



THE

RADIANT WOMAN

An Ayurvedic Approach to Beauty from the Inside Out

BY DEBORAH KEENE



WELCOME TO THE RADIANT WOMAN

An Ayurvedic Approach to Beauty from the Inside Out



The information in this e-book comes from my decades of study and course materials from my Radiant Skin Care Clinics. I pared it down to highlight some of the key areas that I feel are the most important when it comes to our health in general, our radiance, and the care of our skin. It is a whole person approach.

All that I share here is “Tried and True”.

Enjoy!

~ DEBORAH KEENE

Ayurvedic Practitioner, Yoga Teacher



My journey down this natural health and healing path began with skin care fifty years ago.



MY STORY

My journey down this natural health and healing path began with skin care fifty years ago. I was 15 at the time. Back then, my mom and I made facials with ingredients like oatmeal, cream, honey, and fruit. In my late teens, my sister Kim and I placed freshly picked, steamed burdock leaves on our faces to help heal our pimples.

- Burdock is a blood cleansing herb. Anytime we have rashes, blemishes, or any other skin condition we know we need to detoxify the blood.

We also pressed almond oil onto our skin with the back of spoons that had been warmed in cups of hot water. We would then lie upside down on our Nana's old wooden ironing board that was placed with one end on the couch cushion and the other end on the floor. I still iron on that board today.

- Natural oils are very nourishing for the skin. Applying warmth and moisture helps the oils to penetrate the skin, dislodge toxins, and nourish the skin tissue all at the same time.
- Inversions increase blood flow to the face which delivers oxygen and other nutrients. This helps fight free radicals and reduce inflammation that can accelerate the aging process. Going upside down is anti-gravity which means the skin hangs in the opposite direction so it's like a natural face lift while contributing to that "glow".



I love watching the women that I work with deepen their relationship to themselves and discover their inner radiance through these ancient sacred teachings.

I became a yoga teacher in 1984 when I realized my yoga practice was helping to ease my struggles with anxiety, digestive issues, and poor sleep. I was introduced to Ayurveda around that same time. For the past 36 years, I have applied the teachings and practices of Yoga and Ayurveda to my own life and have shared this wisdom in all of my offerings.

- I have slowly made dietary and lifestyle changes to support my own unique mind/body type.
- I have experienced firsthand the differences these changes have made in my mood, the way I look, the way I feel, the energy I have, how I am in the world, and how much more joyful and at peace I am.
- I have dedicated most of my life to the studies and practices of India's healing sciences and I continue to feel that it is my life's purpose to share what I learn along the way.
- I love watching the women that I work with deepen their relationship to themselves and discover their inner radiance through these ancient sacred teachings.

About Deborah Keene:

Deborah became certified in Yoga & Meditation in the early 90's. She graduated from the Kripalu School of Ayurveda in 2009 and is a Certified Ayurvedic Consultant, a Certified Ayurvedic Yoga Specialist, and a Registered 500 hour Yoga Teacher. Deborah has appeared in National Geographic and County Living Gardner magazines and was profiled in Kripalu's Center for Yoga and Health Catalogue.

She has studied for the past three decades with some of the world's most esteemed teachers including T.K.V. Desikachar, Erich Schiffmann, Patricia Walden, Dr. Scott Blossom, Jai Dev Singh, Dr. Vasant Lad, DR. Jay Apte, , and Dr. John Douillard, She founded her own business and yoga studio in 1993 called the [Ayurveda Yoga Center](#).



“I’ve been working with Deborah for a worsening arthritic condition in my neck. I’ve had a significant decrease in headaches and neck/jaw pain while being able to reduce my medications by 75%. I have also noted a remarkable improvement in my digestion and elimination which has been irregular for years.”

~ G.R.

“Working with Deborah has been a catalyst for major transformations in my life.”

~ D.H.





OVERVIEW

“Beauty is not in the face.
It is a light in the heart.”

~ KAHIL GIBRAN

RADIANCE:

Radiance refers to a glow that arises from a happy, healthy person who is situated within themselves. It is often referred to as a brightness and luster that vibrates from inside out into the space around us creating a magnetic field which has the potential to attract the opportunities and situations of our soul's desires. This means we need to develop a strong “tap root” down to the center of ourselves and live in alignment from that place. Then we will radiate a beauty that comes from our soul. It is said that no make-up, no hair style, no clothes, no jewelry can compare to the radiance that shines from our own inner light. Radiance and true lasting beauty can be seen in a woman who is comfortable in her own skin, confident in who she is as she is. Her outward expression is one of poise, grace and a deep strength that can only come from inside.



