



BEAUTY FROM MOTHERNATURE
BFMN
Beauty Beyond Chemicals.

Jadamansi for Skincare & Haircare

Jadamansi (*Nardostachys jatamansi*), a powerful herb from the Himalayas, is known for its calming, healing, and rejuvenating properties. Used traditionally in Ayurveda, it benefits both skin and hair by reducing inflammation, improving texture, and promoting overall health.

Benefits of Jadamansi

- Fades pigmentation and dark spots
- Reduces acne and inflammation
- Soothes sensitive skin
- Delays signs of aging
- Strengthens hair roots and reduces hair fall
- Promotes hair growth
- Adds natural shine and softness to hair
- Calms the mind and reduces stress-related hair loss

5 DIY Skincare Recipes Using Jadamansi

1. Jadamansi Face Mask for Acne

- 1 tsp Jadamansi powder
- 1 tsp Multani mitti
- Rose water as needed

4. Jadamansi and Aloe Skin Soother

- 1 tbsp aloe vera gel
 - 1/2 tsp Jadamansi powder
- Mix and apply on irritated skin or sunburns.

2. Anti-aging Jadamansi Night Balm

- 1 tsp Jadamansi-infused oil
 - 2 tsp shea butter
 - 1 drop of frankincense essential oil
- Melt and mix. Apply before bed.

5. Jadamansi Toner for Pores

- 1 cup distilled water
 - 1 tsp Jadamansi root (boil and strain)
- Store in spray bottle and use as toner.

3. Jadamansi Glow Serum

- 2 tbsp almond oil
 - 1 tsp Jadamansi root infused overnight
 - 1 capsule of Vitamin E
- Strain and store in a dark bottle. Use 2-3 drops at night.

5 DIY Haircare Recipes Using Jadamansi

1. Hair Oil for Growth

- 100ml coconut oil
 - 1 tbsp Jadamansi root (crushed)
- Heat gently, let infuse for 2 days, strain and apply twice a week.

2. Anti-Hair Fall Hair Pack

- 1 tbsp Jadamansi powder
 - 2 tbsp yogurt
 - 1 tsp amla powder
- Mix and apply to scalp for 30 minutes before washing.

3. Jadamansi Hair Rinse

- 2 cups water
 - 1 tbsp dried Jadamansi root
- Boil, cool and strain. Use after shampooing.

4. Calming Scalp Oil Blend

- 2 tbsp sesame oil
 - 1 tsp Jadamansi powder
 - Few drops lavender essential oil
- Massage into scalp before sleep.

5. Jadamansi and Hibiscus Hair Mask

- 1 tsp Jadamansi powder
 - 1 tbsp hibiscus powder
 - Water or rose water
- Mix into paste, apply to hair, leave 20–30 min, rinse.

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