rays contribute to premature aging and skin damage.
7. **Facial Masks:** Use hydrating or clarifying masks once or twice a week to boost skin hydration or address specific concerns like acne or dullness.
8. **Healthy Diet:** Incorporate foods rich in antioxidants (e.g., fruits, vegetables), omega-3 fatty acids (e.g., salmon, flaxseeds), and vitamins (e.g., Vitamin C, Vitamin E) to support skin health and radiance.
9. **Sleep:** Aim for 7-9 hours of quality sleep each night. During sleep, the body repairs and regenerates cells, including skin cells, contributing to a refreshed complexion.

10. **Stress Management:** Practice stress-reducing techniques such as meditation, yoga, or deep breathing exercises. Chronic stress can exacerbate skin conditions and accelerate ageing.
11. **Gentle Skincare Products:** Choose skincare products free of harsh chemicals, fragrances, and alcohol that may irritate the skin. Opt for natural or dermatologist-recommended products that support skin health without causing sensitivity.

Incorporating these rituals into your daily routine can help you achieve and maintain glowing, healthy-looking skin. Tailor your skincare regimen to your specific skin type and concerns for optimal results.