The ancient teachings and practices
of Ayurveda and Yoga show us how to develop
this inner to outer radiance and beauty.

*“One who is established in Self, who has balanced energies,
balanced digestive fire, properly formed tissues, proper elimination
of wastes, well-functioning bodily processes, and whose mind, soul,
and senses are full of bliss is called a healthy person.”*

~ AYURVEDA'S DEFINITION
OF HEALTH ACCORDING TO DR.VASANT LAD
Textbook of Ayurveda, Volume 1

AYURVEDA: the “Mother of all Healing”

Ayurveda, the traditional medicine of India, is a holistic, nature based science that considers the mind, body, senses and soul in the healing process.

SOME OF THE GUIDING PRINCIPLES ARE:

- Mother Nature’s laws and rhythms govern all of life including us. This means we need to live in harmony with Nature’s ways.
- We all have a unique mind/body constitution and skin type. No one size fits all when it comes to caring for ourselves.
- Our daily habits define us. Diet and Lifestyle are everything.
- Good digestion and proper elimination are key.



YOGA:

Yoga is a path that helps us develop strength, flexibility, balance, and peace. The postures, breathing exercises, meditation, and chanting all help to:

- Strengthen and stabilize the physical body including the nervous and glandular systems
- Enhance circulation, balance the internal energies, and increase our life force energy
- Clear energetic blocks, outdated thought patterns and emotions
- Promote flexibility and fluidity
- Quiet the mind and open the heart
- Connect us deeply to the truth of who we are, to our intuition, and to our soul's desires

“When diet is wrong, medicine is of no use. When diet is right, medicine is of no need.”

~ AYURVEDIC PROVERB

DIET:

When it comes to food, fresh is best. Fresh food contains more prana or life force.

- Ayurveda says no leftovers more than one day old should be consumed. When possible eat according to the seasons and what is growing in your area.
- Lighter, warm, cleansing foods in spring, light and cooling foods in summer, and warming, grounding, cooked foods in fall/early winter.
- Lots of fruits and vegetables, good quality oils and fats such as cold pressed olive oil, coconut oil, ghee, flax seeds, lean protein, and or legumes, nuts, seeds, sprouts, and lots of water.
- Water is the number one ingredient our cells need the most and certainly vital to good quality skin tissue. Try for 64 oz. daily – room temperature or warm.

RECIPES FOR INCREASED ENERGY AND RADIANT SKIN



DIGESTIVE AID TEA – A STAPLE OF AYURVEDA

- 1/2 tsp. Cumin seeds
- 1/2 tsp. Coriander seeds
- 1/2 tsp. Fennel seeds
- Dime size slice of ginger
- Place in pot with a quart of water.
- Bring to a boil. Let simmer 2-5 min.
- Strain and drink throughout the day.

Strengthens digestion, helps with absorption of nutrients, and gently cleanses.

CLEAN AND BRIGHT MORNING JUICE

- 1 apple
- 3 stalks celery
- 1 beet
- 1 carrot
- slice of ginger
- squeeze of lemon
- Juice this all together
- Stir in: sprinkle of black pepper
- 1 tsp. chia seeds

Fat is added to help with the absorption of nutrients.

KITCHARI – AN AYURVEDIC STAPLE

- 1/2 c. organic white basmati rice
- 1/2 c. yellow mung dahl beans
- 1 tbsp. Ghee
- 1/4 tsp. each: ground cumin, coriander & fennel seeds
- 1/4 tsp. turmeric
- 3-4 cups water depending on consistency desired

- Bring water to boil. Add ingredients.
- Bring to boil again. Reduce heat, simmer, covered, 25 – 35 min.
- Garnish with squeeze of lemon, chopped cilantro and/or parsley.
- Serve with a chutney. Salt and pepper to taste.

Easy to digest, complete protein, one pot meal. You can add vegetables, herbs, and spices of your choice.



SKIN NUTRIENTS, FOODS, AND HERBS

“Consuming nutrients is the equivalent
of giving yourself a natural face lift.”

