An ubtan is used on your skin either as a stand-alone treatment or after an abhyanga (oil massage). As a stand-alone treatment, an ubtan is a cleanser, gentle scrub, and moisturizer all in one. Used after an abhyanga, the ubtan serves to absorb the excess oil from your skin.

Ubtans are wonderful when done at the conclusion of any travel (particularly after airplane travel). They gently massage the skin, move the lymph, rehydrate the skin, improve circulation, bring a glow to the complexion, and provide much-needed care to the self. You’ll be surprised at how much better you feel!

An ubtan typically consists of flours, oils, and turmeric powder (turmeric has an affinity for working with the skin). To use your ubtan, add sufficient water to the ubtan to make a paste. Simply massage the ubtan onto your entire body, moving from the periphery in towards the heart. Then rinse it off well.

Ingredients / Directions

— Basic Ubtan —
2 oz. chickpea flour
¼ oz. sesame seed oil
1 tsp. fenugreek seed powder
½ tsp. turmeric powder (optional—turmeric does stain)
sufficient water to make a paste

— Vata Ubtan —
2 oz. oat or lentil flour
¼ oz. avocado or sesame seed oil
1 tsp. fenugreek seed powder
½ tsp. turmeric powder (optional—turmeric does stain)
sufficient wheat germ oil, castor oil, or milk to make a paste

— Pitta Ubtan —
2 oz. barley or rice flour
¼ oz. safflower, olive, almond or sunflower seed oil
1 tsp. fenugreek seed powder
½ tsp. turmeric powder (optional—turmeric does stain)
sufficient aloe vera or lime juice to make a paste

— Kapha Ubtan —
2 oz. corn, blue corn, or millet flour
¼ oz. safflower, mustard seed, almond, jojoba, or sunflower seed oil
1 tsp. fenugreek seed powder
½ tsp. turmeric powder (optional—turmeric does stain)
sufficient spring water to make a paste

Some Things to Keep in Mind
You may also add essential oils to your recipe. Ten drops is generally adequate.

A 4 oz canning jar is a good sized container for mixing, storing, transporting, and using your ubtan.

It is best to work with an ubtan in the shower where the mess can be contained and where you can use the shower head to wash down the shower curtain or the walls of the shower. And, yes, this is a messy process, no matter how much you try otherwise.

Ubtans that use turmeric can stain your skin, the towel, the shower curtain, and the shower stall a brilliant yellow color. Be very thorough in washing the ubtan off of every nook and cranany of your body. You may also omit the turmeric.