

Priyanka Chopra's Glow: Secrets from Raw Ginger Shots

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Priyanka Chopra is often admired for her luminous, glass-skin look. But she doesn't rely solely on high-end skincare. She blends modern regimens with **age-old home remedies** passed down through her family.

Her approach is holistic — focusing not only on what she applies externally but also on nourishment, digestion, and consistency.

DIY Masks & Skin Tightening

According to her, the combination of Rice powder and coconut water helps **shrink pores** and **tighten skin** when used before bed.

She applies it for a few minutes nightly, allowing the natural ingredients to work gently without harsh chemicals.

The Healing Power of Raw Ginger & Herb Shots

Priyanka swears by **raw ginger shots** mixed with honey as a remedy for sore throat and to boost immunity.

She also uses a **3-ingredient drink** (powdered fennel, cumin seed, and coriander in water) to aid digestion and reduce acidity.

Thus remedies reflect her emphasis on internal health as a foundation for external glow.

Skin Rituals & Nighttime Discipline

She follows a **six-step nighttime routine** consistently.

Part of this includes **visiting her facialist regularly** to maintain skin health under professional care. Her regimen is not complicated but disciplined — removing makeup, cleansing, applying masks or treatments, and ensuring skin is nourished right before sleep.

Quirky Yet Meaningful Traditions

Priyanka also embraces quirky traditional practices. Therefore that made rounds in social media: **rubbing raw garlic on her feet** to reduce inflammation. Overall addressed it with her characteristic humour, yet confirms it reflects her willingness to incorporate traditional wisdom.

She values remedies passed from mother, grandmother, and earlier generations — believing in their gentle, time-tested impact.

Why It Works — and What to Adapt

1. **Internal + external synergy:** Diet, digestion, immunity — all matter.
2. **Gentle, natural ingredients:** Hence no overuse of aggressive actives.
3. **Consistency, not intensity:** Rituals done regularly matter more than occasional extreme treatments.
4. **Personal adaptation:** Not all remedies suit every skin type — patch testing and moderation are key.

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