





\ yurvedic Beauty & Self-Care



Acknowledgement





We wish to express our sincere thanks to Corinne Beinke, the author of this document for her valuable contribution. Corinne talks on the topic of natural skin care and beauty with Ayurveda.

As an Ayurvedic Wellness Coach, Corrine empowers women to look within for the inner healer that's inherent and ready to be awakened. Our cyclical nature and the complex workings of the female body mean we have to move our attention down from the intellectual mind and into the sensational body for guidance and wisdom. These days her work is mostly supporting women with their digestive and menstrual health issues, as well those suffering with PMS, insomnia, anxiety, depletion and exhaustion.

Corinne also teaches feminine form movement in yoga studios across the Sunshine Coast. These classes and what she shares has evolved with her lifestyle, age and becoming a mother.

Today what Corinne teaches is informed by her own experiences, the wisdom of her teachers and trainings and above all else, nature and her womb space.

You can learn more about Corinne at WildRoseAyurveda.com



Pitta



When Pitta is balanced skin tends to be:

- Rosy
- Dewy
- Delicate
- Warm
- Freckles
- Beauty spots/moles

When out of balance skin tends towards:

- Excess heat
- Inflammation
- Oily T-zone
- Rosacea
- Acne
- Blemishes
- Redness

Pitta skin types would benefit from cooling, soothing and calming skin care products and rituals.

Simple Pitta cooling mask:

- 2 tablespoons of organic plain yoghurt (you can choose a plant based option if you prefer)
- 2 drops of sandalwood, rose, or lavender essential oil.
- Optional: 1/4 turmeric

Mix all ingredients together and apply to face and neck. Leave for 10-minutes before washing off.



Vata



When Vata is balanced skin tends to be:

- Cool
- Dry
- Fine pores
- Olive tone

When out of balance skin tends towards:

- Excess dryness
- Fine lines
- Premature ageing and wrinkles
- Blackheads

Vata skin types would benefit from moisturising, strengthening, warming and nourishing skin care products and rituals.

Simple face mask for Vata:

- Half an avocado
- Tsp sesame or almond oil
- 2 drops of geranium or rose essential oil.

Mix all ingredients together and apply to face and neck. Leave for 10-15 minutes before washing off.

Kapha



- When Kapha is balanced skin tends to be:
 - Pale
 - Soft
 - Cool
 - Moist
- When out of balance skin tends towards:
 - Cystic acne
 - Large pores
 - Congestion
 - Excess oil

Kapha skin types would benefit from more astringent, warming and detoxifying skin care products and rituals.

Kapha face scrub:

- 1/2 cup chickpea powder
- 1/4 tsp turmeric powder
- 1/2 tsp rose powder of finely chopped dried rose petals
- 1 tablespoon honey

Combine ingredients and apply with circular movements. Rinse off with warm water.

