



◀ A dazzling range of colours can enrich, conceal or emphasize features and create an individual palette. The lightest touch of shimmering powder draws attention to sensuous contours.

## lip gloss

### ingredients

- 15 ml/1 tbsp grated beeswax
- 15 ml/1 tbsp almond oil
- 5 ml/1 tsp honey
- few drops rose water

Melt the beeswax gently in a non-metallic bowl set over a pan of hot water, then stir in the other ingredients. Pour into a small pot with a lid and leave to set. Keep in a cool place. Apply with a finger.



◀ Cool, clean silver is the metal of choice in which to preserve traditional eye make-up such as kajal.

## traditional kajal

Place a clean spoon across the flame of a *diya* (a cotton-wick lantern burning ghee) and leave it there for a few hours to collect carbon from the smoke. Stay close by to avoid any accidents. Scoop the carbon into a clean ceramic container and mix to a paste with a little mustard oil. Apply with a fingertip, or roll the paste into a ball on the end of a slender rod, the size of a matchstick with the end whittled down.

▷ Nine centuries ago, the court poet Bilhana was willing to go to his death for daring to declare his love for "the gold-tinted king's daughter".



### EYES RIGHT

The original Ayurvedic texts describe making kajal from a decoction of roots, berries, honey and the classic herbal mix triphala. Many women made their own version, using the soot from oil lamps mixed with camphor and oil or ghee. Pure kajal is soft, and was traditionally kept in a box made of silver, a metal considered to keep the contents cool and therefore soothing to the eyes.

Kajal is now sold around the world in many formulations, including pencils. But safety tests regularly expose kajal products containing dangerous levels of lead. Read the ingredients



△ Kajal can be used to create strikingly beautiful "lotus eyes".

list, and use only products that have been certified to meet modern safety standards. Be careful too, as kajal can block tear ducts, causing temporary blurring of vision.