

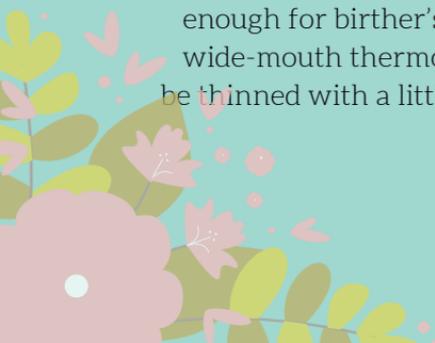


# Ayurvedic Pudding Soap

Pudding soap is an ancient Ayurvedic formula made from food (remember, if you can put it in, you can put it on!) that is gently cleansing. It removes excess oil, but doesn't dry skin; for babies it is usually used for the first year. It is made with edible chickpea flour and milk; It can also be made with coconut milk in the vegan household. Try to get organic items so you can avoid any pesticides.

Make the pudding soap before it is time to start the abhyanga.

You want to keep the mixture from cooling, so you will be placing the pot on a hot pad you can carry and wrap it with a dish towel for transport to the massage area. You can also make enough for birther's and baby's abhyangas and store in a small wide-mouth thermos. It will get thicker if it sets longer but can be thinned with a little warm water if too thick to spread at bath time.



# Ayurvedic Pudding Soap Recipe

1 T finely milled chick pea (garbanzo or besan) flour  
1/3 cup milk (coconut milk or water is OK in a dairy free household)

*optional additions:*

put a pinch of turmeric in the mix for “baby’s golden skin”, turmeric does stain but is a wonderful pitta reducing herb;  
a pinch of sandalwood powder

Using your smallest saucepan (1 cup gravy or butter pan is best), mix flour with enough milk to make a paste. Add the rest of the cool milk. Put on high or medium high heat, stirring constantly with a wooden spoon. When it bubbles, it will begin to thicken.

Cook approximately 30 seconds more; it is ready when you see the spoon draw a clean track on the bottom of the pan. Remove from stove, use hot pad and wrap in a towel for transport. This mixture cools quickly and you don’t want it to go from lukewarm to evaporating into cool on baby.



# Ayurvedic Pudding Soap Recipe

Triple the recipe if you are making it for adult & baby

\*A note, some people find the pudding soap too drying due to the chickpea flour or too cooling after its initial warmth. Pay attention to the gunas in the environment, whether it is dry or cold, as these factors may play into the ability to tolerate the pudding soap. If it doesn't feel right to you, please use a liquid bath soap instead.

Clean-up Precaution: After use, any remaining pudding soap can clog a drain without regular maintenance. To prevent this, use a small screen in the bathtub drain; usually, by the time the shower is done, ample water has flowed out to reduce this possibility. If there is any leftover pudding soap in the pot, it should be put in the compost bin or garbage.

