

R. Madhavan's 20-Year Ayurvedic Oil Bath Ritual Is the Secret Behind His Timeless Charm

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Mumbai, India – R. Madhavan, the ever-charming star of *Kesari Chapter 2: The Untold Story of Jallianwala Bagh*, has finally shared the secret behind his healthy hair and youthful skin — a **Sunday sesame oil bath** that he has been following for more than two decades.

In a recent interview with *GQ India*, the 55-year-old actor revealed, “I have taken an oil bath every Sunday with sesame oil... you apply it all over your body, especially your head. On other days, it's coconut oil, applied in a specific manner.”

This simple yet powerful Ayurvedic routine, Madhavan says, has been a constant part of his life for over 20 years. The actor, who was once noted for breaking Tamil cinema's moustache tradition, admits he doesn't have a face “full of hair” — but his hair care rituals have kept his mane healthy over the years.

Sun-kissed skincare

Madhavan also believes the sun “suits” him. His morning golf sessions not only keep him active but also help maintain skin firmness and reduce wrinkles. While he does get tanned, he embraces it as part of his healthy, active lifestyle.

Natural over enhancements

The *Rehnaa Hai Terre Dil Mein* star clarified that he has never opted for fillers or cosmetic enhancements. Instead, his skincare arsenal includes occasional facials for film roles, coconut water for hydration, and a vegetarian diet for overall wellness.

Currently sporting a striking **salt-and-pepper look**, Madhavan recently surprised fans by posting a clean-shaven photo on Instagram, which quickly went viral.

Upcoming projects

On the work front, Madhavan is preparing for his next big releases — *Dhurandhar* and *De De Pyaar De 2*. He was last seen in Netflix's *Aap Jaisa Koi* alongside Fatima Sana Shaikh.