

eBook

The Saumya Reset – 7- *Day Skin Glow Challenge*

- For Indian Moms | Ayurveda + Modern Skincare Science

By Shvtas – Wellness for the Modern Indian Mother

Daily Challenge Table

Day	Theme	Morning Ritual	Evening Ritual	Topical/Diet Action	Science/ Ayurveda Insight
1	Inner Cleanse	Warm jeera + ajwain + fennel water	5-min breathwork + coconut oil massage	Rosewater face mist (Kama/FE)	Gut detox = reduced breakouts & puffiness
2	Skin Nourishment	Seasonal fruits + soaked almonds + chia	Herbal tea (tulsi or spearmint)	Honey + turmeric + rosewater mask (10 min)	Anti-inflammatory foods = radiant skin
3	Tone & Drain	Face yoga (jawline & under-eyes)	Gua sha or fingers with aloe or ghee	Multani mitti + sandalwood + raw milk mask	Lymphatic massage = sculpted face
4	Barrier Repair	Splash face with water + rose spritz (no soap)	3 drops Kumkumadi tailam + warm nutmeg milk	No screens 30 mins before sleep	Collagen is repaired during deep sleep
5	Gentle Exfoliation	Gentle masoor dal scrub (5 min)	Affirmation massage: "I am beautiful as I am"	Journal 3 stress triggers + responses	Cortisol spikes → clogged pores
6	Sun-Skin Harmony	10 mins of early morning sun	Ghee with dinner for hydration	Mineral sunscreen (Re'equil/Earth Rhythm)	Sun = skin vitality; ghee = elasticity
7	Radiance + Reflection	Herbal steam (tulsi + neem) + sandalwood paste	Kansa wand massage + gratitude journaling	Final selfie + affirm: "My glow reflects self-love"	Self-love improves hormonal balance & glow

Clean *Beauty* Product *Guide*

Concern	Ayurvedic/Natural Product	Modern Science-Backed Product
Dryness	Kama Coconut Milk Cream	Suganda Rosehip Moisturizer
Pigmentation	Kumkumadi Tailam (Kama/Blue Nectar)	Minimalist Alpha Arbutin
Dullness	Rosewater (Forest Essentials)	Vitamin C (Plum/Minimalist)
Sensitivity	Juicy Chemistry Aloe Gel	The Ordinary Rosehip Oil
Sun Protection	Sandalwood + aloe blend	Earth Rhythm SPF 50 Mineral

Skin *Science* Made *Simple*

Issue	Science-Backed Truth
Dullness	Linked to poor lymph flow + low hydration
Acne & Pigmentation	Triggered by inflammation + gut imbalance
Sensitivity	Often caused by over-exfoliation or barrier damage
Fast Aging	Elevated cortisol reduces collagen regeneration
Sleep & Skin	Deep sleep = peak cell repair phase

Printable Tracker

(Suggested Columns)

Day	Rituals Done	Water Intake (Litres)	Mood	Skin Notes
1		—		—
2		—		—
...
7		—		—

Mom *Hacks* & Reminders

Time-Starved? Do just:

Morning warm water + mist

Nighttime Kumkumadi oil drop

Add ghee once daily

Face massage + affirmation 2x/week

Deep breath before your skincare = better absorption