~ ALISON TANNIS

from *Feed Your Skin Starve your Wrinkles*

ESSENTIAL NUTRIENTS

- Vitamin A (Beta Carotene)
 - B-Complex
 - Vitamin C
 - Vitamin E
 - Iodine
 - Lutein
 - Silicon
 - Sulfur
 - Zinc
 - Saturated Fatty Acids
 - Monounsaturated Fatty Acids
 - Polyunsaturated Fatty Acids
 - Omega3, Omega 6
- * *Recommended Daily Allowance of fat – 65 grams (20% saturated).*

WRINKLE PREVENTERS

- **Keratin** – A strong protein which gives skin strength – *Braggs Amino Acids*
- **Collagen** – Produced by Vitamin D – gives strength, durability, aids in smooth tight skin. *Bone Broth, gelatin, Aloe Vera*
- **Elastin** – A protein that helps skin keep its shape and firmness – Iron helps with the production. *Spinach, dried fruits, blackstrap molasses*

Also, Apples, berries, cantaloupe, apricots, tomatoes, almonds, flaxseeds, sunflower seeds, bell peppers, carrots, garlic, kale, onions.

FOODS THAT TIGHTEN, SMOOTH, AND FIGHT SAGGING

- **Tightens** – Asparagus, berries, black eye peas, celery, cheese, dried fruit, rhubarb, Brahmi-Gotu Kola, lemons, limes. *(Foods that have the astringent taste tightens tissues)*
- **Smooths** – papaya, soy
- **Resists Sagging** – Brazil nuts, chickpeas, clams, dates, eggs, green peas, mangos, raisins, rosemary.

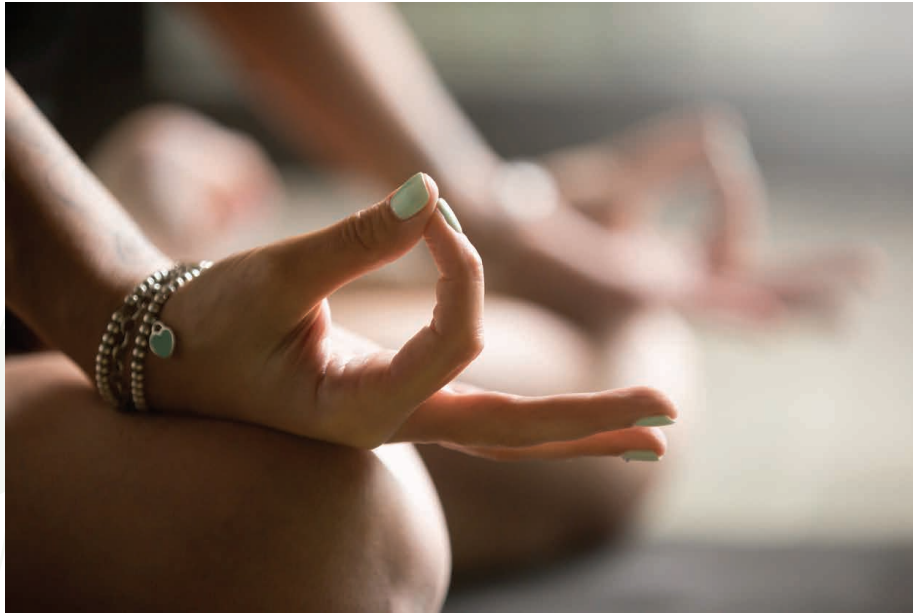
Avoid or reduce sugar – studies show it contributes to sagging skin.

FOODS WHICH MOISTURIZE FROM THE INSIDE OUT

- Avocado
- Borage Oil
- Cucumbers
- Coconut Oil
- Grape seed Oil
- Olive Oil
- Ghee
- Melons
- Kelp
- Lentils
- Pumpkin
- Zucchini
- Salmon

HERBS FOR SKIN - CAN BE USED INTERNALLY AND/OR EXTERNALLY IN SKINCARE PRODUCTS

- **Aloe Vera**
- **Amalaki** – A free radical scavenger, cooling and supports elasticity
- **Ashwagandha**
- **Brahmi** – Moisturizes and supports delicate tissue
- **Burdock**
- **Dandelion**
- **Licorice**
- **Manjistha**
- **Neem**
- **Nettles**
- **Oats**
- **Triphala** – supports circulation, skin tone
- **Turmeric** – Inhibits pigment production which means more even skin tone. *Reduces inflammation, repairs tissue, good for liver and immune support. Antioxidant, builds blood, de-flames lymph, heals and repairs gut, thins mucous, increases flow of bile.*



LIFESTYLE

“Rise with the sun and the birds.
Sleep with the moon and the stars.
Eat 3 meals a day with the main meal
in the middle of the day.
Read spiritual scriptures.”

