



INDI GENIUS!

Rediscover the potency and philosophy of the timeless beauty ingredients of this country. Technology has allowed their power to be harnessed and put into the jars and bottles of major brands across the world. By Pallavi Shankar



MILK & HONEY

Thanks to the deeply hydrating properties of these natural moisturisers, they work wonders on dry skin and hair. Oriflame's Milk & Honey Gold Conditioner, ₹ 229, gives the combined goodness of these age-old elixirs.

LOTUS

This flower is a natural brightener that reduces dark circles, sun spots and acne marks. Anokha, the New York-based niche skin care brand, focuses on using Indian ingredients. Its Lotus Flower and Rosewater Toner, ₹ 1,100, is a bestseller.

MINT

This herb is an excellent cleanser and detoxifier. Its refreshing smell is its USP and has companies importing it from India for that reason. Try Jo Malone's White Jasmine and Mint Scented Candle, ₹ 1,900 (approx), to calm your senses after a rough day.

KOHL

A must-have, it is one of India's biggest contributions to the cosmetics industry and has played muse to many, from Chanel to Chambor. Grab the convenient-to-carry Chambor Jumbo Kohl in Mysteriously Intense, ₹ 375.

HONEY HAS BEEN USED IN AYURVEDIC MEDICINE FOR 4,000 YEARS



ALOE VERA

Aloe vera has many healing properties and is great for sun burn. It also keeps wrinkles away and soothes minor skin abrasions and rashes. Try the Aroma Treasures Aloe Vera Face Wash, ₹ 150, to calm skin in summer.

DAMASK ROSE

According to Mughal historians, empress Noorjehan discovered rosewater and its properties. Used largely in fragrances and lotions today, it is surely the queen bee of skin care products. We love the Crabtree & Evelyn Rosewater Dusting Powder, ₹ 1,695.

JASMINE

The sweet-smelling flower owes its romantic reputation to the Indian love god Kama, whose Cupid's arrows are said to be tipped with jasmine. It is also known for its therapeutic qualities. For that lingering jasmine aroma, try the Neom Organic Hand Lotion, ₹ 1,750.

COCONUT

This fruit is used for both skin and hair. Skin care expert Suparna Trikha suggests applying grated fresh coconut mixed with 1 tsp sandalwood and honey for 20 mins. Or opt for The Body Shop's Coconut Beautifying Oil, ₹ 895.

HIBISCUS

The flower has inspired perfumers and skin care brands, including Bvlgari and now L'Occitane, which has come out with the Limited Edition Hibiscus Flower Ultra Rich Body Cream, ₹ 1,490, that nourishes dry skin.



AMLA

Indigenous to India, the gooseberry is loaded with anti-oxidants and its regular intake protects premature greying of the skin and hair. Use fresh *amla* juice to bleach your skin naturally or opt for holistic healing with Iraya's Detoxifying Amla Bath Blend, ₹ 645.

LEMON

Power-packed with Vitamin C, lemon is a natural skin brightener and exfoliator. In royal households, its rind would be dried, powdered and used as a scrub. To feel like a maharani yourself, try The Nature's Co. Lemon Peel Exfoliating Body Wash, ₹ 775.

BASIL

Tulsi or basil, considered sacred, is an intrinsic part of Indian culture. The plant's leaves are rich in nutrients and vitamins, and have destressing properties. Its fresh juice can be used to mattify oily skin. For a more hassle-free experience, try Mantra's Refreshing Basil Toner, ₹ 300.

TURMERIC

This has emerged as the spice that flavours our meals and heals our wounds with equal efficacy. A potent anti-bacterial agent, turmeric reduces facial scars and acne and also clarifies skin tone. Hermès is one brand that has used it in the heart notes in its Terre D'Hermès EDP, for men ₹ 10,000 (approx).

HIBISCUS HAS INSPIRED SCENTS AND SKIN GOODIES

SANDALWOOD REMOVES POST-ACNE MARKS AND MAKES THE SKIN SMOOTH AS PORCELAIN

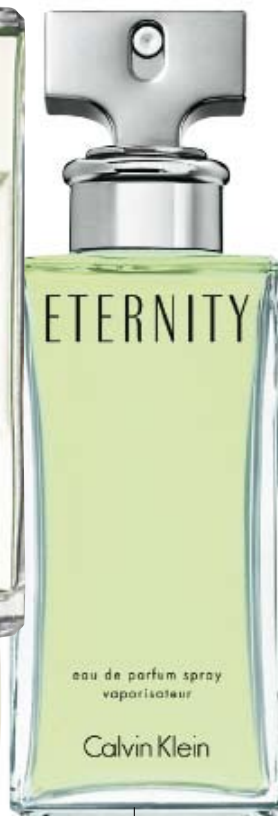
NAGKESAR

Famed for its immense medicinal value, *nagkesar* or the 'cobra' saffron, is a fantastic skin brightener. Forest Essentials has used it as a primary ingredient in its Narangi and Nagkesar Facial Ubtan, ₹ 595.



VETIVER

Cool and crisp, with a hint of saline-infused earth, it is a staple of classic European perfumery. Vetiver or *khus* is used in Guerlain Vetiver, ₹ 6,500 (approx). Created by Jean-Paul Guerlain in 1961, it stands out for its earthy scent.



CUCUMBER

The best natural eye cooling pad and a key ingredient in most under-eye gels, it helps remove dark circles and eye bags. Try Éminence's Cucumber Mint Sugar Scrub, ₹ 2,400 (approx).

TAMARIND

The tangy fruit pulp, thanks to its AHAs (alpha-hydroxy acids), exfoliates the skin and helps reduce spots and other blemishes. Clarins' Gentle Foaming Cleanser, ₹ 1,200, which contains tamarind, is an excellent choice for oily and dull skin.

CITRUS COMBO

A blend of basil and lemon is great for Indian skin as it helps counter pigmentation and sun spots caused by the tropics. "Both have natural bleaching properties," says Suparna Trikha. "Lemon is a natural astringent that helps close pores and basil is a mild antibiotic. Together they form a powerful de-tanning agent." We root for the Korres Basil Lemon Body Scrub, ₹ 1,200.

SANDALWOOD

Discovered about 4,000 years ago, sandalwood is a prime ingredient in perfumes and toiletries. Check out Calvin Klein's Eternity for women, ₹ 4,200. There is more to it than the aroma. "It removes post-acne marks and makes the skin almost porcelain-like," reveals Trikha.