

## How to Use Multani Mitti in Your Skincare Routine

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Multani Mitti — also known as **Fuller's Earth** — is a traditional clay widely used in South Asian skincare for generations. It's praised for its ability to **deep-cleanse, absorb excess oil and purify the skin naturally**. This makes it especially useful for those with oily or combination skin types looking to reduce shine and refine texture without harsh chemicals.

### Key Benefits for Your Skin

Multani Mitti offers several benefits when used correctly:

- ? **Oil Control & Acne Support** – Its natural clay particles absorb excess sebum and help clear clogged pores, making it valuable for acne-prone skin.
- ? **Brightening & Refreshing** – By gently exfoliating dead skin and encouraging circulation, it can leave the complexion looking fresh and radiant.
- ? **Cooling & Soothing** – The clay has a cooling sensation that can calm inflammation, sunburn or irritation.
- ? **Pore Refining** – As it dries, it tightens the skin surface, which can help reduce the appearance of pores.

However, dermatologists advise that *Multani Mitti isn't a one-size-fits-all solution*. While beneficial for oily and acne-prone skin, it can be **too drying for very dry or sensitive skin** if overused or left on too long.

### How to Use It: Step-by-Step

Here's a simple way to add Multani Mitti into your weekly skincare routine:

#### 1. Cleanse First

Start with a mild cleanser to remove surface dirt and makeup — this helps the clay work more effectively.

#### 2. Make the Paste

Mix **2 tablespoons of Multani Mitti** with water, rose water or other liquids like aloe vera gel to form a smooth paste.

#### 3. Apply Evenly

Gently spread the paste on your face, avoiding the delicate eye area.

#### 4. Leave for 10–15 Minutes

Let it sit until *semi-dry*, not bone-dry, to avoid excessive dryness.

#### 5. Rinse & Moisturize

Wash off with lukewarm water and follow with a hydrating moisturizer — this step is essential to restore moisture after the clay's oil-absorbing action.

### Safety Tips to Get the Best Results

- Multani Mitti can be **absorptive and drying** — overuse may strip natural oils, especially in sensitive or dry skin.
- Always test a small area (patch test) first to check for irritation.
- Avoid harsh exfoliants or strong actives (like retinoids or acids) immediately after using a clay mask.

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