~ DR. LELE

AYURVEDA:

Ayurveda teaches that a consistent daily routine in alignment with nature's cycles and rhythms is the foundation of health. As my teacher, Dr. Lele would say:

Rise with the sun and the birds. Sleep with the moon and the stars. Eat 3 meals a day with the main meal in the middle of the day. Read spiritual scriptures.



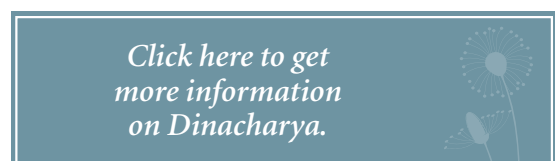
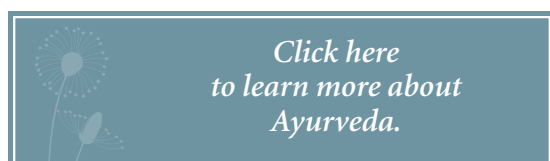
The teachings say a Daily Sadhana
or spiritual practice is essential.
It is the heart of any transformation.

This means we want to begin the day in a focused way. Move the body, breathe deeply, sit quietly, reflect and set intentions for how we want our day to unfold and how we want to be in the world. It makes all the difference! Before sunrise is most beneficial as there is a potency to the early morning hours when the earth is still quiet.

Our practice grounds, stabilizes, focuses and supports spiritual, mental, and emotional health. It helps us create the conditions inside so we are better equipped to handle the day to day pressures of life with strength, steadiness, stability, and courage. We have more prana; life energy, on the inside which contributes to a vibrant yet peaceful state. Our minds will be more calm and clear. Essential for radiance. We want to include breath work, yoga postures or some other form of exercise, meditation, chanting, affirmations and close our practice in silence. We get to design what is right for us.

DINACHARYA - DAILY ROUTINE

- Get up, go to bed, exercise, and eat at the same time each day: preferably up by 6am and bed by 10pm.
- Start the day with a cup of warm water with lemon and your Sadhana.
- Enjoy the main meal in the middle of the day when the digestive fire is the strongest.
- Eat an early, light dinner by 6:00pm to help promote better digestion and sleep.
- Wind down ½ to 1 hour before bed. Unplug from phone, computer, T.V. Dim the lights, Breathe deeply.





“Your Own Energy is Your Best Medicine. The beauty of sadhana is that it affords you absolute simplicity, the path that leads you to your inner harmony.”

~ MAYA TIWARI

YOGA FOR INNER AND OUTER RADIANCE

The Yogic teachings provide guidance on ways to help us to be free of suffering, to be more loving, to be happy and healthy, and to live with a kind open heart.

Try this practice out:

[Click here to learn more about yoga](#)

SOME KEY POSTURES:

- Six spinal movements
- Sun salutations
- Lion’s pose
- Camel pose
- Table
- Shoulder stand – *gives eternal youth*
- Plow pose
- Twists
- Legs up the wall pose
- Rest deeply for rejuvenation



AYURVEDIC SKIN CARE

- I thought it fitting to include some specific information about skin care since this is where my journey to living a happier healthier life all began. Like many others, I have tried tons of over-the-counter products.
- Some products seemed to work okay, some caused rashes, redness, and irritation, some dried my skin out, and most all of them contained harmful ingredients. In the end, I always came back to my homemade, natural cleansers, nourishing oils, and “kitchen” ingredient facials. They worked the best.
- To this day I still love all things skin and continue to study, consult with individuals, and make and use my own all natural skin care products based on Ayurvedic and Yogic principles.



WHY IS IT SO IMPORTANT TO TAKE GOOD CARE OF THE SKIN?

