

R. Madhavan Reveals Ayurvedic Secret: Takes Sesame Oil Bath Every Sunday for 20+ Years

Published on 08 Jul 2025 | By IFI Correspondent



IndiaFashionIcon.com | Celebrity Wellness

Known for his timeless charm and youthful glow, **R. Madhavan** has finally revealed the secret behind his radiant skin and healthy hair — and it's deeply rooted in ancient Indian wellness traditions. The *Kesari Chapter 2* actor recently shared that he has been following an **Ayurvedic oil bath routine every Sunday** for over **two decades**.

? Sesame Oil Baths Every Sunday

In a candid interview with *GQ India*, the 55-year-old actor explained, *"I have taken an oil bath every Sunday with sesame oil... you apply it all over your body, especially your head."* On other days, he uses coconut oil, applied in a specific manner that he has followed consistently over the years. This routine, he says, is the cornerstone of his **hair and skin health**.

? Sunshine, Simplicity & Skincare

Madhavan also spoke about how the **sun "suits" him**, adding that playing early morning golf helps maintain skin tightness and keeps wrinkles at bay. Despite being under the sun often, he insists that the tanning works in his favour. His skincare mantra is refreshingly simple — no fillers, no enhancements, just facials for roles, **coconut water**, and a **vegetarian diet**.

? Natural, Ageless, and Graceful

With his salt-and-pepper look and clean-shaven selfies making waves on Instagram recently, fans can't stop admiring how Madhavan continues to age gracefully. The *Rehnaa Hai Terre Dil Mein* actor credits his glowing skin and youthful appearance to **natural living, Ayurvedic practices**, and a **balanced, vegetarian lifestyle**.

? Upcoming Projects

Professionally, R. Madhavan was last seen in *Kesari Chapter 2: The Untold Story of Jallianwala Bagh*, and the Netflix film *Aap Jaisa Koi*. He’s now gearing up for **Dhurandhar** and **De De Pyaar De 2**, continuing to charm audiences across generations.

R. Madhavan’s wellness routine is a reminder that sometimes, **consistency and tradition** are the most effective beauty secrets. His blend of **Ayurveda, natural skincare, and mindful living** serves as true inspiration for modern-day self-care.

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