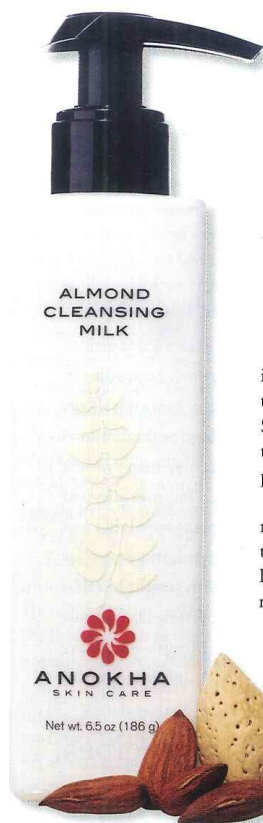


beauty

# Traditionally *Natural*

By Jennifer Chowdhury

**G**REEN BEAUTY PRACTICES that focus on inner and outer beauty and wellness have kept Eastern women beautiful for centuries. The concept is anything but new and, if correctly adapted from our ancestors, actually quite affordable. Three ancient get-gorgeous-while-being-green systems use natural and familiar ingredients such as fruits, plants and herbs to keep skin and hair smooth and supple.



## *Ayurveda:* the science of life

**I**ngredients such as turmeric, sandalwood, cumin, the amla fruit, coconut and papaya are used in Ayurveda, a holistic system of healing that originated in the Indian subcontinent thousands of years ago. “Turmeric is a mild antiseptic, but when mixed with water and cornstarch to make a paste, it treats acne and lightens dark spots,” says dermatologist and president of the Miami Skin Institute, S. Manjula Jegasothy. This “science of life” also prescribes sandalwood to treat dark pigmentation, ground cumin to soothe inflamed skin, neem leaves to purify teeth and skin and coconut oil and amla as conditioning hair tonics.

According to Jegasothy, the best way to incorporate traditional ingredients into modern, practical skin-care products is to grind the original ingredient into a powder, then mix it with a non-fragranced cleanser, moisturizer or wash such as Almay hypoallergenic products or Eucerin’s anti-redness line. She recommends mixing a mashed papaya paste with regular facial cleanser to create a gentle exfoliating scrub.

Dr. Nina Naidu, founder of Anokha Skincare, a natural line based on Ayurvedic and traditional Indian practices, recommends whole fat milk as a cleanser because of its natural moisturizing properties. She also notes that the amla fruit has skin-brightening properties, making Anokha’s Amla Skin Brightening Lotion a best seller. “It contains amla, licorice, vitamin E, sandalwood, saffron, fig, willow herb, mulberry and mango, which has a very high concentration of vitamin C and evens skin tone,” says Naidu.