Our skin is a reflection of our overall health and happiness. It is the largest detoxifying organ of the body. The skin wraps us up, provides protection, and performs all of the functions that the other organs do. The skin tissue is living, breathing and absorbs what is in the environment around us and whatever we put on it. This means that we don't want to put anything onto our skin that we couldn't eat.

When it comes to the health of our skin, we need to consider what is in the environment around us, what goes inside the body, and what goes on the skin. I have covered inside the body with foods. This section addresses the latter. To help provide context for Ayurvedic Skin care and to help you better understand what your unique skin needs are, I am providing a brief overview of Ayurveda's philosophy.

AYURVEDA STATES THAT:

There are five great elements that are the building blocks of everything in existence including us. **Air – Space – Fire – Water – Earth**

These elements combine in unique proportions to form what is known as the **doshas**.

**Air and Space
combine to form Vata –**
the Wind -
with a tendency to
dry conditions.

**Fire and Water
combine to form Pitta –**
the Sun - with a tendency
to sensitive, red, and/or
inflamed skin.

**Water and Earth
combine to form Kapha –**
the Moon -
with a tendency to
an oily condition.



In Ayurveda we use the opposite qualities of the symptoms that are presenting to treat imbalances.

For example, if my skin is dry it needs moisture and nourishment, if it is hot and inflamed it needs cooling and soothing measures. Keeping this information in mind will help you choose the ingredients that are best suited for your skin type and needs. And remember, nothing exists in isolation. The conditions of our skin speaks to the conditions inside our bodies, minds, and emotions. Below is some basic information regarding ingredients to help you get started on making your own, natural skin care products. I have chosen to focus on facial care although this information applies to the body as well.

To learn more about Ayurveda and the Doshas, click here.

Winter – Dry:

Vata needs Warming, nourishing, toning

Summer – Sensitive:

Pitta needs Cooling, cleansing, soothing

Spring – Oily:

Kapha needs Warming, cleansing, stimulating

**AYURVEDIC SKINCARE -
GENERAL INGREDIENTS:**

Cleansers:

Uptans are cleansers made from flours like chickpea, almond, and oat, along with herbs, flowers, and liquids

- **Vata** – almond or chickpea flour
- **Pitta** – rice bran
- **Kapha** – corn meal or chickpea flour

Liquids:

Milk (normal skin), cream (dry skin), water, rose water or herbal tea (oily skin), aloe vera juice, oils.

SIMPLE UPTAN RECIPE

- 2 tbsp. chickpea flour
- 2 tbsp. almond flour
- 1 tbsp. powdered milk of your choice

Mix a small amount in the palm of your hand with enough water to make a paste and apply to a warm moist face.

Wash face lightly- no scrubbing!

Moisturizers: Base or Carrier Oils

- **Dry** – sesame, almond, jojoba, rosehip, avocado, ghee, olive
- **Sensitive** – almond, jojoba, sunflower, neem, coconut, apricot kernel, olive, ghee
- **Oily** – almond, apricot kernel, safflower, grapeseed, corn

A dropper of liquid Vitamin E can be added to each 1 oz bottle of oil to help preserve freshness and add more nutrients.

Essential Oils:

They provide everything the high priced over the counter products do.

- **Dry** – geranium, red rose, red sandalwood, lemon, neroli, jasmine, lavender
- **Sensitive** – rose, sandalwood, vetiver, mint, ylang-ylang, camphor, lavender
- **Oily** – patchouli, camphor, lavender, bergamot, eucalyptus

- The ingredients for the nourishing skin oils are carrier oils and essential oils. Together they contain cleansing, toning, healing, nourishing, moisturizing, and rejuvenating properties.

- Our homemade products can do whatever the higher priced products can do without the toxic ingredients. Once you start making and using your own products you will notice a difference in a short amount of time.

- Remember that essential oils are strong. They must be in a carrier oil; never placed directly onto the skin.

- Generally, 20 drops of Essential Oil to a 1ounce bottle of carrier oil. Sensitive skin will often need less than that.



AYURVEDIC DAILY FACE CARE ROUTINE

This is the fun part! Experiment. Start Simple. Go easy to see how your skin will react. Do 2-step routine twice daily: once in the morning and once before bedtime.

