

Life & Style

Try these desi-style face ubtans at home during the Lockdown

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We Indians swear by a good scrub aka ubtan. From the time a baby is born to the sacred ritual of haldi in Indian weddings, the homemade goodness of an ubtan is universally acknowledged. In fact, experts call it the first known cosmetic treatment in the world. In the universe of pre-mixed potions and treatments, ubtan is the bespoke beauty basic that is making a strong comeback. And thanks to the social-distancing life, you have all the time to start on this self-care ritual.

The careful mixing of kitchen ingredients is an age-old method of exfoliating and softening the skin. Herbal beauty doyenne Shahnaz Husain says that an ubtan has various benefits from removing dead skin cells to softening the skin, evening it out, removing tan, skin brightening and reducing dark patches and spots – to name a few. "It is a powerful cleansing procedure and keeps the pores free of hardened oil. One can easily mix an ubtan at home with common home ingredients like gram flour (besan), wheat bran (choker), turmeric (haldi), yogurt, cream (malai), etc (check box)," she adds.

RUB IT IN

In Ayurveda, the skin is also considered a source of ingestion. So, anything that is applied on the skin is supposed to be absorbed by the body – a reason why it advises against chemicals. Dr Partap Chauhan, Ayurveda expert and director of an Ayurveda company, says that mixing ubtans in the right proportion is important to get maximum benefit from it. "If you are sure of what works best for you, and you have a good knowledge of the ingredients, there is nothing better than homemade ubtans. However, what most people do is that they watch a video online, which may not be showing the proper Ayurvedic way of preparing the ubtan," he says. An effective ubtan needs high quality ingredients and if you don't invest in those, it's better to use a good OTC product.