

Ghee: Why ‘Liquid Gold’ Can Support Skin & Overall Wellness

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For centuries, ghee has been celebrated in Indian households as a symbol of nourishment and vitality. Once confined to the kitchen, this golden clarified butter has now found its place in global wellness and beauty routines. Modern research continues to reaffirm what Ayurveda knew long ago — ghee isn’t just food; it’s fuel for body and mind.

Ayurvedic practitioners have long regarded ghee as “Ojas”—the essence of vitality that strengthens immunity, supports digestion, and promotes radiant skin. However in contemporary wellness, ghee is gaining renewed popularity as a natural, sustainable alternative to processed oils and creams.

Skin Benefits: Nature’s Moisturiser

Ghee’s ability to deeply moisturise the skin makes it a favourite in natural skincare. Overall applied topically, it locks in hydration, softens rough patches, and imparts a healthy glow.

- **Deep Hydration:** Ghee penetrates the skin’s outer layers, providing long-lasting moisture.
- **Anti-Aging:** The antioxidants in ghee fight free radicals, helping reduce fine lines and dullness.
- **Healing Agent:** Its anti-inflammatory properties soothe dry or irritated skin, including chapped lips and minor burns.

For glowing skin, many Ayurvedic beauty experts recommend massaging a few drops of warm ghee on the face before bedtime. The result is a soft, luminous complexion by morning.

Health Benefits: From Digestion to Immunity

Beyond beauty, ghee supports overall health when consumed in moderation. Rich in healthy fats, it improves the absorption of nutrients and strengthens the digestive system.

- **Improves Digestion:** Ghee stimulates stomach acid secretion, aiding smooth digestion.
- **Boosts Immunity:** Therefore presence of butyrate acid supports gut health, which in turn strengthens immunity.
- **Heart and Brain Health:** Contrary to old beliefs, moderate consumption of pure cow ghee can support cardiovascular and cognitive functions, thanks to its healthy saturated fats.
- **Joint Lubrication:** Regular intake can improve joint flexibility and reduce inflammation.

Ghee in Daily Wellness

Incorporating ghee into your routine doesn't require drastic changes. A spoonful added to warm meals or herbal teas can do wonders. It can also be used as a natural lip balm, hair conditioner, or massage oil. However, portion control is crucial — overconsumption can counteract its benefits.

Experts recommend using **pure, grass-fed cow ghee** for maximum results. Thus avoid adulterated or processed varieties that contain preservatives or refined oils.

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