For the cleansers you can mix up the dry ingredients ahead of time and store in a glass jar. Generally, 1 tsp. of the flour and 1/4 –1/2 tsp. of dry milk. Choose one of the dry mixtures and one of the liquids best suited for your skin needs. With the nourishing face oils, once you have a sense of how your skin reacts you can begin to blend carrier oils and essential oils and create your own formula specifically for your unique skin. You can also start with just one of the essential oils rather than a combination.

RECIPES

VATA - DRY

TO CLEANSE:

- Mix 1 tsp. almond meal + 1/2 tsp. dry goat's milk. Store in jar.
- Make paste using 1/4 tsp. cleanser + warm water or rose water in the palm of your hand. Apply paste over face and neck and gently massage. Do not scrub!
- If skin is very dry, use instead 1 tbsp. avocado oil or cream for your liquid.

TO NOURISH:

- Mix 1 oz. sesame oil + 5 drops geranium oil + 5 drops lavender and 5 drops helichrysum.
- Store in dark glass bottle with a dropper.
- In palm, mix 3 drops of nourishing oil + 6 drops of water.
- Massage over moist face and neck.

PITTA - SENSITIVE

TO CLEANSE:

- Mix 1 tsp. rice bran + 1/2 tsp. dry goat's milk. Store in jar.
- Make paste using 1/2 tsp mixture + rosewater. Apply paste and gently massage. Do not scrub. Rinse well with cool water.
- If skin is very sensitive, use this only once a day. You can wash your face with milk or rose water in the morning.

TO NOURISH:

- Mix 1 oz. jojoba oil + 5 drops each sandalwood oil, lavender, and mint. Store in dark glass bottle with dropper.
- In palm, mix 2-3 drops of nourishing oil + 4-6 drops plain water or rose water.
- Massage onto face while skin is still wet.

KAPHA - OILY

TO CLEANSE:

- Mix 1 tsp. corn meal + 1/2 tsp. dry milk.
- Make paste using 1/4 tsp. of the mixture + warm water.
- Follow same instructions on left.

TO NOURISH:

- Mix 1 oz. grapeseed oil + 10 drops lavender oil + 5 drops each bergamot and eucalyptus oil.
- Store in dark glass bottle with dropper.
- Mix 2 drops of nourishing oil + 4 drops water.
- Massage over wet face



CLOSING THOUGHTS

“Beauty arises from a place of inner wholeness. If we want vibrant health and clear radiant skin we need to tend to the whole person: body, mind, and spirit.

We need to learn to manage our stress, and our negative thoughts and emotions if we want to look and feel healthy and happy. Stress is what ages us. Happiness is one of the secrets of beauty.”

~ DEBORAH KEENE

OUR HABITS DEFINE US:

The way we live day in and day out is what matters the most.

As Dr. Lad said:

“Health is the effect of a healthy lifestyle and healthy habits.

Disease is the “tree” that is sprouted from unhealthy habits.”

The ancient sacred sciences of Yoga and Ayurveda teaches there is a divine loving intelligence that helps guide, support, and carry us. When we align ourselves with Nature’s intelligence and our consciousness awakens through our yogic practices, our awareness of the divine presence within us is heightened. Then we can begin to truly relax.

FIVE TIPS FOR HEALTHY, RADIANT SKIN

- Hydrate, hydrate, hydrate - Water is the number one nutrient needed by all of the cells of the body.
- Include good quality fats in your diet like coconut oil, ghee, and olive oil.
- Eats lots of all the different colors of vegetables. Daily!
- Reduce sugar and processed foods– one of the main culprits of inflammation and skin problems.
- Exercise, breathe, get outside, and take time each day to be quiet and still so we can hear our own voice and the call of our soul...and get enough sleep!!



May you know your worth
and live by it with confidence.

May you be happy.

May you be healthy.

May you know peace.

May Your Inner Light Shine On.

Here's to your Radiance!!

*Want to go deeper? Understand your unique needs?
Learn more about Ayurvedic skin care? Heal yourself from the inside out?*

WORK ONE-ON-ONE WITH DEBORAH KEENE:

E-mail Deborah | and Visit Website



With great respect and gratitude,
I give thanks to all of my teachers and
to those who come to study and practice
with me and to my family and friends
for all of their love and support
throughout the years.

It is my sincere wish that you all
may benefit in some way from the
information in this e-book.

~ WITH LOVE, DEBORAH

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